

Family Foundations - Resource List

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Financial Resources

<p>Family Foundations 904-396-4846 ext. 5141 40 E Adams St, Suite 320 Jacksonville, FL 32202 www.familyfoundations.org <i>Provides financial counseling services for; budgeting, credit reports, pre/post-bankruptcy, mortgage delinquency, pre/post-purchase housing, and debt management. We also provide the Home Buyer Education Course. Other services offered include mental health counseling for; individuals, couples, families, premarital/marital, domestic violence, and substance abuse.</i></p>	<p>United Way of Northeast Florida 211 or 904-632-0600 1301 Riverplace Blvd Jacksonville, FL 32207 www.nefl211.org <i>Provides free information and referrals to resources for health services, social services, and human services in Duval, St. Johns, Clay, Baker, Nassau, Columbia, Suwannee, Hamilton, and Putnam counties. Some examples are; emergency financial assistance, medical needs, food, shelter, clothing, support groups, disabilities, HIV/AIDS information and testing, suicide and crisis intervention and prevention.</i></p>
<p>Northeast Florida Community Action Agency 904-632-1470 1093 West 6th Street Jacksonville, FL 32209 www.nfcaa.net <i>Provides services to assist clients in becoming self-sufficient and ending dependence on outside assistance. They help address barriers to employment and education including preparation for the GED.</i></p>	<p>NFCC 800-388-2227 https://www.nfcc.org/ <i>Find a NFCC Certified Credit Counseling agency to assist with counseling for: credit/debt, bankruptcy, housing, reverse mortgage, student loan, credit report reviews, money management, and for financial tools and education. There are certified agencies available in all states.</i></p>
<p>Wealth Watchers 904-265-4736 5310 Lenox Street, Suite 4 Jacksonville, FL 32205 http://wealthwatchersfl.com <i>Provides financial education to help expand the knowledge of low-to-moderate income individuals. They assist with homeownership, foreclosure prevention, and offer the Home Buyer Education Class.</i></p>	<p>Federal Deposit Insurance Corporation (FDIC) https://moneysmartcbi.fdic.gov/ <i>Provides computer-based financial education for adults and young adults. Topics include; the basics of borrowing money wisely, using a spending plan to achieve financial goals, credit, homeownership, and how to use banking products effectively. There are 11 modules that are self-paced. Must provide an email address to register.</i></p>
<p>NFCC – MyMoneyCheckUp http://mymoneycheckup.org/ <i>Provides an online tool to help you identify some possible financial changes to consider to help you become financially independent. Has a questionnaire about how you manage money including; budgeting, borrowing, saving, housing, and retirement. Based on your answers, it will provide suggestions and ideas to improve on specific areas.</i></p>	<p>Financial Literacy & Education Commission https://www.mymoney.gov/Pages/default.aspx <i>Provides information and tips focusing on five money management categories; earn, borrow, save & invest, spend, and protect. They also provide tools and links to on-line calculators, budget worksheets, planning checklists and more. They also have resources for kids and youth, including games about saving money, budgeting, spending wisely, and more.</i></p>

Financial Resources [continued]

<p>Real Sense Prosperity Place 904-390-3282 1601 N. Main Street Jacksonville, FL 32206 www.unitedwaynefl.org/realsense/ <i>Provides free tax filing and guidance, in person or online (www.myfreetaxes.com). They also have financial education workshops and financial coaching.</i></p>	
<p>Credit Bureaus</p> <p>Experian PO BOX 4500 Allen, TX 75013 www.experian.com/disputes.main.html</p> <p>Equifax PO BOX 740256 Atlanta, GA 30374 1-866-349-5191 http://www.equifax.com/personal/disputes</p> <p>TransUnion LLC Consumer Dispute Center PO BOX 2000 Chester, PA 19016 1-800-916-8800 https://dispute.transunion.com</p>	<p>Free Credit Report www.annualcreditreport.com <i>Provides a free copy of your credit report every 12 months from each of the three main credit bureaus. Also provides information and resources on how to protect your identity. Score costs extra.</i></p> <p>Identity Theft www.identitytheft.gov <i>Provides services to report and recover from identity theft. Also provides resources and information on how to prevent identity theft.</i></p> <p>Consumer Finance Protection Bureau (CFPB) www.consumerfinance.gov/ <i>Allows you to submit a complaint about problems with financial companies. Also provides resources, training, worksheets, and webinars to assist with financial literacy. Some of the topics include; auto loans, bank accounts, credit cards, credit reports, mortgages, payday loans, and student loans etc.</i></p>
<p>University of Florida/IFAS Extension 904-255-7450 or nparks@coj.net (email) 1010 North McDuff Ave. Jacksonville, FL 32254 <i>Provides a “Fresh Start” workshop to assist with being able to open a bank account at a participating bank or credit union. Teaches developing spending and savings plans, keeping financial records, and how to choose the right bank for you. Note: in some cases, you may be required to address old account issues. Costs \$25. Must pre-register in person or online. Need to order free Consumer Disclosure report 1-2 weeks prior to attending the workshop by going to www.consumerdebit.com</i></p>	<p>Checking Accounts – “fresh start” (without class)</p> <p>Community First 904-354-8537 <i>Requires \$25 minimum deposit to open and a \$10 monthly service charge.</i></p> <p>Jax Federal Credit Union 904-475-8000 <i>No minimum balance or deposit. \$5 monthly fee (waived with \$300 direct deposit).</i></p> <p>FirstFlorida Credit Union 904-359-6800 ext. 1 <i>\$5 monthly fee. Required to use direct deposit. Can take a class to waive the \$5 fee.</i></p>

Emergency Assistance

<p>City of Jacksonville – Emergency Assistance Program 904-630-0696 1809 Art Museum Drive, Building 3400 Suite 100 Jacksonville, FL 32207 www.coj.net <i>Provides temporary financial assistance for rent, mortgage, and/or utilities to qualifying households and individuals who are facing financial difficulties due to an emergency (must not exceed 150% of federal poverty level).</i></p>	<p>Catholic Charities of Jacksonville 904-632-0600 (United Way) or 904-354-3416 134 East Church Street Jacksonville, FL 32202 www.ccbjax.org/ <i>Provides emergency financial assistance for eligible households for rent, utilities, food, and Angel Kits. Must have experienced a financial setback within the past three months and must be behind on rent/mortgage or utility payments.</i></p>
<p>Salvation Army – Family Services 904-356-8641 15 East Church Street Jacksonville, FL 32202 www.salvationarmyflorida.org <i>Provides financial assistance to individuals experiencing a financial emergency to assist with rent and utilities. Assistance depends on availability of funds, must call to check availability. Also provides shelter, food, and clothing.</i></p>	<p>Jewish Family & Community Services 904-632-0600 (United Way) 8540 Baycenter Road Jacksonville, FL 32256 https://jfcsjax.org <i>Provides emergency financial assistance for rent/mortgage, utilities, and food.</i></p>
<p>Downtown Ecumenical Services 904-358-7955 215 N. Ocean Street Jacksonville, FL 32202 www.descjax.org <i>Provides emergency financial assistance to help cover rent and utilities. They also provide food and clothing. Also assist households with children, elderly, or people with a documented disability.</i></p>	<p>BEAM 904-241-2326 850 6th Avenue S, Suite 400 Jacksonville Beach, FL 32250 www.jaxbeam.org <i>Provides emergency financial assistance for rent and utilities. They also assist with food. They serve the follow zip codes 32233, 32266, 32250, 32082, 32224, and 32227.</i></p>
<p>Northeast Florida Community Action Agency Low-Income Home Energy Assistance Program 1-844-625-8776 (Toll Free) 1093 West 6th Street Jacksonville, FL 32209 www.nfcaa.net <i>Provides low-income households with utility assistance for residents of Baker, Clay, Duval, Flagler, Nassau, Putnam, and St. Johns Counties. Appointments can be scheduled through an automated system or through an operator. Live operators are available between 10am-5pm EST. *Family Foundations can provide a referral for assistance to adults 60 or older, households receiving SSDI, and households with children 5 or younger.</i></p>	<p>United Community Outreach Ministry 904-396-2401 3349 St Augustine Rd Jacksonville, FL 32207 www.ucomjax.org/emergency-services.html <i>Provides residents of zip codes; 32207, 32216, 32217, 32256, 32257, and 32246 with food assistance. Must make an appointment. Must bring ID for all members in household and proof of address (mail with address is sufficient).</i></p>

Emergency Assistance [continued]

<p>Mandarin Food Bank and Clothing Closet 904-292-1675 11730 Old St Augustine Road Jacksonville, FL 32258 www.mandarinfoodbank.org <i>Provides emergency food and clothing to people in the following zip codes; 32217, 32223, 32256, 32257, 32258, and 32259.</i></p>	<p>Lutheran Social Services 904-448-5995 4615 Philips Highway Jacksonville, FL 32207 www.lssjax.org/programs/ <i>Provides a food pantry for Duval County residence. Can receive food once a month. They also provide healthy meals and snacks for students to have over the weekend. Must be receiving free or reduced-fee lunches.</i></p>
<p>Arlington Community Services, Inc. 904-503-8496 1450 Rogero Road Jacksonville, FL 32211 www.arlingtoncommunityservices.com <i>Non-profit community service organization providing a food pantry for individuals and families who live in Arlington and do not receive food stamps. They also assist qualified residents with financial assistance towards past due rent, mortgage, or JEA. Must make an appointment by calling anytime. Leave message with name and phone number for a call back.</i></p>	<p>Department of Children & Families (Access Florida) – Food Stamps 1-866-762-2237 (Mon-Fri 8am to 5pm) www.myflorida.com/accessflorida <i>Apply for food stamps, TANF, and Medicaid online (quickest way) or submit a paper application. The online application takes about 30 minutes. You will need information about household members, rent/mortgage information, expenses, vehicle information, bank statements, income, and assets. Most households must have gross annual income less than or equal to 200% of the Federal Poverty Level.</i></p>
<p>MHRC – Quest Program 904-358-2411 507 East Church Street Jacksonville, FL 32202 <i>Provides services and resources to individuals who are homeless with finding and obtaining appropriate housing in Duval and Nassau Counties. They also assist with applying for government services and with obtaining documentation needed to qualify for housing. Also have the Link Program providing mental health and substance abuse resources including housing assistance.</i></p>	<p>Sulzbacher Center 904-359-0457 611 E Adams St. Jacksonville, FL 32202 www.sulzbachercenter.org <i>Homeless shelter for individuals and families. Each resident is assigned a case manager to help develop a plan to meet the client’s needs. Provides 3 meals a day, life skills classes, GED and other educational programs. They also assist with job placement, learning career skills, and with writing a resume. They also provide lunch and dinner for nonresidents (schedule online).</i></p>
<p>City Rescue Mission 904-421-5161 234 W State St Jacksonville, FL 32202 www.crmjax.org/get-help/ <i>Overnight shelter providing a bed, meal, socks, hygiene products, coats, and blankets. They also have a work force development program providing certification training and job placement.</i></p>	<p>Trinity Rescue Mission 904-355-1205 622 West Union Street Jacksonville, FL 32202 www.trinityrescue.org/ <i>Emergency homeless shelter providing shelter, hot meals, showers, toiletries, and clothes. Religious based. Also provides 12-18-month Lifeline Program for women and children to work through addiction and abuse issues.</i></p>

Emergency Assistance [continued]

<p>Family Promise 904-354-1818 info@familypromisejax.org (email) www.familypromisejax.org <i>Provides overnight shelter at a local congregation, three meals a day, access to showers, laundry facilities, and transportation for school or work. They also have case management services.</i> <i>*Must have children</i></p>	<p>Mission House 904-241-6767 800 Shetter Avenue Jacksonville Beach, FL 32250 www.missionhousejax.org/services/ <i>Provides a homeless day facility for Jacksonville Beach residence. Provides two meals, access to showers, toiletries, clothes, a phone, and computer to find employment. Also provides medical care. They also offer haircuts (see schedule online or call).</i></p>
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Housing Resources

<p>Jacksonville Housing Authority (JHA) 904-630-3810 1300 N Broad Street Jacksonville, FL 32202 www.jaxha.org <i>Provides Public Housing and the Section 8 Program. Both programs typically have a waitlist. Public Housing offers housing for low-income families, the elderly, and people with disabilities. Property is owned by JHA and rent is based on income. Section 8 provides a voucher to assist with rent. Offers Family Self-Sufficiency (FSS) Program.</i></p>	<p>Ability Housing 904-359-9650 3740 Beach Boulevard, Suite 304 Jacksonville, FL 32207 www.abilityhousing.org/ <i>Provides housing and wrap-around services to individuals and families who are at risk of being homeless and adults with disabilities. Must earn 80% or less of the area median income. Can call or go online to see the available properties.</i></p>
<p>WRH Realty Services, Inc. 904-260-6200 3030 Hartley Road, Suite 320 Jacksonville, FL 32257 http://www.wrhrealty.com/ <i>Manages multiple properties (apartments) in Jacksonville that are affordable. Some apartments are pet friendly, have a pool, on-site fitness center, and/or other amenities. Their website allows you to search by location, number of bedrooms/bathrooms, size, and price. Depending on credit, a deposit may be required.</i></p>	<p>Affordable Housing Online (Online Resource) https://affordablehousingonline.com/ <i>Allows you to search for low income housing by city, state, and zip code. The website has Low Income Tax Credit Apartments, Public Housing Apartments, Section 8 Apartments, and supportive housing for the elderly and/or disabled.</i></p>
<p>Habitat for Humanity of Jacksonville (Habijax) 904-798-4529 2402 Hubbard St. Jacksonville, FL 32206 http://habijax.org/own/ <i>Assists with purchasing new and renovated homes to qualified buyers. Must have worked or lived in Duval County for at least six months. Must have less than \$1,000 in delinquent debt and a credit score of 620+. Down payment required of 1% of the purchase price of the home. Income must be between 35% and 80% of median income for Duval. Must complete 300 volunteer hours. \$25 for 1 applicant; \$35 with co-applicant (pay online or in person with cashier's check or money orders only).</i></p>	<p>Neighborhood Assistance Corporation of America (NACA) 425-602-6222 or 904-306-9272 348 East Adams Street Jacksonville, FL 32202 www.naca.com <i>Provides housing counseling and access to mortgages with; no down payment, no closing costs, no fees, and no PMI. They do not have a minimum or maximum income requirement, or credit score requirement. Approval for a loan is based on individual circumstances. NACA's "Best in America Mortgage" provides affordable monthly payments, and a below market 30-year or 15-year fixed rate. Must attend a free NACA Homebuyer workshop and face-to-face counseling meeting(s).</i></p>

Education and Career/Work Resources

<p>Jacksonville Urban League 904-723-4007 903 West Union Street Jacksonville, FL 32204 www.jaxul.org/ <i>Provides education, employment, and job training assistance to youth, adults, seniors, and veterans. The Employment and Training program offers job placement with varying levels of experience. Workshops and training classes are weekly including; interview skills, communication skills, employing etiquette, dressing for success, etc. You are also able to discuss career concerns/questions with a counselor. They also offer Technology Skills training to people 18 years old and older.</i></p>	<p>Catholic Charities of Jacksonville 904-900-7946 ext. 1204 134 East Church Street Jacksonville, FL 32202 www.ccbjax.org/ <i>Provides one-on-one assistance to find work. They provide job readiness training, financial literacy training, job referrals, supportive services, and create individual work plans. They also help with resumes, cover letters, online applications, and interviews. Services are provided for 4 months during the job search process.</i></p>
<p>CareerSource of Northeast Florida 904-356-5627 <i>Provides job matching service. They also can refer to job training services. They can also help apply for public assistance. Offers services for youth, seniors, veterans, and people with disabilities. Career Centers offer computers, phones, copiers, printers, and fax machines. They are a nonprofit agency and their services are provided at no cost. There are various locations including Duval, Baker, Clay, Nassau, Putnam, and St. Johns. Some FSCJ campuses also have an office. Website lists locations or can call. Appointments are not required.</i></p>	<p>Northeast Florida Community Action Agency 904-632-1470 1093 West 6th Street Jacksonville, FL 32209 www.nfcaa.net <i>Family Self-Sufficiency Program provides low-income individuals with a case plan to address barriers to self-sufficiency including employment and education/training. They also help with preparation for the GED. Provides assistance with enrollment, financial aid for training, resources for transportation, and secures childcare to complete job training. Contact office to get dates for orientation sessions and eligibility.</i></p>

Education and Career/Work Resources [continued]

<p>Jacksonville Re-Entry Center 904-301-2400 1024 Superior Street Jacksonville, FL 32254 www.jaxsheriff.org <i>Provides services to assist with re-entry to society including life skills and applying for social services. They also provide; assistance with transitional housing, transportation assistance, pre-employment training, food and clothing. They also provide referrals for; substance abuse, mental health, and health care. Must live in Duval, be a convicted felon in Duval, sentenced to state prison, and have been released within last year.</i></p>	<p>Operation New Hope 904-354-4673 1830 N. Main St Jacksonville, FL 32206 https://www.operationnewhope.org/ <i>Ready4Work program assists people who were formerly incarcerated with re-entry into the community and workforce. Provides a 4-6-week career development training course, featuring employment and life-skills. You will be partnered with a case manager to provide guidance and support. Provides housing and transportation assistance as well as clothes for interviews. Must pass initial and random drug screenings. Non-sexual & non-habitual violent crime offenses.</i></p>
<p>Prisoners of Christ 904-358-8866 2821 Gibson Road Jacksonville, FL 32207 <i>Provides services for ex-offenders including; housing, clothing, life skills training, resume creation, substance abuse counseling, job searches and job placement.</i></p>	<p>Florida State College at Jacksonville (FSCJ) <i>Offers classes at several campus locations during the day, evening, and weekends to assist with taking the GED. They will help identify the classes and topics where you need the most help. They also offer practice tests. \$30 registration fee per term. \$128 to take the GED. Individual sections for \$32. They also offer certificate programs, Florida Work Experience Program, Associate and Bachelor's degrees. They offer low tuition costs and flexible class schedules.</i></p>
<p>Jacksonville Public Library 904-630-2426 303 Laura St. N Jacksonville, FL 32202 <i>Center for Adult Learning provides GED classes. They offer Math, Algebra/Geometry, Language Arts, and Essay writing classes. Must register.</i></p>	<p>Women's Center of Jacksonville (Women only) 904-722-3000 5644 Colcord Ave Jacksonville, FL 32211 http://womenscenterofjax.org/ <i>Expanded Horizons Literacy Program provides women assistance with education and test prep for the GED. They also assist with transportation and children services. They provide case management to help with removing barriers to help reach your goals. Must be 18 years old or older. Women's Center of Jacksonville also provides advocacy, support, and education to help improve the lives of women. They offer crisis support for victims of sexual violence, affordable mental health counseling, and community education and workshops (ex. self-esteem, relationships, stress management, and more).</i></p>

Education and Career/Work Resources [continued]

<p>Fresh Ministries 904-854-6770 616 A. Philip Randolph Blvd. Jacksonville, FL 32202 http://freshministries.org/ <i>LifePoint Career Institute offers training and tutoring to students to prepare them for work in the hospitality and healthcare fields. Application online. Jacksonville Hospitality Institute is a 10-week job training program providing hands-on and classroom instruction in hospitality skills (wait staff, front desk services, and housekeeping). Nursing Assistant Tutoring Program is a 10-week tutoring program to prepare students for employment in health-related fields (assisted living, hospitals, doctor's offices, and companion care for the elderly and disabled).</i></p>	<p>Goodwill – A-STEP Program 4527 Lenox Avenue Jacksonville, FL 32205 www.goodwilljax.com (to apply) <i>Provides case management to assist with continuing education. Provides assistance with resumes, cover letters, and job searches. Helps develop work plan of education/certification and identify goals and how to reach them.</i></p>
<p>Northeast Florida Builders Association 904-421-0296 103 Century 21 Drive, Suite 100 Jacksonville, FL 32216 http://www.nefbaapprenticeship.org/ <i>Offers apprenticeships for carpentry, electrical, HVAC, and Plumbing. While learning the skills for your desired trade you will work alongside a mentor to get on the job training. Hourly pay rate is available online. Continued employment after graduation from program.</i></p>	<p>Clara White Mission 904-354-4162 ext. 1111 613 West Ashley Street Jacksonville, FL 32202 <i>Provides a 20-week program providing hands-on training and classroom instruction in either a Janitorial Program or a Culinary Arts Program.</i></p>
<p>Northeast Florida Community Action Agency Data Busters Program 904-632-1470 1093 West 6th Street Jacksonville, FL 32209 www.nfcaa.net <i>Helps teens ages 14-17 prepare for the workplace through classroom instruction and practical paid work experience through a six-week summer program. Will receive instructions on team building, resume writing, and money management.</i></p>	<p>Fresh Ministries – Fresh Futures Youth Program 904-854-6770 ext. 1 616 A. Philip Randolph Blvd. Jacksonville, FL 32202 http://freshministries.org/ <i>Year-long program for Duval County high-school students. Provides financial literacy, college readiness, job readiness, academic enrichment, health and wellness, family involvement, and leadership and character development. Also have a paid 6-week summer internship for those who qualify to receive on-the job training.</i></p>
	<p>Don't Miss a Beat 904-524-8387 www.dontmissabeat.org <i>Provides an after-school program for youth and teens providing homework assistance, project assistance, tutoring, and yoga classes. Provides Academy of the Arts for youth and teens which provides free music, dance, and art lessons. They also have Music, Arts & Academic Enrichment Summer Camp. Services for children and teens in the Riverside, Brooklyn, & Woodstock communities.</i></p>

Education and Career/Work Resources [continued]

<p>Boys and Girls Club of Northeast Florida 904-396-4435 Multiple locations (available on website) www.bgcnf.org <i>Offers programs to encourage activities with adults, peers, and family members that enable kids to enhance their self-esteem and fulfill their potential. Their programs focus on five areas; character and leadership development, academic achievement, health and life skills, the arts, and sports, fitness, and recreation.</i></p>	<p>Big Brothers Big Sisters of Northeast Florida 904-727-9797 40 E Adams Street, Suite 220 Jacksonville, FL 32202 www.bbbsnefl.org <i>Provides school-based mentoring, community-based mentoring, and “Beyond School Walls” program. Mentors should spend at least 4-6 hours with their mentee each month. Serves Duval, Clay, Flagler, Nassau, Putnam, and Volusia counties.</i></p>
<p>JAX Chamber – Small Business Center 904-366-6618 3 Independent Drive Jacksonville, FL 32202 https://www.myjaxchamber.com/ <i>Provides mentoring, entrepreneurial education, consulting, and networking opportunities for businesses at all stages. Can assist with starting and growing businesses. They offer a free orientation to provide an overview of the programs and services available (schedule online). Must make a reservation. In addition, you can have access to a business coach. They also have a Women’s Business Center.</i></p>	<p>Jacksonville Entrepreneurship Center - (Jacksonville Urban League) 904-723-4010 903 W Union St Jacksonville, FL 32202 https://www.eecjacksonville.com/ <i>Assesses the needs of minority business owners and links you to resources, classes, training, and counseling to help grow your business. Provides one on one coaching and guidance to help you meet your goals.</i></p>

Parent Resources

<p>Northeast Florida Healthy Start Coalition 904-723-5422 644 Cesery Blvd., Suite 210 Jacksonville, FL 32211 http://nefhealthystart.org/ <i>Provides services to improve the wellbeing of children, childbearing women, fathers, and their families. Provides prenatal healthy start services.</i> Responsible Fatherhood (Fatherhood P.R.I.D.E) <i>Program provides no cost services, classes, trainings, and workshops to increase father’s involvement in their children’s lives. Some of the services provided are; job searches and job placement, housing, health care, mentoring, legal assistance, transportation, food and clothing assistance.</i> <i>Serves Baker, Clay, Duval, Nassau, and St. Johns counties. Serves young fathers in or aging out of foster care, incarcerated fathers, fathers transitioning through re-entry centers, fathers with active/open child support cases, and families enrolled in Healthy Start Services.</i></p>	<p>Early Learning Coalition of Duval 904-208-2044 ext. 1 http://www.elcduval.org/ <i>Provides a voucher to low income families to provide financial assistance for the cost of a high-quality early learning program. They also provide parent and family resources about early learning and provide support to help children succeed. Must be at or below 150% of the Federal Poverty Level and be employed at least 20 hours per week, or be a student taking at least 12 credit hours. Families can apply online. Depending on availability of funding, there may be a waitlist. You can call monthly to check your status on the waitlist.</i> <i>Success By Six Program: offers a free two-year scholarship for 3-year-olds. Must agree to be part of the program for two years; work 20 hours a week or more; and have a gross annual income of 130-200% of the federal poverty level by household size.</i></p>
<p>Lutheran Services Florida – Early/Head Start 904-423-8637 3027 San Diego Drive (Administrative Office) Jacksonville, FL 32207 https://www.lsfnet.org/ <i>Provides free, high quality early education for families that meet current federal poverty guidelines to qualify for Head Start. Serves pregnant women and children from birth to 3 years old and children 3 or 4 by September 1st of program year. Application available online and can be returned at office address above.</i></p>	<p>Episcopal Children’s Services – Early/Head Start 904-726-1500 8443 Baymeadows Rd, Suite 1 (Administrative Office) Jacksonville, FL 32256 <i>Provides free, high quality early education for families that meet current federal poverty guidelines to qualify for Head Start. Serves pregnant women and children from birth to 3 years old and children 3 or 4 by September 1st of program year. The program also provides additional family supports such as; workshops, skills training, developmental progress, nutritional screenings and more.</i></p>
<p>Voluntary Pre-Kindergarten (VPK) http://www.vpkduval.org/ <i>Free pre-kindergarten program for 4-year-olds who reside in Florida and were born on or before September 1st of each program year. No income eligibility requirements to participate. Program is designed to prepare 4-year-olds for Kindergarten. Must have working email address. Application process is online only and must be able to send documents in PDF format. Can use ELC computers/scanners to apply.</i></p>	<p>Florida Department of Revenue – Child Support 850-488-5437 http://floridarevenue.com/ <i>The Child Support Program works with families to help children receive the child support they need and deserve. On their website, you can apply for services and access and manage your child support case online. They can assist with establishing an order for child support and assisting with the steps needed if the parent stops paying child support. You do not need to apply if you receive food stamps (it is automatic). They do not assist with custody, divorce, or alimony.</i></p>

Parent Resources [continued]

<p>Women, Infants, and Children (WIC) 1-800-342-3556 www.floridahealth.gov <i>Provides healthy foods, nutritional education and counseling, breastfeeding support, and referrals for health care and community services at no cost. Provided to low-income pregnant, breastfeeding, postpartum women, infants, and children up to age five. Must make an appointment at the local WIC office to see if you are eligible.</i></p>	
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Legal Resources

<p>Jacksonville Area Legal Aid, Inc. (JALA) 904-356-8371 126 W Adams St, Suite 101 Jacksonville, FL 32202 https://www.jaxlegalaid.org/ <i>Non-profit law firm providing free legal assistance for low income or special needs residents. They also offer clinics on child support modification and custody, divorce, bankruptcy, Pro Se Bankruptcy, Small Claims Court, First Time Homebuyers, Seal/Expunge Information, and Veteran’s Clinic (dates and times listed on their website). They serve Duval and Nassau Counties.</i></p>	<p>Three Rivers Legal Services, Inc. 904-394-7450 3225 University Blvd South, Suite 220 Jacksonville, FL 32216 http://www.trls.org/ <i>Non-profit law firm providing free legal assistance for low income families. They focus on housing laws, family laws, domestic violence prevention, elder law, education law, and income and public benefits issues. They also specialize in services to Veterans, homeowners facing foreclosure, and low-income taxpayers.</i></p>
<p>Jacksonville Bar Association – Legal Referral Services 904-399-5780 One Independent Drive, Suite 2201 Jacksonville, FL 32202 https://www.jaxbar.org/ <i>Provides a lawyer referral to a lawyer who will provide up to a 30-minute consultation to answer questions. If you decide you need further services from the lawyer, you may retain the lawyer (or a lawyer of your choice). Any additional services from the lawyer may require additional fees which will be negotiated between you and the lawyer. There is a \$50 administration fee to cover the 30-minute consultation.</i></p>	

Medical Resources

<p>Department of Children & Families – Medicaid http://www.myflfamilies.com/accessflorida/ <i>Medicaid provides medical coverage for low-income individuals and families. Can apply online by creating a MyACCESS Account or by paper application. Florida residents who are eligible for SSI are automatically eligible for Medicaid from the Social Security Administration.</i> <i>Share of Cost: Individuals who are not eligible for “full” Medicaid due to income or assets may qualify for this program. Individual must have a certain amount of medical bills each month before Medicaid can be approved. Once an individual meets the share of cost for the month they must contact DCF to approve Medicaid for the remainder of the month.</i></p>	<p>Florida Department of Health 904-253-1000 http://duval.floridahealth.gov/ <i>Offers a variety of health care programs and services. They have physicians, dentists, nutritionists, health educators, mental health counselors, social workers, pharmacists, family support workers, health support technicians, and more. Can assist with regular check-ups, sick care, immunizations, and dental care for children and teens. Women and teens can receive family planning education, birth control, and annual exams. They have a Healthy Start Program for prenatal care and parenting education. They have multiple locations throughout Jacksonville, locations available online.</i></p>
<p>UF Health – Clinic Card (Shands Card) 904-244-4015 2000 Boulevard and 10th Street Jacksonville, FL 32206 www.ufhealthjax.org <i>Provides clinic card for those qualified for medical and prescription assistance program. Provides access to doctors and nurses for primary care, mental health, and for chronic medical conditions. Call to schedule an appointment. Must be a resident of Duval county.</i></p>	<p>Volunteers in Medicine 904-399-2766 41 E Duval Street Jacksonville, FL 32202 https://vim-jax.org/ <i>Free healthcare clinic providing outpatient primary and specialty medical services for individuals and families. They also provide laboratory services, mammograms, mental health care, and low or no-cost medications. Must be working, low-income, and uninsured.</i></p>
<p>AGAPE Community Health Center 904-760-4904 http://agapefamilyhealth.org/ <i>Provides comprehensive medical, dental, pharmaceutical, and behavioral health services for insured, uninsured, and underinsured patients. They use a sliding fee scale based on income and household size. Underinsured patients, and patients with high deductibles may qualify for the sliding scale too.</i></p>	<p>We Care Jacksonville 904-674-6450 http://wecarejacksonville.org <i>Healthcare clinic providing free specialty services such as diagnostic tests, procedures, specialist consultation, surgery, cancer evaluation and treatment, and rehabilitation services. Must be at or below 200% of Federal Poverty level. Must not have any insurance. Must be 18+ and resident of Duval county. Multiple clinic locations.</i></p>
<p>Sulzbacher Center 904-394-8069 (Downtown) 904-224-3550 (Beaches) www.sulzbachercenter.org <i>Provides primary care services to those in need. Provides comprehensive medical assessment and treatment, free medication, medical case management, health-education classes, vision screenings, low-cost glasses, dental services, wheelchairs, and more.</i></p>	

Medical Resources [continued]

<p>Florida Rx Card www.floridarxcard.com <i>Free Prescriptions Assistance Program for Florida residents. Provides a discount/coupon card to use at any participating pharmacies (ex. CVS, Walmart, Walgreens and more). Must go online to access card and print it. (Not insurance).</i></p>	<p>Florida Discount Drug Card 1-866-341-8894 www.floridadiscountdrugcard.com <i>Provides a prescription discount card to Florida residents that can be used at participating pharmacies. Can print card online or order by phone (\$1.50 fee by phone). (Not insurance).</i></p>
<p>SingleCare (Pharmacy Savings) 1-866-978-1091 www.singlecare.com <i>Provides a free prescription assistance card that can be used at Walmart and at thousands of other pharmacies. Can order online or by phone. (Not insurance).</i></p>	<p>GoodRx www.goodrx.com (also a mobile application) <i>Provides free coupon codes to provide discounts on medications at over 60,000 pharmacies. Can print coupons or send them by text or email. Can also show coupon codes on mobile app. They also have a free discount savings card. (Not insurance).</i></p>
<p>ScriptSave Well Rx 1-800-407-8156 www.wellrx.com <i>Provides free coupon codes to provide discounts on medications at over 60,000 pharmacies. Can print coupons or send them by text or email. Can also show coupon codes on mobile app. They also have a free discount savings card. (Not insurance).</i></p>	
<p>Vision is Priceless 904-308-2020 3 Shircliff Way, Suite 546 Jacksonville, FL 32204 www.visionispriceless.org <i>Provides vision care services (including vision screenings) for children (3-18), and for adults. Must be at or below 200% of the Federal Poverty level. Cannot have insurance and cannot have already had an eye exam within the last year. Provides \$15 glasses and referrals for follow up vision care to community partners who assist individuals who are uninsured.</i></p>	<p>Vision USA http://www.aoafoundation.org/vision-usa/ <i>Provides free eye exams to low income individuals. Income eligibility chart on their website. Cannot have any insurance including Medicare or Medicaid. Cannot have had an eye exam within the past 24 months. Social services agency must submit the application.</i></p>
<p>Lions Clubs International http://www.fllec.org/ <i>Provides free eye care for low income children and families. They provide comprehensive eye exams, intraocular pressure checks, amblyopia evaluation and treatment and more. Also provide therapy for conjunctivitis, glaucoma management, general eye irritation, and pterygium care. They also provide referrals for low-cost glasses. Must be below 200% of the Federal Poverty Level and can not have insurance. Multiple locations.</i></p>	<p>New Eyes https://www.new-eyes.org/ <i>Provides a voucher for prescription glasses for low income individuals. Must be at or below 200% of the Federal Poverty level. Must have had a recent eye exam with a pupillary distance measurement. Can not have insurance, federal or state programs, or assistance from local charitable organizations that could pay for the glasses. Voucher provides a basic pair of single or lined bifocal glasses. Social service agency must submit the application. (Does not cover exams)</i></p>

Medical Resources [continued]

<p>United Optical Downtown 904-356-7681 326 N Broad Street Jacksonville, FL 32202 <i>Provides brand-name frames at outlet prices. They have single vision, bifocals, no line bifocals (progressive lens) and tint/UV coating.</i></p>	<p>VAL-Uvision 904-567-7707 www.valuvision.com <i>Provides eye exams and discount glasses at two locations in Jacksonville (Mandarin and Regency). They accept most insurance plans, have flexible payment options, and accept financing through Care Credit. Do not have to have insurance.</i></p>
<p>Visionworks 1-800-669-1183 https://www.visionworks.com/ <i>Provides glasses and eye exams. Glasses come with free lifetime cleanings and adjustments. They accept most insurances and many times have discounts and sales on some glasses. Multiple locations, which can be viewed on their website.</i></p>	<p>Florida Department of Health - Dental 904-253-1230 http://duval.floridahealth.gov/ <i>Provides dental exams, cleanings, sealants, x-rays, fillings, extractions, and oral hygiene instructions for children ages 3-20. Children ages 1 and 2 can receive an exam and fluoride varnish treatment. They offer a discounted/sliding fee. Appointments are required. Multiple locations.</i></p>
<p>Economy Dentistry 904-751-1275 (Northside) 904-683-1769 (Southside) http://www.economydentistry.net/ <i>Provides affordable dental and walk-in emergency dental care. Offers pediatric dentistry, orthodontics, and general dentistry for children. Discounted/sliding fee schedule available. Accept most dental insurance and accepts Care Credit.</i></p>	

Senior Assistance

<p>ElderSource 904-391-6600 10688 Old St. Augustine Road Jacksonville, FL 32257 https://www.myeldersource.org/ <i>Provides services, resources, and support for seniors. Some of their services are; SHINE (insurance counseling and information, long-term care planning and prescription assistance), food stamps application assistance. They also provide referrals for multiple needs (ex. case management, home delivered meals, home repair, mental health, and in-home services).</i></p>	<p>Aging True 904-807-1203 4250 Lakeside Drive, Suite 116 Jacksonville, FL 32210 http://agingtrue.org/ <i>Works with seniors and their families to find programs and services for health, housing, financial, nutritional education and more. They provide services for care coordination, home health care, nutrition (Meals on Wheels and Congregate Meal Sites), mental wellness, and caregiver support services.</i></p>
<p>National Council on Aging (NCOA) https://www.ncoa.org/ <i>Provides information online to help improve the health and economic security of older adults. They provide information on economic security (including benefits, money management, home equity, and older workers). Information on healthy aging (including fall prevention, chronic disease management, senior hunger and nutrition, and aging mastery program). They also provide information about public policies.</i></p>	<p>Emergency Home Energy Assistance Program 904-630-5069 www.coj.net <i>Provides assistance with utility bill. Must be at least one person living in the home age 60 or over. Household annual income must be 150% of the Federal Poverty level or below. Must have a heating or cooling emergency. Must provide proof of income, utility bill with disconnection notice, social security card, license, bank statement. (They may need other items as well).</i></p>
<p>AARP Tax Assistance www.aarp.org <i>Offers free tax preparation to clients 50 years and older who cannot afford tax preparation services. The sites are open annually from February to April 15th. Year round you can ask tax questions online. Multiple locations including public libraries. Locations are available to view online during tax season.</i></p>	<p>Social Security 1-800-772-1213 https://www.ssa.gov/ <i>Apply for benefits such as social security/retirement, disability, Supplemental Security Income, and Medicare. The Social Security website also has a lot of information and resources for benefits and retirement including retirement calculators. Can apply online, over the phone, or in-person with an appointment. You can also view www.medicare.gov (1-800-633-4227) for more information about Medicare.</i></p>
<p>Jacksonville Transportation Authority 904-632-3800 or 904-630-3100 201 Union Street West Jacksonville, FL 32202 www.jtafla.com <i>Provides a Seniors STAR card allowing you to ride the bus, trolley, and community shuttle for free. Provided for individuals age 60 and older.</i></p>	<p>City of Jacksonville – Senior Services Transportation 904-630-0801 or 904-630-0921 <i>Offers door-to-door transportation to and from one of the 20 COJ senior centers. Transportation is for eligible seniors living in Duval County.</i> Community and Senior Center Services 904-630-3450 <i>Offered for individuals 60 years and over. Offers activities and programs, nutritious meals, counseling, health support, shopping assistance, recreation, computer classes and more.</i></p>

Mental Health Resources

<p>Family Foundations 904-396-4846 ext. 5141 40 E Adams St, Suite 320 Jacksonville, FL 32202 www.familyfoundations.org <i>Provides mental health counseling for; individuals, couples, families, premarital/marital, domestic violence, and substance abuse. Also provides counseling services for children through Full Service Schools.</i></p>	<p>Awakening Counseling and Coaching 904-444-8260 7530 103rd St, Suite 12 Jacksonville, FL 32210 awakeningcounseling@gmail.com (email) <i>Provides counseling, coaching, teaching, and ministering to adults and children. Their fees range from \$60-\$120.</i></p>
<p>Breakthroughs: Counseling and Recovery 904-419-6102 3810 Williamsburg Park Blvd Jacksonville, FL 32257 https://jaxtherapists.com breakthroughscounseling@gmail.com (email) <i>Provides behavioral and mental health counseling for; individuals, families, couples, premarital/marital, adolescents, LGBTQ, and military families. They also provide individual substance abuse or addictions counseling. They also offer a drug and alcohol addiction rehab (Intensive Outpatient Program).</i></p>	<p>Starting Point Behavioral Healthcare 904-225-8280 463142 State Road 200 Yulee, FL 32097 www.spbh.org <i>Provides substance abuse (alcohol or drugs) treatment and mental health counseling to children, teens, families, adults, and older adults. They also provide women-specific substance use services with no cost to pregnant women, women with dependent children, and women trying to regain custody of their children. Accepts many insurances and offers sliding scale for uninsured.</i></p>
<p>Northwest Behavioral Health Services 904-781-7797 2392 North Edgewood Avenue Jacksonville, FL 32254 www.nwbh.org <i>Provides mental health counseling to children, adults, and families. Some of the other services they offer are; group therapy, behavior modification, substance abuse counseling, HIV/AIDS testing and counseling, and crisis intervention services.</i></p>	<p>Living Well Counseling and Wellness 904-339-5937 7334 Berry Avenue Jacksonville, FL 32211 www.livingwell.online <i>Provides mental health counseling for adults. Counseling can be provided in person or online. Assist with depression, bipolar disorder, anxiety, relationship issues, work, anger, addiction, trauma, grief and loss, and more. Counselors are Christian mental health counselors.</i></p>
<p>Beacon Pediatric Behavioral Health 904-419-7792 Offices in 32216 and 32223 www.beaconpediatric.com <i>Provides psychological and behavioral health services to children and adolescents between the ages of 18 months and 21 years old. They specialize in services for children with behavior difficulties (ODD, ADHD, Autism Spectrum Disorders, anxiety, depression, adjustment problems, and learning difficulties). They provide a range of services including; individual, family, group therapy, and more.</i></p>	<p>Bloom Behavioral Solutions 904-647-1849 9141 Cypress Green Dr. #2 Jacksonville, FL 32256 www.bloom-behavioral-solutions.com <i>Specialize in Autism evaluations, Autism treatment, and communicative disorders. They offer a variety of clinical and on-site therapy services including applied behavior analysis, occupational therapy, and speech language pathology. They also offer workshops, parent management training, and caregiver and sibling trainings.</i></p>

Mental Health Resources [continued]

<p>Nicole Winter, PsyD 904-202-4243 841 Prudential Dr. (Baptist/Aetna Bldg.) Jacksonville, FL 32207 <i>Licensed clinical psychologist specializing in grief, depression, aging, geriatrics, adults, family, adjustments issues, and more.</i></p>	<p>Sav-a-Child 904-762-1937 8300 Merrill Rd Jacksonville, FL 32277 www.sav-a-child.com <i>Provides Christian centered resources, advocacy, and counseling to children and their family.</i></p>
<p>Keystone Behavioral Pediatrics 904-619-6071 6867 Southpoint Dr. N, Suite 101 Jacksonville, FL 32216 https://www.keystonebehavioral.com <i>Provides mental health counseling for individuals, families, and groups. They offer behavioral and educational training services on various topics depending on the specific need. They also collaborate with health professionals, schools, and community centers to help find the most effective solution for the child. Some additional services they provide are; rehabilitative medicine, occupational therapy, speech therapy, parent support groups, parent workshops, and tutoring.</i></p>	