



Early Learning
Coalition of the



ELC OF THE BIG BEND PRESENTS

CHARTING THE **CO**COURSE

TO COMMUNITY SUPPORT

Resource Booklet



Table of Contents

| | |
|--|----|
| Community Resource Contacts..... | 1 |
| Step Up for Students..... | 2 |
| 211 – Help Me Grow | 4 |
| Survive and Thrive Advocacy Center (STAC)..... | 5 |
| NWF Health Network..... | 6 |
| Big Bend Area Health Education Center (AHEC)..... | 8 |
| Early Learning Coalition of the Big Bend Region | 15 |
| Better Living Solutions..... | 21 |
| Kids Incorporated of the Big Bend..... | 25 |
| Capital Area Healthy Start Coalition..... | 28 |
| Florida Diagnostic & Learning Resources System (FDLRS) | 30 |
| Florida Legal Services..... | 31 |
| Family Network on Disabilities | 32 |

Community Resource Contacts

| Organization | | Position | Phone Number | Email | Counties Served |
|--|---------------------------|--|---------------------------------|---|---|
| Step Up for Students | Dr. Patrick McDermott | Community Relations Manager | | https://www.stepupforstudents.org/contact/ | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |
| Survive and Thrive Advocacy Center (STAC) | Graciela Marquina | Community Service Advocate | 850-597-2080 | graciela@surviveandthriveadvocacy.org | Gadsden, Jefferson, Leon, Liberty, Wakulla |
| 211 - Help Me Grow | Amber Volano | HMG Program Coordinator | 850-617-6306 | avolano@211bigbend.org | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |
| NWF Health Network | Yolanda Carlson | Community Relations Specialist | (850) 661-0120 | yolanda.carlson@NWFhealth.org | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |
| Big Bend Area Health Education Coalition (AHEC) | Tracy Melin | Navigator Program Manager | 850-224-1177 | tmelin@bigbendahec.org | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |
| Early Learning Coalition of the Big Bend Region | Gabrielle Aboki | Child Care Resource and Referral Coordinator | 866-973-9030 850-552-7318 | crr@elcbigbend.org or gaboki@elcbigbend.org | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |
| Better Living Solutions | Danielle Shelton | CEO & Founder | (850) 443-7931 | danielle@blscounseling.net | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |
| Kids Incorporated of the Big Bend | Isabella Kruger | Volunteer Specialist | (850) 414-9800 Ext. 101 | ikruger@kidsincorporated.org | Jefferson, Leon, Madison |
| Capital Area Healthy Start Coalition | Chris Szorcsik | Executive Director | 850-488-0288 | info@capitalareahealthystart.org | Leon, Wakulla |
| Florida Diagnostic & Learning Resources System (FDLRS) | Lynne Smith | Child Find, Parent & Family Services | 850-561-6549 | marian.smith@leonschools.net | Gadsden, Jefferson, Leon, Taylor, Wakulla |
| Florida Legal Services | Guillermo Gonzalez | Outreach and Enrollment Specialist | 407-537-4801 | guillermo.gonzalez@floridalegal.org | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |
| Family Network on Disabilities | Sassafrass Rose Mittleman | Parent Training Coordinator | 727-282-4632 or 850-459-1374 | smittleman@fndfl.org | Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla |

Scholarships for Florida Schoolchildren



Did you know with the help of a Step Up For Students Scholarship, you could send your child to a private school near you?

Scholarships for K-12 Students to Attend Private School

The Family Empowerment Scholarship for Educational Options (FES-EO) and the Florida Tax Credit (FTC) Scholarship Program offer scholarships worth on average \$8,000 and cover the cost of private school tuition and fees, tutoring, books and more.

Who is eligible?

- All K-12* students, regardless of household income, who are residents of Florida are eligible

Who has priority?

Priority will be given to families who meet the following criteria:

- Students whose household income is at or below 400% of the federal poverty level. For example, a family of four could have an income of up to \$120,000 annually and receive priority.
- Students currently in foster or out-of-home care
- Homeless children

* Students entering kindergarten must be 5 on or before September 1

Scholarships for Students with Unique Abilities

The Family Empowerment Scholarship for Students with Unique Abilities (FES-UA) is worth an average of \$10,400 and covers the cost of private school tuition, pre-K tuition, instructional materials, home education, tutoring and more.

Who is eligible?

- Students 3 years old to high school graduation or age 22, whichever comes first
- Children with one of 23 diagnoses including, but not limited to: autism spectrum disorder, Down syndrome, spina bifida and emotional, behavioral or intellectual disabilities



Program funds for each scholarship are limited and are available on a first-come, first-served basis.

How to Apply?

To apply online, or for more information, visit StepUpForStudents.org

 (877) 735-7837

 @StepUp4Students

Becas para Niños Escolares de la Florida



¿Sabía usted que con la ayuda de una beca de Step Up For Students, podría enviar a su hijo a una escuela privada cerca de usted?

Becas para Estudiantes de K-12 para Asistir a Escuelas Privadas

La Beca de Family Empowerment para Opciones Educativas (FES-EO) y el Programa de Becas Florida Tax Credit (FTC) ofrecen becas con un valor promedio de \$8,000 y cubren el costo de matrícula y cuotas de escuelas privadas, tutoría, libros y más.

¿Quién es elegible?

- Todos los estudiantes de K-12*, independientemente del ingreso familiar, que sean residentes de Florida son elegibles.

¿Quién tiene prioridad?

Se dará prioridad a las familias que cumplan con los siguientes criterios:

- Estudiantes con un ingreso familiar que sea igual o inferior al 400% del nivel federal de pobreza. Por ejemplo, una familia de cuatro podría tener un ingreso de hasta \$120,000 al año y recibir estado de prioridad.
- Estudiantes actualmente en cuidado de crianza o fuera del hogar
- Niños sin hogar

*Los estudiantes que ingresan a Kindergarten deben tener 5 años el 1 de septiembre o antes.

Becas para Estudiantes con Necesidades Especiales

La Beca Family Empowerment para Estudiantes con Necesidades Especiales (FES-UA) tiene un valor promedio de \$10,400 y cubre el costo de la matrícula de una escuela privada, matrícula de pre-K, materiales instructivos, educación en el hogar, tutoría y más.

¿Quién es elegible?

- Estudiantes de 3 años a graduación de la escuela secundaria o 22 años, lo que ocurra primero
- Niños con uno de los 23 diagnósticos que incluyen, entre otros: trastorno del espectro autista, síndrome de Down, espina bífida y discapacidades emocionales, conductuales o intelectuales



Los fondos del programa para cada beca son limitados y están disponibles por orden de llegada.

¿Cómo Solicitar?

Para solicitar en línea, o para obtener más información, visite StepUpForStudents.org/es

 (877) 735-7837

 @StepUp4Students



Family Resource Center

Proudly managed by Children's Home Society of Florida

Books, Balls, & Blocks!

FREE CHILDHOOD SCREENING EVENT

ACTIVITIES, RESOURCES, AND MORE FOR FAMILIES WITH CHILDREN AGES 0-8

FREE "TAKE & PLAY" BAG FOR FIRST 30 FAMILIES TO REGISTER!

10.7.2025
5 PM - 7 PM

CROSS CREEK FAMILY RESOURCE CENTER
2002 OLD ST. AUGUSTINE RD
BLDG A, SUITE 50

WWW.CSCLEON.ORG



Sponsored by the Children's Services Council of Leon County, Children's Forum and the State of Florida, Division of Early Learning.

WHAT WE DO

Survive and Thrive Advocacy Center (STAC) is dedicated to building strong, healthy communities by providing direct assistance and coordinated support for survivors of sex and labor trafficking and those at risk.

Survivor Support and Advocacy – Each survivor’s needs are unique. **STAC offers direct case management, advocacy, and essentials like shelter, healthcare, counseling, job support, and transportation to safety.** Our survivor-informed approach is foundational to all we do. Contact us for immediate support.

Education and Training – Human trafficking affects every community. Through our information-rich website, Imagine Freedom podcast, and outreach to rural areas, **STAC raises awareness, trains thousands on recognition and response, and empowers communities to prevent trafficking** through in-person and remote training events and monthly webinars.

STAC is a single point of contact for survivors of sex and labor trafficking (youth and adults) in Leon, Wakulla, Franklin, Jefferson, Gadsden and Liberty counties and adjacent areas in Florida’s Big Bend. STAC provides educational programming locally, statewide and nationally.



During its first decade, STAC supported and empowered **OVER 250 SEX AND LABOR TRAFFICKING SURVIVORS** and educated over **21,000 INDIVIDUALS** in the Big Bend and beyond.

HOW TO GET INVOLVED

Every person in our community has a role to play in ending both sex and labor trafficking. Here are things you can do to STOP human trafficking:

Know how to recognize human trafficking and **call 911 if there is immediate danger.**

Call the **National Human Trafficking Hotline at 1-888-373-7888** if you or someone you know is a victim of human trafficking.

Call the **Florida Abuse Hotline at 1-800-96-ABUSE** if you suspect that a child or vulnerable adult is being trafficked.

Support human trafficking survivors and STAC’s work by making a donation.

NWF Health CONNECTS



Connect to Community Resources

- Financial Assistance
- Food Pantries
- Medical Care
- Housing
- Education & Career Support
- Transportation Services
- Legal Aid

NWF Health
Network

CONTACT US



WWW.NWFHEALTH.ORG

NWF Health
Network

CIRCUIT 2 BEHAVIORAL HEALTH POCKET GUIDE

Franklin, Gadsden, Jefferson, Leon,
Liberty, Madison, Taylor, and Wakulla

24/7 CRISIS SUPPORT

Mobile Response Teams (MRT)

[866-517-7766](tel:866-517-7766)

24/7 On-Demand

Behavioral Health Crisis Intervention



988 Suicide & Crisis Lifeline

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources

How are you?

I'm feeling...

stressed, anxious, down, lonely.

Tess is a chatbot

you can talk to about your emotions.

Text 'Hi'

to 850-801-6119 to start chatting with Tess.

Chat anytime

day or night, Tess is available to talk 24/7.



NWF Health Network

As Seen In
WSJ Psychology Today



Tess

Supports students by listening to their concerns and delivering mental health coping techniques.

Available 24/7 students can text "Hi" to 850-801-6119

PROVIDER MATRIX

Behavioral Health Services for
Uninsured & Underinsured
Youth & Adults



Easily send referrals to our
Behavioral Health Providers

Naloxone locator

Free to those at risk of an opioid overdose and to those who may witness an opioid overdose.



Florida KidCare Assisters are now available at a location close to you!



Scan to get connected with a Florida KidCare assister.

Florida KidCare Assisters Are Here to Help You With:

- **Completing your application**
- **Updating your account information**
- **Answering your questions**
- **Finding in-network health and dental providers**
- **Assessing insurance costs**
- **Understanding your child's health plan**
- **Discovering additional community resources that may be beneficial to you**

Your child may qualify for low-cost, high-quality coverage. Big Bend AHEC offers FREE assistance for families enrolling in this insurance, with costs typically around \$15 or \$20 monthly. Contact us at 850-224-1177 for more details.

¡Los Asistentes de Florida KidCare ahora están disponibles en un lugar cercano a ti!



Escanee para conectarse con un asistente de Florida KidCare.

Los Asistentes de KidCare Están Aquí para Ayudarte Con:

- Completar tu solicitud
- Actualizar la información de tu cuenta
- Responder tus preguntas
- Encontrar proveedores de salud y dental dentro de la red
- Evaluar los costos del seguro
- Entender el plan de salud de tu hijo
- Descubrir recursos comunitarios adicionales que puedan ser beneficiosos para ti

Su hijo puede calificar para una cobertura de bajo costo y alta calidad. Big Bend AHEC ofrece asistencia GRATUITA para las familias que se inscriben en este seguro, con costos que suelen ser de alrededor de \$15 o \$20 mensuales.

Contáctenos al 850-224-1177 para más detalles.

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP™)--IN PERSON CLASS

NO-COST 6 WEEK PROGRAM @ JEFFERSON COUNTY PUBIC LIBRARY

What Is DEEP?

- DEEP workshops are interactive and involve demonstrations including: healthy kidney vs damaged kidney function, glucose testing, and hidden fat/sugar in fast food. Engaging activities for group learning include a matching-the-function-to-its-body-part game, diabetes risk factor assessment, and guided relaxation.
- DEEP provides a supportive environment where participants work together in a small group to learn about health management tools, lifestyle choices, and share their experiences.

DEEP Can Improve Your...

- A1C levels & systolic blood pressure
- Diabetes knowledge
- Physical activity
- Adherence to healthy eating plan
- Glucose self-monitoring
- Medication compliance
- Perceived confidence in self-care

The Diabetes Empowerment Education Program™ (DEEP™) is an **6-week evidence-based diabetes self-management education (DSME) program** for people who want to learn more about managing diabetes.



Dates:

Tuesdays

October 2 – November 6

Time:

11:00am – 1:00pm

Location:

**Jefferson County Public
Library**

**375 S Water Street
Monticello Fl. 32344**

***Class size limited /**

[Call to register](#)

Contact Stephanie at BBAHEC:

850-224-1177

Showard@bigbendahec.org

Additional funding for these services is made possible through a relationship with the Florida Department of Health through Purchase Order C545C0 and the Centers for Disease Control and Prevention Cooperative Agreement #6 NU58DP007360-02-01



SAVE THE DATES!

Tuesdays, Oct 2 - Nov 6

October 2 11:00 AM - 1:00 PM

Understanding complications of diabetes

October 9 11:00 AM - 1:00 PM

Meal planning and nutrition

October 16 11:00 AM - 1:00 PM

Diabetes and the body; Exercise

October 23 11:00 AM - 1:00 PM

Monitoring diabetes; Understanding diabetes risk factors

October 30 11:00 AM - 1:00 PM

Stress, depression, and diabetes

November 6 11:00 AM - 1:00 PM

Communicating with your health care team and
becoming your own advocate



Contact Stephanie at BBAHEC to

REGISTER @ 850-224-1177

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP™)--IN PERSON CLASS

NO-COST 6 WEEK PROGRAM @ DOCTORS' MEMORIAL HOSPITAL

What Is DEEP?

- DEEP workshops are interactive and involve demonstrations including: healthy kidney vs damaged kidney function, glucose testing, and hidden fat/sugar in fast food. Engaging activities for group learning include a matching-the-function-to-its-body-part game, diabetes risk factor assessment, and guided relaxation.
- DEEP provides a supportive environment where participants work together in a small group to learn about health management tools, lifestyle choices, and share their experiences.

DEEP Can Improve Your...

- A1C levels & systolic blood pressure
- Diabetes knowledge
- Physical activity
- Adherence to healthy eating plan
- Glucose self-monitoring
- Medication compliance
- Perceived confidence in self-care

The Diabetes Empowerment Education Program™ (DEEP™) is an **6-week evidence-based diabetes self-management education (DSME) program** for people who want to learn more about managing diabetes.



Dates:

Tuesdays

October 07 – November 18

Time:

10:00am – 12:00pm

Location:

Doctors' Memorial Hospital

Patient Education Room

333 N Byron Butler Pkwy,

Perry Florida 32347

***Class size limited /**

[Call to register](#)

Contact Stephanie at BBAHEC:

850-224-1177

Showard@bigbendahec.org

Additional funding for these services is made possible through a relationship with the Florida Department of Health through Purchase Order C545C0 and the Centers for Disease Control and Prevention Cooperative Agreement #6 NU58DP007360-02-01



SAVE THE DATES!

Tuesdays, Oct 7 - Nov 18

October 7 10:00 AM - 12:00 PM
Understanding complications of diabetes

October 14 10:00 AM - 12:00 PM
Meal planning and nutrition

October 21 10:00 AM - 12:00 PM
Diabetes and the body; Exercise

October 28 10:00 AM - 12:00 PM
Monitoring diabetes; Understanding diabetes risk factors

November 4 10:00 AM - 12:00 PM
Stress, depression, and diabetes

November 11
NO CLASS - VETERAN'S DAY HOLIDAY

November 18 10:00 AM - 12:00 PM
Communicating with your health care team and
becoming your own advocate



Contact Stephanie at BBAHEC to register:
850-224-1177

Quit tobacco with Group Quit.

There's never been a more important time to quit.



In-Person Group Sessions



Virtual Group Sessions

Benefits:

- **FREE** expert-led sessions.
- **FREE** nicotine replacement therapy such as patches, gum, or lozenges.*
- Covers all forms of tobacco.
- Develop your personalized quit plan.
- More than **DOUBLES** your chances of success.

*if medically appropriate for those 18 years of age or older

Group Schedule:

Sponsored by:

Scan the QR Code to Enroll:



Pre-registration is required



For more information on Group Quit sessions, contact:

850-224-9340



Florida HEALTH

Learn more about all of Tobacco Free Florida's tools and services at tobaccofreeflorida.com/quityourway



Child Care Resource and Referral

YOUR FREE, FAMILY-FOCUSED SERVICES

This free and confidential service bridges resources and information for the entire family. Contact us today - no eligibility required.



Child Care Listings

CCR&R provides customized lists of child care options based on the needs of the family. This includes facility hours, programming, and rates.



Financial Assistance

CCR&R can provide information and assist in applying for child care assistance and exploring other financial assistance options.



Consumer Education

CCR&R can provide information on a range of topics, including how to locate quality early learning programs and the importance of family engagement.



Community Resources

CCR&R can connect families with local resources that may be able to assist with other needs, such as housing, food, or utility assistance.



Child Care Resource and Referral

CONTAMOS CON RECURSOS GRATUITOS PARA LA FAMILIA

Brindamos recursos gratuitos y confidenciales sin requisitos de elegibilidad.
Contáctenos hoy para encontrar apoyo.



Listados de Cuidado Infantil

CCR&R proporciona listas personalizadas de opciones de cuidado infantil según las necesidades de la familia. Esto incluye horarios, programación y tarifas de las instalaciones.



Ayuda Financiera

CCR&R puede brindarle información y ayudarlo a solicitar asistencia para el cuidado de niños y explorar otras opciones de asistencia financiera.



Educación del Consumidor

Podemos proporcionar información sobre una variedad de temas, que incluyen cómo ubicar programas de aprendizaje temprano y la importancia de la participación familiar.



Recursos de la Comunidad

CCR&R puede conectar a las familias con los recursos locales que pueden ayudarlo con la vivienda, los alimentos o la asistencia con los servicios públicos.



Thinking About



Early Learning
Coalition of the
Big Bend Region

Voluntary Pre-Kindergarten?

VPK is free. And it matters.

Research shows children who participate in high-quality VPK programs perform better academically and socially in school.

ELIGIBILITY

Children must live in Florida and be 4 years old on or before Sept. 1 of the current year to be eligible. If their birthday falls from Feb. 2 through Sept. 1, you may wait to enroll your child the following year when they're 5.

HOW TO APPLY

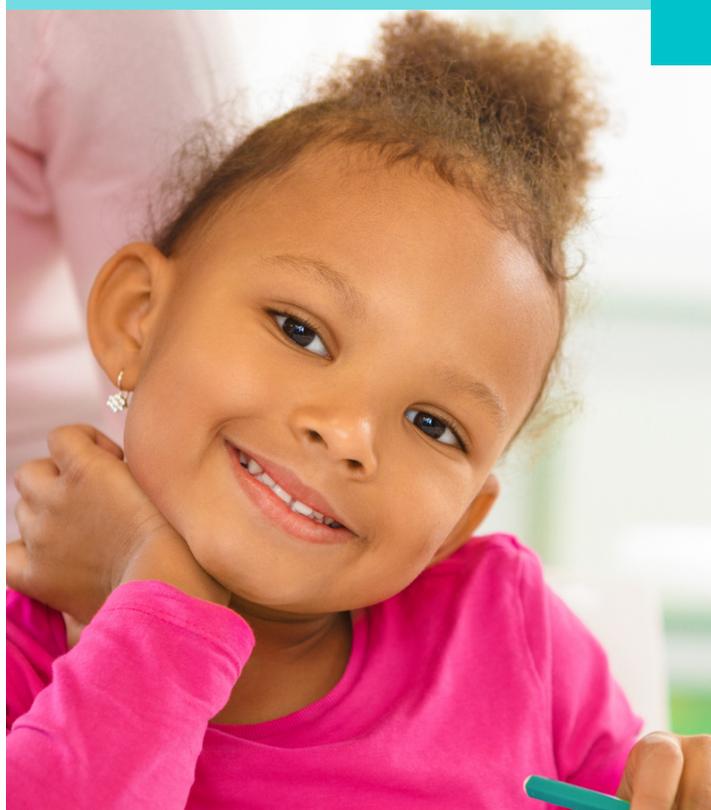
You can apply online from a computer or mobile phone by visiting

familyservices.floridaearlylearning.com

You will need:

- an email address
- proof of Florida residency
- proof of your child's age

Your local early learning coalition will review your application and email you with further instructions. Once your application is approved, the coalition will provide you with a Certificate of Eligibility you can take to any VPK provider. **Questions?** Call us at **(850) 385-0504**.



¿Estás pensando



Early Learning
Coalition of the
Big Bend Region

en pre kínder voluntario?

VPK es gratis y es muy importante.

A los niños que son parte de un programa VPK les va mejor en la escuela.

ELEGIBILIDAD

Los niños deben vivir en Florida y tener 4 años cumplidos el 1 de septiembre de 2022 o antes.

CÓMO APLICAR

Puede presentar su solicitud en línea desde una computadora o teléfono móvil visitando familyservices.floridaearlylearning.com

Necesitará:

- Una dirección de correo electrónico
- prueba de residencia en Florida
- prueba de la edad de su hijo

Su coalición local de aprendizaje temprano revisará su solicitud y le enviará un correo electrónico con más instrucciones. Una vez que se apruebe su solicitud, la coalición le proporcionará un Certificado de elegibilidad que puede llevar a cualquier proveedor de VPK. ¿Preguntas? Llámenos al **(850) 385-0504**.





Early Learning
Coalition of the
Big Bend Region



EARLY DETECTION. LASTING RESULTS.

Do you have a concern about a child’s development, behavior, or overall health? If so, contact the Early Learning Coalition of the Big Bend Region, Inc. (ELC). The ELC provides a complimentary service to address and appropriately handle these types of concerns. We are here to help: our WarmLine telephone number is **850-385-0504**.

DEVELOPMENTAL CONCERNS

ELC performs developmental screenings and observations for children with developmental concerns. We will connect families to community resources who can provide additional developmental evaluations and services.

SOCIAL-EMOTIONAL CONCERNS

ELC supports teachers and parents by providing:

- Strategies that modify challenging behaviors
- Social Emotional health screenings
- Behavioral Health and counseling community resources

HEALTH CONCERNS

ELC provides information and support on child health/medical conditions. We will coordinate with healthcare professionals to create Individual Health Plans for children with asthma, seizures, allergies, and other medical conditions. We perform hearing, vision, and dental (functional) screenings.

TECHNICAL ASSISTANCE

ELC provides information and support on the inclusion of children with special health and developmental needs.

CONTACT US

 resources@elcbigbend.org

 www.elcbigbend.org





¿ESTÁS PREOCUPADO POR TU HIJO? ELC PUEDE AYUDAR - GRATIS

Servicios Gratuitos



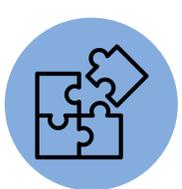
DE DESARROLLO
ELC evalúa y observa a los niños con problemas de desarrollo. Conectaremos a las familias con los recursos de la comunidad para proporcionar evaluaciones y servicios adicionales.



SOCIOEMOCIONAL
ELC brinda consejos para modificar comportamientos desafiantes y puede ayudar con recursos de asesoramiento.



SALUD
ELC se coordinará con los profesionales de la salud para crear planes de salud para el asma, las convulsiones, las alergias u otras afecciones médicas. Realizamos exámenes de audición, visión y dentales.



ASISTENCIA TÉCNICA
Brindamos monitoreo continuo de las habilidades motoras finas y gruesas, la resolución de problemas, las preocupaciones personales/sociales y de comunicación.

WARMLINE

¿Tiene alguna preocupación sobre el desarrollo, el comportamiento o la salud general de un niño?

La Coalición de Aprendizaje Temprano de Big Bend Region, Inc. (ELC) brinda servicios GRATUITOS para abordar y manejar adecuadamente este tipo de inquietudes. Estamos aquí para ayudar: nuestro número de teléfono WarmLine es 1-866-973-9030.

- 1-866-973-9030**
- elcbigbend.org**
- ccrr@elcbigbend.org**



PARENTS & CAREGIVERS...

Register now for free virtual support groups offering guidance, connection, and **R.E.A.L.** life solutions for families in crisis. Mental health, medical, & behavioral issues not only impact your child they impact **YOU** and the entire family unit!

Sign Up Here



- ✓ **R**espect Your Needs Too
- ✓ **E**liminate Unnecessary Stressors
- ✓ **A**ffirm and Empower Yourself
- ✓ **L**earn Essential Tools

All Mental Health & Nutrition Support Groups are **FREE & UNLIMITED** for Parents & Caregivers who reside in The Florida Big Bend Region. Sessions offered August 2025-June 2026.

Sponsored by...The **R.E.A.L.** Me Project
BE WELL ~ BE REAL ~ BE YOU

Therapy & Counseling Services

We offer counseling and wellness services for children, adolescents, and adults. Struggles we address include, but are not limited to:

- ❖ Anxiety Disorders
- ❖ Mood Disorders
- ❖ Depressive Disorders
- ❖ Eating Disorders
- ❖ Body Image Concerns
- ❖ Maternal Mental Health Related Struggles
- ❖ Trauma & PTSD
- ❖ Substance Use
- ❖ Adverse Childhood Experiences
- ❖ Sexual Abuse
- ❖ Grief
- ❖ Family Conflict
- ❖ Emotional Impairments related to Social Media Usage
- ❖ Marital or Premarital Issues
- ❖ Infidelity & Divorce
- ❖ Parenting Conflicts
- ❖ Women's Issues
- ❖ Life Transitions
- ❖ Identity / Self Esteem
- ❖ LGBTQ+ Related Stress
- ❖ Racial Identity
- ❖ Stress Management
- ❖ Peer or Workplace Bullying
- ❖ Behavioral & Educational Concerns
- ❖ Mental Health Struggles Correlated to Autism Spectrum Disorder, ADD, ADHD, Sensory Disorders, or other Neurodivergency

Our Team of Professionals

- Mental Health Counselors
- Clinical Social Workers
- Marriage & Family Therapists
- Psychologists
- Music Therapists
- Art Therapists
- Collegiate Interns
- Registered Dietitians
- Integrative Health Coaches
- Intake & Outreach Coordinators
- Billing & Quality Assurance



Community Involvement & Workshops

Since 2014, the BLS team has strived to create collaborative, inclusive, and sustaining partnerships within our community. By continuing to further our own education, collaborating with other professionals, networking, and engaging in professional conferences all throughout the United States, our clinicians stay up to date with current mental health and medical nutrition statistics and research as well as effective evidenced based treatment methods to offer REAL solutions. Over the past 10 years, we have provided education to mental health professionals, medical personnel, teachers, school administrators, coaches, parent groups, small businesses, and other community organizations in Tallahassee and the surrounding Big Bend area.

What is The R.E.A.L. Me Project?



- Respect Yourself
- Eliminate Myths or Negative Thoughts
- Affirm and Empower Yourself & Each Other
- Learn the Tools

BLS Founder, Danielle Shelton, created the R.E.A.L. Me Project to educate our community about the underlying issues related to mental health struggles and nutrition deficiencies that may contribute. Each workshop or presentation can be designed exclusively for you!

- ❖ Motivational Speaking
- ❖ Mental Health & Suicide Awareness: Statistics, Identification, & Treatment
- ❖ Nutrition Education - Myths vs Truths
- ❖ Building Blocks of Self Esteem, Confidence, & Body Appreciation
- ❖ Healthy Relationships & Communication
- ❖ Eating Disorder Prevention & Trainings

Nutrition & Wellness Services

Here at Better Living Solutions, we want to help you experience wellness in all areas of your life.

Having a balanced relationship with food and exercise is a big part of this! We can help you to find a way of eating that is catered to your specific nutritional needs.



Our Specialties Include:

- ❖ Heart Disease
- ❖ Diabetes
- ❖ Disordered Eating
- ❖ Food Aversion
- ❖ Food Allergies
- ❖ Weight Management
- ❖ Immune System Health
- ❖ Gut & Digestive Issues
- ❖ Disease Prevention
- ❖ Wellness Counseling
- ❖ Balanced Exercise Plans
- ❖ Lifestyle Dietary Changes
- ❖ Vegetarianism
- ❖ Veganism

Our Dietary Services:

- Nutrition Evaluation and Assessment
- Individual or Family Nutritional Counseling
- Group Nutrition Workshops
- Grocery Shopping
- Meal/Menu Planning
- Meal Preparation for the Week Ahead
- Therapeutic Meal Supports
- Restaurant Outings with Guidance/Support
- Cooking Classes
- Collaboration with Community Fitness Providers

How do I Apply?



VISIT

<https://www.kidsincorporated.org/>
to apply online
Today!

Documents you will need...

Required:

- Child's Birth Certificate
- Income Documentation
- Documentation showing current address i.e. Bill, lease, etc. (Do Not Need If Driver's License is current with correct address)

If Applicable:

- (W2) or copy of previous year tax return, or 6 weeks of consecutive pay stubs.
- Supplemental Security Income verification letter (if applicable)
- Financial Aid Award letter/Work Study (if applicable)
- Social Security Income verification letter (if applicable)
- TANF Income verification letter (if applicable)
- Copy of Parent's Driver License/Identification
- Copy of WIC Card
- Copy of Medicaid Card

Our Locations

| | |
|--|---|
| <p>Administration Office</p> <p>PO Box 16639 Tallahassee, FL 32317 (850) 414-9800</p> | <p>Brandon's Place at Lincoln</p> <p>438 W. Brevard St. Tallahassee, FL 32301 (850) 414-9815</p> |
| <p>Pamela Davis Early Learning Center</p> <p>1410 E. Indianhead Dr. Tallahassee, FL 32301 (850) 487-9124</p> | <p>Budd Bell Early Learning Center</p> <p>306 Laura Lee Ave. Tallahassee, FL 32301 (850) 219-0037</p> |
| <p>Jefferson County Early Head Start</p> <p>395 E. Washington St. Monticello, FL 32344 (850) 997-4736</p> | <p>Bright Days</p> <p>250 NW Haynes St. Madison, FL 32340 (850) 973-4243</p> |



A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 1-800-432-7352 or www.800hlepfia.com within the state. Registration does not imply endorsement, approval, or recommendation by the state. CH#2073.



All children & families reach their full potential!



Supporting and educating families with young children through quality early learning, health, & family services.

Children

Family

Community



Children

Early Education

The Kids Incorporated Early Head Start (EHS) Center and Homebase program serves eligible families in Jefferson, Leon, and Madison counties at 5 centers and providing comprehensive services to low-income children (birth to age 3 years) and their families. These services include quality child development, physical health, mental health, nutrition, disability services, family engagement, and community partnerships.



Family

Family Services

Family Advocates are on staff to work with families from the time of enrollment until the child transitions from the program at age 3. Participation in a research based curriculum, family centered activities, parent workshops, and community events, are also encouraged to empower parents on the road to family success. Promoting family routines, experience rich environment, positive discipline, and language and literacy.

Home Learning



Kids Incorporated has implemented home learning activities to inspire parents and focus their attention promoting outstanding family life practices to close the "Achievement Gap." Studies show a substantial relationship between parent involvement and reading comprehension levels. Since the implementation of the home learning activities parents spending time reading at home has increase by over 50%.



Community

Community Building

Volunteering

Volunteers provide extra hands in our early learning centers, work one-on-one with a child and read to children or volunteer for Kids Incorporated at community outreach events. They serve on our committees and boards, and work events such as Holiday Happiness Kidsfest!



Partnerships

One of the cornerstones of the Early Head Start program is community. A critical key to supporting families (another cornerstone) is building and providing linkages between families and available community resources. An important component to establishing essential linkages is the development and maintenance of community partnerships. It is through these partnerships that Kids Incorporated is able to foster the development of a comprehensive system of family centered services and to advocate for a community that shares responsibility for the healthy development of children and families of all cultures.

Prenatal Services

A healthy pregnancy has a direct influence on the health and development of a child. The prenatal period has a lasting impact on the child's potential for healthy growth and development.



Now Enrolling!



Apply Online Today!



includes:

- HEALTH AND FAMILY SERVICES
- EARLY HEAD START PRIORITY
- GROUP CONNECTIONS
- WEEKLY HOME VISITS
- RESOURCES
- EDUCATION
- SUPPORT
- AND MORE!

APPLICATION REQUIREMENTS

- Child's Birth Certificate
- Nonworking Letter, or
- Proof of School, or Income Documentation, (W-2, ocopy of previous year tax return, or 6 weeks of consecutive pay stubs) if applicable
- Supplemental Security Income verification letter (if applicable)
- Financial Aid Award letter/Work Study (if applicable)
- Social Security Income verification letter (if applicable)
- TANF Income verification letter (if applicable)
- Copy of Parent's Driver License/Identification
- Documentation showing current address i.e. Lease, etc. (not needed if Driver's License is current with correct address)
- Copy of WIC Card
- Copy of Medicaid Card

CONTACT INFORMATION

Madison, Jefferson, & Leon County

SHELIA JACKSON
PARENT EDUCATOR
973-4243

sjackson@kidsincorporated.org

WWW.KIDSINCORPORATED.ORG



EVERY BABY DESERVES A HEALTHY START!



Connect

Connecting families to community programs

Connect is a home visiting referral source that works with you to decide which prenatal or infant home visiting program in our area would work best for you!

To Connect with your local Coordinated Intake & Referral (CI&R) Specialist, please call the number for your county as listed below:

Franklin County
(850) 872-4130

Leon County
(850) 488-0288 ext.109

Gadsden County
(850) 662-1061 ext.303

Madison County
(850) 948-2741

Gulf County
(850) 872-4130

Taylor County
(850) 223-5103

Jefferson County
(850) 948-2741

Wakulla County
(850) 888-6092

Scan our QR code or visit our website to learn more about Connect!

www.CapitalAreaHealthyStart.org

Open Doors to Opportunities Home Visiting Can Help!

Connect Home Visiting Programs:

Healthy Families Florida:

Healthy Families is a free and voluntary service for expectant parents and parents of newborns. Parents participate in Healthy Families to learn how to recognize and respond to their babies' changing developmental needs, use positive discipline techniques, cope with the day-to-day stress of parenting in healthy ways, and set and achieve short- and long-term goals.



Healthy Start:

Healthy Start is a home visiting program tailored to each woman's pregnancy needs with a wide range of services available at no cost. Healthy Start services are available to pregnant women and to parents, caregivers, and legal guardians of children birth to three years old. These services include healthy pregnancy education, newborn care & parenting education, child development education, breastfeeding education, women's health education, general support, and care coordination.





FDLRS MICCOSUKEE Parents' Learning Series



BUILDING A FIRM FOUNDATION: LAYING THE GROUNDWORK FOR STRONG FAMILIES



Laying the Groundwork:
FDLRS Awareness for Parents
12:30 pm - 1:30 pm



Hard Hat Zone:
Navigating the IEP Process
6:00 pm - 7:00 pm



Blueprints for Behavior:
Building Skills with FLIP-IT®
12:30 pm - 1:30 pm or
6:00 pm - 7:00 pm



The Sensory Site:
Where Calm Gets Constructed
12:30 pm - 1:30 pm



Nuts, Bolts, and Boards:
Visual Tools that Build Success
6:00 pm - 7:00 pm

**STRONG
FOUNDATIONS
STRONG
FAMILIES!**



*All Trainings are
Virtual*

Register Now!

bit.ly/FDLRSParentFamily



Florida Legal Services Connecting Kids to Coverage

Guillermo Gonzalez
Outreach and Enrollment Specialist

Florida Legal Services, Inc.
(407) 537-4801
guillermo.gonzalez@floridalegal.org



Contact us today for help getting health care coverage for your kids.
Parents and pregnant women may be eligible too!

Family Network on Disabilities

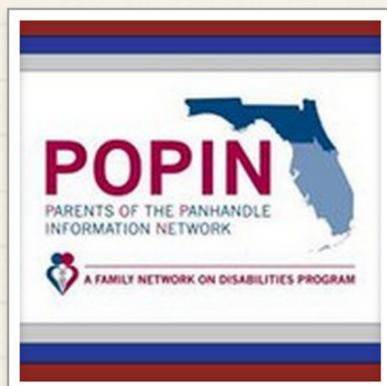
BE A HEART BEAT IN OUR HEART NETWORK!

ABOUT US

Family Network on Disabilities (FND) was founded in 1985 by a group of parents of children with disabilities who came together for mutual support and information-sharing. FND is a grassroots organization for persons with disabilities and their families that is family-centered and family-driven. The mission of FND is to strive for the complete integration and equality of persons with disabilities in a society without barriers and to serve families of children with disabilities, ages birth through 26, who have the full range of disabilities



OUR PROGRAMS!



PARENTS OF THE
PANHANDLE
INFORMATION
NETWORK (POPIN)

Kathy Powell
(850) 570-3190
kathyp@fndfl.org
Parents of the Panhandle
Information Network works
across North Florida.



PARENT SUPPORT
NETWORK (PSN)

Tosha Littles
(813) 330-0617
tosha@fndfl.org
Parent Support Network
works across central Florida.



PARENT EDUCATION
NETWORK (PEN)

Joe La Belle
(305) 209-0047
joe@fndfl.org
Parent Education Network
works across South Florida.



CONTACT INFORMATION

Facebook

2196 Main Street, Dunedin, F... FND@FNDUSA.ORG
 (800) 825-5736 fndusa.org/

Family Network on Disabilities (FND) fue fundada en 1985 por un grupo de padres de niños con discapacidades que se unieron para brindarse apoyo mutuo y compartir información. FND es una organización de base comunitaria para personas con discapacidades y sus familias, que está centrada y dirigida por las familias. La misión de FND es luchar por la integración completa y la igualdad de las personas con discapacidades en una sociedad sin barreras y servir a las familias de niños con discapacidades, desde el nacimiento hasta los 26 años, que tienen el rango completo de discapacidades descritas en la sección 602(3) de IDEA. FND es una organización de padres según lo definido en la sección 671(a)(2) de IDEA 2004.



-  (800) 825-5736
-  @Family_Network_on_Disabilities
-  @FamilyNetworkonDisabilities
-  FND@FNDUSA.ORG
-  FNDUSA.ORG
-  @fnd_disability_info



Como el **Centro de Capacitación e Información para Padres (PTI) de Florida**, FND proporciona información actualizada para ayudar a las familias a comprender el derecho de sus hijos a una educación gratuita y apropiada bajo **IDEA**. Como el **Centro de Información de Salud Familiar a Familiar (F2FHIC) de Florida**, el programa **Family S.T.A.R.** ofrece a las familias de niños y jóvenes con desafíos médicos y de salud mental los recursos y el apoyo que necesitan para navegar su camino. **Padre a Padre de Florida** conecta a padres voluntarios capacitados con otros padres para brindar apoyo social y emocional, lo que ayuda a construir comunidad y reducir el aislamiento para los padres de niños con necesidades especiales.



PROGRAMAS ESTATALES



- | TEMAS GENERALES DE EDUCACIÓN ESPECIAL | TRANSICIÓN | CUIDADO DE LA SALUD |
|--|---|---|
| <ul style="list-style-type: none"> • Aviso Previo por Escrito • LRE en la Primera Infancia • IDEA • Resolución de Disputas • Intervenciones Tempranas | <ul style="list-style-type: none"> • Planificación de la Transición • Opciones de Transición Post-Secundaria • Vías de Diploma • Oficinas ADA en Colegios Históricamente Negros en FL | <ul style="list-style-type: none"> • Comprensión de su Seguro de Salud • Creación de un Plan de Atención Médica • Consejos de Comunicación • Consejos de Bienestar Mental |

¡Y MUCHO MÁS! ¡CONTÁCTENOS HOY!

There are all kind of families. Families with different skin colors, national origin, sexual orientation, beliefs, and values. Many of them have children with disabilities, children with learning challenges, or children with medical needs. Wherever you are in the process of embracing the uniqueness of your family, we are here for you.

As your **PARENT TRAINING AND INFORMATION CENTERS FOR FLORIDA**, our job is to help you access the most accurate and updated information regarding your child's right to free appropriate education in the least restrictive environment as stated in the law, IDEA. As the statewide **FAMILY STAR PROGRAM**, we are here to help you find the right path to ensure your child's access to the right services when they face medical or mental health challenges.

We provide information, resources, and in-person and online support through: Conferences, Live Webinars, Training, One on One Support, and Workshops

We have an extense collection of family-friendly materials created just for you, and a wonderful library of resources that links to research-based information created by federally funded agencies that work in partnership with us to ensure you don't miss a thing. Even better, through our website and social media, you will stay informed, educated and motivated. Give us a call, send us an email, or a message. We are here for you!



FAMILY NETWORK ON DISABILITIES

FAMILY NETWORK ON DISABILITIES (FND) was founded in 1985 by a group of parents of children with disabilities who came together for mutual support and information-sharing. FND is a grassroots organization for persons with disabilities and their families that is family-centered and family-driven. The mission of FND is to strive for the complete integration and equality of persons with disabilities in a society without barriers and to serve families of children with disabilities, ages birth through 26, who have the full range of disabilities described in section 602(3) of IDEA. FND is a parent organization as defined in section 671 (a)(2) of IDEA 2004.

FAMILY NETWORK ON DISABILITIES (FND) was founded in 1985 by a group of parents of children with disabilities who came together for mutual support and information-sharing. FND is a grassroots organization for persons with disabilities and their families that is family-centered and family-driven. The mission of FND is to strive for the complete integration and equality of persons with disabilities in a society without barriers and to serve families of children with disabilities, ages birth through 26, who have the full range of disabilities described in section 602(3) of IDEA. FND is a parent organization as defined in section 671 (a)(2) of IDEA 2004.



@FamilyNetworkonDisabilities



@Family_Network_on_Disabilities



@FND_USA



(800) 825-5736



fnd@fndusa.org



fndusa.org

POPIN

PARENTS OFFERING PARENTS
INFORMATION AND NETWORKING



PSN

PARENT SUPPORT
NETWORK



PEN

PARENT EDUCATION
NETWORK



FAMILY STAR

SUPPORT, TRAINING,
ASSISTANCE, RESOURCES



TAKING CARE OF THE CAREGIVER



1. EXPRESS YOUR NEEDS

Ask for help. Unless you ask, people don't know how to help you.

2. TAKE TIME FOR YOURSELF

You are not a super-hero. You need time to relax, to recharge, and to reflect.

3. IDENTIFY YOUR ALLIES

You don't need to do this alone. You need allies, family and friends to support you as needed.

4. JOIN A SUPPORT GROUP

Other parents know and understand your feelings. You can help them too.

5. DO SOMETHING FOR YOURSELF

Take small breaks and try to do something special for yourself.

6. EXERCISE AS A FAMILY

Simple things, like walking together, can help everyone relax.

7. ENJOY THE SMALL THINGS

Small things are the biggest ones and they keep coming all the time. Embrace them!

8. EAT CHOCOLATE

Yes! Dark chocolate (not the sugary one) changes our body's response to stress. Enjoy one or two squares every night!



CUIDANDO DEL CUIDADOR



1. EXPRESA TUS NECESIDADES

Pide ayuda. Si no lo haces, la gente no sabe cómo ayudarte.

2. DEDICATE TIEMPO

No eres un súper-héroe. Necesitas tiempo para relajarte, reflexionar y recargarte.

3. IDENTIFICA TUS ALIADOS

No necesitas hacer esto sola o solo. Necesitas ayuda de quienes te aman.

4. UNETE UN GRUPO DE SOPORTE

Otros padres conocen y entienden tus necesidades. Tu puedes ayudarles también.

5. HAZ ALGO ESPECIAL POR TI

Toma descansos breves durante el día y planea hacer algo lindo por ti.

6. HAGAN EJERCICIO COMO FAMILIA

Cosas simples, como caminar juntos, pueden ayudar a todos a relajarse.

7. DISFRUTA DE LAS PEQUEÑAS COSAS

Las pequeñas cosas son las más grande y siguen llegando todo el tiempo. Disfrútalas!

8. COME CHOCOLATE

Si, el chocolate oscuro (no el azucarado) cambia la respuesta del cuerpo al estrés. Disfruta una o dos piezas cada noche.

Thank You TO OUR COMMUNITY PARTNERS



SPONSORED BY EARLY LEARNING COALITION OF THE BIG BEND REGION AND THE STATE OF FLORIDA, DIVISION OF EARLY LEARNING