

QUICK GUIDE TO POLK COMMUNITY RESOURCES

This guide is a list of most frequently requested community resources and services. **Programs funded by United Way** are listed in bold. If you would like information about these programs, or you need a referral to a program to meet your need, **Dial 2-1-1** or 863.648.1515; 1.800.881.UWAY (8929)

ABUSE: CHILD & ADULT

Abuse Hotline..... 800-962-2873
 Guardian Ad Litem Program 534-4605
Gulf Coast Community Care **904-3000**
Peace River Center Domestic Violence Shelter
 -Women, Men & Families..... **413-2700**

ADOPTION

Catholic Charities-Lakeland **686-7153**
 Winter Haven **299-7983**
Children's Home Society **519-3906**
 Florida Baptist Children's Home.....688-4981
 Florida Adoption Info Ctr..... 800-96-ADOPT

AIDS AWARENESS

Nat'l STD & AIDS Hotline..... 800-342-AIDS
 Spanish..... 800-545-SIDA
 Nat'l Prevention Info Network 800-458-5231
 TDD..... 800-243-7012
 Patient Care Services 519-8233
 Polk County Health Department..... 413-2620

ALCOHOL/DRUG ABUSE

ACTS.....428-1520
 Alcoholics Anonymous687-9275
 Al-Anon.....687-3800
 Toll Free.....866-539-3030
 Central Florida Human Services682-8111
 Drug Helpline..... 800-662-HELP
 InnerAct Alliance **802-0777**
 Narcotics Anonymous Helpline683-0630
 Peace River Center..... 248-3311
Talbot House Ministries **687-8475**
 Teen Challenge 647-1944
Tri-County Human Services **533-4139**

CONSUMER ASSISTANCE

Consumer Services (State).....800-435-7352
 Spectrum Resource & Development.....967-0660
Enterprise Community Services.....**816-5858**

CRISIS INTERVENTION

Behavioral Health Division
 - Access Line..... 800-723-3248
Peace River Mental Health Crisis **519-3744**
Rape Crisis **413-2707**
Tri-County Human Services **533-4139**

CHILD CARE

Early Learning Coalition of Polk..... 577-2450
 800-843-9780
 Head Start.....648-3051

COUNSELING & MENTAL HEALTH

Anchor House Ministries (Boys)..... 665-1916
 Bethany Center (Good Shepherd) 968-1707
 Fla. Division of Blind Services499-2385
Catholic Charities-Lakeland..... **686-7153**
Catholic Charities-Winter Haven..... **299-7983**
Children's Home Society..... **519-3906**
 Disabled American Veterans 687-4885
Epilepsy Services of West Central FL **686-5880**
 FL Diagnostic and Learning Resource 647-4262
 Florida Sheriff's Youth Villa 533-0371
Frostproof Care Center..... **863-635-5555**
Help of Fort Meade..... **285-6600**
 Innovations in Counseling..... 294-8845
 Lake Wales Care Center..... 863-676-6678
 Lake Wales Drug Awareness Cncl....863-676-1949
 National Alliance for the Mentally Ill 533-4411
Neighborhood Service Center..... **294-5860**
Peace River Center
Lakeland..... **248-3300**
 Polk County Veterans Services..... 534-5220
Women's Resource Center
Winter Haven **294-5318**
Salvation Army - Lakeland..... **682-8179**
Tri-County Human Services..... **709-9392**
 Winter Haven Hospital Behavioral
 Health Division..... 294-7062
Youth & Family Alternatives..... **499-2430**

DENTAL CLINICS

Polk County Health Department Dental Clinics
 Auburndale.....965-6333
 Lakeland.....413-2636

DISABILITY SERVICES

Achievement Academy, Inc...... **683-6504**
 Agency for Persons with Disabilities..... 413-3360
Alliance for Independence..... **665-3846**
 Arthritis Foundation 800-283-7800
 Center for Independent Living..... 413-2722
Central Florida Speech & Hearing..... **686-3189**
 Easter Seals Camp Challenge.....352-383-4711
Epilepsy Services of West Central FL **686-5880**
 Florida Diagnostic & Learning Resource 647-4262
 Fla. Div. of Blind Services..... 499-2385
 Florida Relay Service (Voice)..... 800-955-8770
 TTY..... 800-955-8771
 Fla. School for the Deaf & Blind800-344-3732
 Goodwill Industries..... 701-1351
 Gulf Coast Community Care..... 904-3000
 Polk County School Board.
 - Exceptional Student Ed 534-0930
Sunrise Community..... **680-2817**
Tampa Lighthouse for the Blind/Polk..... **299-3633**

DISASTER/EMERGENCY

American Red Cross..... 294-5941
 Citizens' Information Line 534-0321
 FEMA 1-800-621-3362
 Special Needs Shelter Registration/Info...534-5600

EDUCATION RESOURCES

FL Diagnostic and Learning Resource.....647-4262
Learning Resource Center..... **688-9477**

EMERGENCY SHELTER - YOUTH

George Harris Youth Shelter..... **595-0220**

EMPLOYMENT & JOB TRAINING

Goodwill Industries/Suncoast Inc. 701-1351
 Experience Works (Seniors) 967-9631
 Displaced Homemakers Prog. 683-5627 ext.3114
 Polk Works - One Stop Centers
 Winter Haven..... 508-1100
 Lakeland..... 683-5627
Tpa. Lighthouse for the Blind-Polk **299-3633**
 Veterans' Services683-5627x140
 Vocational Rehabilitation - Lkld..... 680-5534
 - Wtr. Haven ...291-5280

FAMILY & PARENTING RESOURCES

Family Fundamentals..... **686-1221**
 Head Start 648-3051
 Peace River Center Family Builders519-0575 x 1156

FINANCIAL SUBSIDY COUNSELING

PROGRAMS

Dept. of Children & Families-Access Florida
866-762-2237
 Social Security Administration.....800-772-1213
 Lakeland.....683-0611
 Worker's Compensation.....800-342-1741

FOOD, MEDICINE, FINANCIAL AID

Agricultural & Labor Program (ALPI) 956-3491
 Toll Free 800-330-3491
Catholic Charities - Lakeland **686-7153**
 Winter Haven 299-7983
Church Service Center **533-5822**
 Dept of Children & Families - Access Florida
 (WAGES, Food Stamps, Medicaid) .. 866-762-2237

FOOD, CLOTHING, MEDICINE, FINANCIAL AID- continued

Family Emer. Service Ctr. of WH.....294-1939
 Frostproof Care Center..... 863-635-5555

Help of Fort Meade..... 285-6600
H.O.P.E. Center.....683-8182
Lake Wales Care Center..... 863-676-6678
Lighthouse Ministries687-3705
Mulberry Community Service Center..425-1523
Polk Co. Social Services534-5387
Salvation Army – Lakeland.....682-8179
Winter Haven..... 291-5107
SHARE Program.....800-536-3379
Talbot House Ministries.....687-8475
WIC (Women, Infants & Children)519-7542
Women's Resource Center 294-5318

HEALTH SERVICES & EDUCATION

Achievement Academy, Inc......683-6504
American Cancer Society - Lakeland..688-2326
Winter Haven..... 294-0661
American Heart Association686-8421
Amer. Red Cross, Polk Co. Chpt......294-5941
Animal Services499-2600
Central Florida Healthcare Clinic 452-3000
Central Florida Speech & Hearing686-3189
Children's Medical Services.....800-741-2250
Citizen CPR680-1277
Epilepsy Services of West Central FL..686-5880
Florida Kid Care (Health Insurance)..888-352-5437
Bartow.....534-5313
Lakeland Volunteers in Medicine688-5846
Learning Resource Center.....688-9477
March of Dimes687-8909
National Kidney Foundation.....800-927-9659
Polk County Health Department Clinics
Auburndale.....965-5400
Bartow.....519-7916
Haines City..... 863-421-3204
Lakeland.....413-2620
Lake Wales.....863-678-4144
Polk County Health Plan533-1111
Talbot House Ministries687-8475

HOMELESS SERVICES

Lighthouse Ministries687-3705
Talbot House Ministries687-8475
Salvation Army – Lakeland.....682-8179
Winter Haven (Women & Children).. 291-5107

HOME HEALTH & HOMEMAKER SERVICES

Good Shepherd Hospice..... 297-1880
Cornerstone Hospice..... 421-1482
Polk County Elderly Services534-5320
Volunteers in Service to the Elderly....284-0828

HOUSING: LOW INCOME

LOANS/AFFORDABLE CONSTRUCTION

Habitat for Humanity Restore Lakeland..688-4660
Habitat for Humanity 682-3812
Habitat for Humanity - East Polk..... 292-2256
Keystone Challenge (Loans).....682-1025
USDA, Rural Development420-4833

HOUSING – Emergency

Lighthouse Ministries687-3705
Talbot House Ministries.....687-8475
Salvation Army – Lakeland.....682-8179
Winter Haven (Women & Children).. 291-5109
Women's Care Ctr. (Women & Children).. 534-3844

HOUSING ASSISTANCE

Housing Authority
Bartow533-6311
Haines City.....863-421-3680
Lake Wales 863-676-7414
Lakeland.....687-2911
Winter Haven.....294-7369
Section 8 Housing534-5240
HUD..... 813-228-2026

HOUSING REHABILITATION

City of Lakeland - Housing Division.....834-3360
Housing & Neighborhood Developmt.....534-5240
Lake Wales Care Center.....863-676-6678
USDA, Rural Development.....420-4833
Wntr Haven Community Development..291-5600

HOUSING TRANSITIONAL

Lake Wales Care Center (Families)...863-676-6678
Salvation Army-Lakeland.....682-8179
Talbot House Ministries.....687-8475
Tri-County Human Services.....701-7373
Women's Care Center
(Women & Children).....534-3844

LEGAL SERVICES

Dept. of Revenue (Child Support)....800-622-5437
Florida Rural Legal Services (Civil).....688-7376
Heart of Florida Legal Aid Society
(Divorce)519-5663

MIGRANT SERVICES

Agricultural & Labor Program (ALPI)....956-3491
Toll Free.....800-330-3491
Farmworkers Ministry967-9583
Immigration Services800-375-5283
Migrant Education.....534-0655
Social Security Administration.....800-772-1213

PARENT EDUCATION & SUPPORT

Family Fundamentals.....686-1221
Health Dept. (Healthy Start).....413-2620
Healthy Families Polk603-6680
Peace River Center Family Builders519-0575 x 1156

PERSONAL DEVELOPMENT

American Red Cross-Polk.....294-5941
Big Brothers / Big Sisters.....682-5191
Boys & Girls Clubs of Lakeland.....686-1719
Camp Fire USA Sunshine Council.....688-5491
Citrus Center Boys & Girls Club.....967-1532
Family Service School.....499-2834

Girls Incorporated - Lakeland.....682-3002
Winter Haven.....967-2864
Gulf Ridge Council, Boy Scouts.....888-533-2775
Heart of Florida Girl Scout Council....688-7648
Learning Resource Center.....688-9477
Displaced Homemakers Pgm.683-5627, ext. 104
Parks and Recreation Dept534-4341
Women's Resource Center
Winter Haven 294-5318
YMCA – Lakeland.....644-3528
Lake Wales863-676-9441

PRESCRIPTION PROGRAMS

Familywize.org
Freemedicinerevolution.com
Med-Net519-2042/701-7077
Needy meds.com
Pparx.org
TogetherRxaccess.com

SENIOR CITIZENS SERVICES

Alzheimer's Information Line.....292-9210
American Assoc. of Retired Persons.....666-1908
Catholic Charities
Lakeland.....686-7153
Winter Haven.....299-7983
Dept. of Children & Families.....619-4100
Elder Point.....682-7249
Faith in Action.....686-0009
Lake Morton Senior Center.....687-2988
Neighborhood Service Center.....294-5860
Polk County Elderly Services.....534-5320
Seniors vs. Crime577-1672
Volunteers in Service to the Elderly...284-0828
West Central FL Agency on Aging...800-336-2226
West Central Florida YMCA.....644-3528

TRANSPORTATION

Citrus Connection688-7433
Division of Motor Vehicles.....499-2323
Tag Agency-Bartow534-4711
Tag Agency-Lakeland499-2351
Handy Bus688-5438
Polk County Transportation
System.....534-5500 Ext. 4

VOLUNTEERING

Campfire USA Sunshine Council688-5491
Dept. of Children & Families.....619-4100
Guardian-ad-Litem534-6605
Polk County Elderly Services.....534-5320
Retired Senior Volunteer Program (RSVP)
.....534-5329
Salvation Army – Lakeland.....682-8179
Service Corps of Retired Executives.....619-5783
Volunteers Improving Polk534-6030 x. 5261
Volunteer Polk Volunteer Center.....534-5580
Volunteers in Service to the Elderly(VISTE)..284-0828

One call to find help, whether you're looking for family counseling, camps for kids, or assistance for an aging parent. 2-1-1's trained referral specialists will connect you with a program that can help you. Dial 2-1-1 or 863-648-1515.

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FIND HELP FAST DIAL 2-1-1

INFORMATION & REFERRAL

863.648.1515

Toll Free 800.881.UWAY (8929)

TDD 648.1515

www.uwcf.org

