



# DOH Hamilton County Community Resource List Guide

## **Healthcare & Insurance**

**Florida Department of Health:** (386) 792-1414, [www.floridahealth.gov](http://www.floridahealth.gov), Provides complete family health care, birth certificates, immunizations, care for sexually transmitted diseases, anonymous and confidential testing for HIV, family planning, and prenatal care. Lake Shore OB/GYN comes the 1<sup>st</sup> and 3rd Wednesday of every month to provide care.

**North Florida Pediatrics:** (386) 792-3864, [www.nflpediatrics.com](http://www.nflpediatrics.com), Provides newborn/infant care, annual and sport physicals, well and sick visits, adolescent medicine, immunizations, ADHD and ADD care, and behavioral health to children ages birth to 18 years of age.

**Hamilton Primary Care:** (386) 792-7744, Provides primary medical care. Services include well and sick visits, medicine refills, physicals (DOT, sports, annual), x-rays(limited), etc. All insurances are accepted. Lake Shore OB/GYN comes every other Wednesday to provide care.

**Dr. Rana:** (386) 792-2985, Provides internal medical care services to ages 8 and up. Services include DOT physicals, workmen's comp, etc. The office is open Monday, Tuesday, Thursday, Friday from 8am-12pm.

**Dr. Smidt:** (386) 792-0753, Provides internal medicine and Family care services to ages 13 and up with private insurance only.

**Quality Phlebotomy:** (386) 792-0710, Provides labs draws and drug testing.

**Shands Live Oak Regional Medical Center:** (386) 362-0800, [www.shandsliveoak.com](http://www.shandsliveoak.com), Provides emergency care, cardiology services, and general medicine in addition to a wide range of diagnostic services for its community. Services provides include diagnostic imaging, emergency, heart care, orthopedics, laboratory, rehabilitation, geriatric, neurology, primary care, pharmacy, surgical, and men and women's health.

**Shands Lake Shore Regional Medical Center:** (386) 292-8000, [www.shandslakeshore.com](http://www.shandslakeshore.com), Shands Lake Shore is a 99-bed acute care hospital that provides a wide range of health care programs. These programs include but are not limited to: cardiology, obstetrics, orthopedics, pediatrics, physical therapy, radiology, surgery, and insurance navigation for residents of Lake City, Columbia County and surrounding counties. Provides Childbirth/Lamaze classes for a fee and has a IBCLC lactation consultant on staff.

**Lake City VA Hospital:** (386) 755-3016, [www.northflorida.va.gov/locations/lakecity.asp](http://www.northflorida.va.gov/locations/lakecity.asp), Provides a full range of comprehensive health care, including: primary care, specialty care, and long term care to those who served in the active military, naval or air service and are separated under any condition other than dishonorable.

**Children's Medical Services:** (352) 334-1400, [www.floridahealth.gov/alternatesites/cms-kids](http://www.floridahealth.gov/alternatesites/cms-kids), Provides comprehensive care to children with chronic medical problems to families who cannot afford to pay for all needed treatment.

**Haven (Hospice):** (386) 752-9191, [www.beyourhaven.org](http://www.beyourhaven.org), Offers compassionate care and support to individuals with life-limiting illness and their families, advance care planning, palliative care, support to individuals and family members with advanced illness, support after the loss of a loved one, and volunteer opportunities for support to those who are ill and their families through different programs.



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Haven's team of medical providers and staff will expertly manage pain and symptoms at home or in a variety of settings including hospitals, nursing homes or assisted living facilities and is a benefit of Medicare/Medicaid - we serve this community regardless of ability to pay.

**Florida Kidcare:** (888) 540-5437, [www.floridakidcare.org](http://www.floridakidcare.org), Provides affordable health insurance programs ages newborns to 18 for families with low to moderate income.

**DCF Access Florida:** (866) 762-2237, [www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida), Provides information and application for Medicaid, food assistance, and cash assistance. Also provides assistance with adoption, adult protective services, background screens, child care, child welfare, children's legal services, community based care, deaf and hard-of-hearing, domestic violence, foster care, homelessness, human trafficking, independent living services, interstate compact for the placement of children, mental health, public benefits integrity, refugee services, and substance abuse.

**AHEC-Suwannee River Area Health Education Center:** (386) 462-1551, [www.srahec.org](http://www.srahec.org), Provides services that promote health and wellness, prevent disease, and build capacity through on line education, conference development, management, evaluation, program planning, and training. Healthy community programs include tobacco cessation, guidance for health insurance options, and workplace wellbeing.

### **Food/Financial**

**W.I.C.:** (800) 494-2543, [www.hamilton.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic](http://www.hamilton.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic), Provides the following at no cost to the participant: healthy foods, nutrition education, breastfeeding counseling and support and referrals for health care. WIC is in Hamilton every Wednesday.

**DCF Access Florida:** (866) 762-2237, [www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida), Provides information and application for Medicaid, food assistance, and cash assistance. Also provides assistance with adoption, adult protective services, background screens, child care, child welfare, children's legal services, community based care, deaf and hard-of-hearing, domestic violence, foster care, homelessness, human trafficking, independent living services, interstate compact for the placement of children, mental health, public benefits integrity, refugee services, and substance abuse.

**New Hope Baptist:** (386) 938-5611, Offers free food pantry in Jennings.

**Harvest Fellowship:** (386) 792-3833, Offers free food pantry every Thursday.

**Corinth Baptist:** (386) 938-4752, Offers food giveaway the 3<sup>rd</sup> Saturday of every month.

**Lad:** (386) 758-8438, (386) 758-2217, Provided food. No fee for food.

**Catholic Charities Bureau:** (386) 754-9180, [www.catholiccharitieslakecity.org](http://www.catholiccharitieslakecity.org), Emergency assistance with utility, rent, food, Life Enrichment classes, gas vouchers life sustaining prescriptions, SNAP applications, services to the homeless.



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**Suwannee River Economic Council:** 386-792-2941, [www.srecing.org](http://www.srecing.org), Provides assistance with utilities, food, housing, and medications. Provides information and referrals, family self-sufficiency, case management, and support services.

**UF IFAS Extension:** (386) 792-1276, [www.ifas.ufl.edu](http://www.ifas.ufl.edu), Provide research based education for parenting, financial management, couponing, tax preparations, cancer, chronic disease management, weight loss, health and wellness, etc.

### **Counseling/Support**

**Meridian Behavioral Healthcare:** (352) 374-5600 or (844) 652-5981(Navigator), [www.mbhci.org](http://www.mbhci.org), Meridian provides mental health and substance abuse services to people of all ages struggling with mental illness and addiction through prevention, coordinated treatment, and supportive services. Counselors are available at schools and after school.

**UF IFAS Extension:** (386) 792-1276, [www.ifas.ufl.edu](http://www.ifas.ufl.edu), Provide research based education for parenting, financial management, couponing, tax preparations, cancer, chronic disease management, weight loss, health and wellness, etc.

**AHEC-Suwannee River Area Health Education Center:** (386) 462-1551, [www.srahec.org](http://www.srahec.org), Provides services that promote health and wellness, prevent disease, and build capacity through on line education, conference development, management, evaluation, program planning, and training. Healthy community programs include tobacco cessation, guidance for health insurance options, and workplace wellbeing.

**Children's Home Society of Florida:** (800) 300-9567 [www.chsfl.org](http://www.chsfl.org), Provides counseling services for adults, children, and families; strengthen/stabilize individuals and families; and find forever homes for children.

**Chances for Children:** (386) 752-4453, Provides services and support for abused and neglected children. Services include free clothing, counseling for children with allegations of abuse, therapist supervised visits (if court mandated free, if personal referral then income based fees).

**Resolutions Health Alliance:** (386) 754-9005, [www.rhapa.com](http://www.rhapa.com), Provide parent classes, life skills classes, mental health counseling, couples therapy, family and relationship counseling, and anger and stress management counseling.

**Haven (Hospice):** (386) 752-9191, [www.beyourhaven.org](http://www.beyourhaven.org), Offers compassionate care and support to individuals with life-limiting illness and their families, advance care planning, palliative care, support to individuals and family members with advanced illness, support after the loss of a loved one, and volunteer opportunities for support to those who are ill and their families through different programs. Haven's team of medical providers and staff will expertly manage pain and symptoms at home or in a variety of settings including hospitals, nursing homes or assisted living facilities and is a benefit of Medicare/Medicaid - we serve this community regardless of ability to pay.

**Tobacco Free Florida:** (866) 341-2730, [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com), Provides free nicotine replacement patches, gum, lozenges, and community, worksite, and clinic cessation groups.



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**Another Way, Inc:** (386) 719-2747, (866) 875-7983(24hr), [www.anotherwayinc.net](http://www.anotherwayinc.net), Provides counseling, emergency shelter and support for victims and survivors of domestic violence and/or sexual assault while providing a positive alternative to violence through community education.

**Vivid Visions:** Hotline (386) 364-2100 or (800) 500-1119, [www.vividvisionsinc.org](http://www.vividvisionsinc.org), Provides assistance to victims of domestic violence that includes shelter, crisis hotline, counseling, advocacy, court advocacy, support groups, information, referrals and other services as needed.

**Florida Coalition Against Domestic Violence:** (800) 500-1119, [www.fcadv.org](http://www.fcadv.org), Provides public awareness and policy development towards ending violence, and provides support for Florida's domestic violence centers. Florida's toll-free domestic violence hotline links callers to the nearest domestic violence center and provides translation assistance when needed.

**Florida Abuse Hotline:** (800) 962-2873, [www.myflfamilies.com/service-programs/abuse-hotline](http://www.myflfamilies.com/service-programs/abuse-hotline), Accepts reports 24 hours a day and 7 days a week of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult.

**Suicide Prevention Lifeline:** (800) 273-8255, [www.floridasuicideprevention.org](http://www.floridasuicideprevention.org), Accepts calls 24 hours a day and 7 days a week of anyone who is in suicidal crisis or emotional distress. Offer help, hope, and resources to those experience issues related to suicide and to those who have had a loss to suicide.

**Poison Control Hotline:** (800) 222-1222, [www.floridapoisontcontrol.org](http://www.floridapoisontcontrol.org), Offering poison prevention and confidential management information 24 hours a day, 365 days a year. Calls are answered by specially trained physicians, nurses, pharmacists, physician assistants, toxicology fellows, and board-certified toxicologists who have immediate access to the latest, in-depth poison assessment and prevention techniques.

**UF Health Shands Psychiatric Hospital:** (352) 265-5497, [www.ufhealth.org/shands-vista](http://www.ufhealth.org/shands-vista), Provides comprehensive treatment and assessment for mental health and substance abuse for all ages.

### **Substance Use**

**Alcoholic Anonymous:** (386) 758-4283, [www.livingsobergroup.com](http://www.livingsobergroup.com), Support groups for persons experiencing difficulties due to alcohol. Call for meeting times.

**GreenLeaf Center, Inc:** (229) 588-8215, [www.greenleafhospital.com](http://www.greenleafhospital.com), Provides treatment for adolescent, adult and seniors with emotional, substance, and alcohol problems.

**Substance Abuse & Treatment Hotline:** (800) 662-4357, [www.samhsa.gov](http://www.samhsa.gov), Provides confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service also provides referrals to local treatment facilities, support groups, and community-based organizations.

**Living Hope Recovery Center:** (800) 413-2480 or (386) 365-4635, [www.livinghoperecoveryflorida.com](http://www.livinghoperecoveryflorida.com), Provide personalized treatment for alcohol, drug, steroid, and other addictions. Have inpatient and outpatient programs provided by medical and counseling staff. Celebrate Recovery every Friday at 7 pm at Hopeful Baptist.



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**Meridian Behavioral Healthcare:** (352) 374-5600, [www.mbhci.org](http://www.mbhci.org), Meridian provides mental health and substance abuse services to people of all ages struggling with mental illness and addiction through prevention, coordinated treatment, and supportive services. Counselors are available at schools and after school.

**Narcotics Anonymous:** (352) 376-8008, [www.uncoastna.org](http://www.uncoastna.org), A fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet weekly to help each other stay clean.

**UF Health Shands Psychiatric Hospital:** (352) 265-5497, [www.ufhealth.org/shands-vista](http://www.ufhealth.org/shands-vista), Provides comprehensive treatment and assessment for mental health and substance abuse for all ages.

### Clothing

**First United Methodist Church:** (386) 792-1122, Provides clothing bank in Jasper the 4<sup>th</sup> Saturday of every month.

**Catholic Charities Bureau:** (386) 754-9180, [www.catholiccharitieslakecity.org](http://www.catholiccharitieslakecity.org), Emergency assistance with utility, rent, food, Life Enrichment classes, gas vouchers life sustaining prescriptions, SNAP applications, services to the homeless.

**Suwannee Valley Rescue Mission Thrift Store:** (386) 758-8438, Provided clothing. Nominal fee accepted for clothing, however, if unable to pay for clothing there is no cost.

**Haven Attic Resale Shop:** (386) 752-0230, Provides clothing for all ages, household items, baby items and more for a small fee.

### Housing/Shelter

**Northwest Florida Housing Authority:** (850) 263-4442, [www.nwfloridahousing.org](http://www.nwfloridahousing.org), Provides assistance for Public and Section 8 Housing.

**Suwannee River Economic Council:** (386) 792-2941 or (386) 792-1136 [www.srecing.org](http://www.srecing.org), Provides assistance with utilities, food, housing, and medications. Provides information and referrals, family self-sufficiency, case management, and support services.

**Another Way, Inc:** (386) 719-2700, [www.anotherwayinc.net](http://www.anotherwayinc.net), Provides counseling, emergency shelter and support for victims and survivors of domestic violence and/or sexual assault while providing a positive alternative to violence through community education.

**Vivid Visions:** Hotline (386) 364-2100 or (800) 500-1119, [www.vividvisionsinc.org](http://www.vividvisionsinc.org), Provides assistance to victims of domestic violence that includes shelter, crisis hotline, counseling, advocacy, court advocacy, support groups, information, referrals and other services as needed.



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**United Way Homeless Services Coalition:** (386) 752-5604, Brings together homeless service providers to coordinate services and position the community to receive grant funds in support of services for those who are homeless or at imminent risk of homelessness.

## **Education/Job Placement**

**Hamilton Adult Education & GED Program:** (386) 792-6611, The Hamilton County V.T.A.E. School offers Adult Basic Education (ABE) and General Education Development (GED) preparation classes for adults that would like to improve their literacy, mathematical, science, and history skills before taking the GED test.

**Homeless Education:** (386) 792-7807, Provides support to enable students who are identified as homeless to fully participate and be successful in their education.

**Florida Gateway College:** (386) 752-1822, [www.fgc.edu](http://www.fgc.edu), Provides higher education programs and lifelong learning opportunities.

**Career Source North Florida:** (386) 518-3090, [www.careersourcenorthflorida.com](http://www.careersourcenorthflorida.com), Provides job searching, career counseling, employee networking, veteran's programs, adult and youth programs, computer classes, resume assistance, and case management.

**Labor Finders of Lake City:** (386) 758-2330, [www.laborfinders.com](http://www.laborfinders.com), Provides assistance in for finding jobs in manufacturing, construction, property maintenance, electrical, carpentry, welding, office/clerical, waste management, light industrial, hospitality, and retail.

**FL Department of Economic Opportunity:** (850)921-3223, [www.floridajobs.org](http://www.floridajobs.org), Provides information about workforce programs, community development opportunities, and economic development initiatives and programs.

**Wal-Staf:** (386) 755-1991, [www.wal-staf.com](http://www.wal-staf.com), Hires and places employees in clerical, medical, light industrial, and technical positions. Placements include short term, long term, temp-to-permanent, and direct hire positions.

**Job Corps:** (800) 733-5627, [www.gainesville.jobcorps.gov](http://www.gainesville.jobcorps.gov), Provides free GED program, English language learning program, college programs, and job training.

## **Transportation**

**Suwannee Valley Transit:** (386) 362-5332 or (386) 362-7433, [www.ridesvta.com](http://www.ridesvta.com), Providing a reliable, safe, efficient, accessible and convenient transportation system that meets the needs of our citizens. Provides transportation to Columbia and Hamilton county residents. May qualify for reduced rate of a \$1 per ride one way, if not on Medicaid. Private pay is \$3 for every 10 miles one way.

**Medicaid Transportation:** (855) 381-3778, Provides transportation to appoints for all Medicaid clients that qualify. Must call case manager of Medicaid plan to check eligibility for transportation under individual plan.



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## **Childcare**

**Suwannee Valley 4Cs Head Start / Early Head Start:** (386) 754-2222, [www.sv4cs.org](http://www.sv4cs.org), Free early childhood (birth to five) education and health services for: low income families, pregnant women, children with a diagnosed disability regardless of family income.

**Early Learning Coalition of Florida's Gateway:** (386) 752-9770, [www.elcgateway.org](http://www.elcgateway.org), We are committed to supporting parents and early learning programs that lead to children's educational success. ELCFG provides child care resource and referral and early learning services (school readiness and voluntary pre-kindergarten - VPK) in Columbia, Hamilton, Lafayette, Suwannee and Union counties.

**East Coast Migrant Head Start:** (386) 938-4656, [www.ecmhsp.org/jennings.html](http://www.ecmhsp.org/jennings.html), Provides Early Head Start services to migrant and seasonal farmworker families including education, health, nutrition, and social services.

## **Disability**

**Children's Medical Services:** (352) 334-1400, [www.floridahealth.gov/alternatesites/cms-kids](http://www.floridahealth.gov/alternatesites/cms-kids), Provides comprehensive care to children with chronic medical problems to families who cannot afford to pay for all needed treatment.

**Division of Blind Services:** (850) 245-0370, [www.dbs.myflorida.com](http://www.dbs.myflorida.com), Offer to the blind and visually impaired from babies to senior citizens' services such as blind babies program, children's program, employer services, business enterprise program, independent living, rehabilitation, and braille and talking book library.

**Florida Diagnostic & Learning Resource System (FDLRS):** (386) 792-2877, [www.fdlrs.org](http://www.fdlrs.org), Provides assistant to students with disabilities, families, and support agencies in location, identification, evaluation, and initiation of appropriate education or needed services to children and youth who have or are at risk of developing special or unique needs.

**SEDNET (The Multi-Agency Network for Students with Emotional/Behavioral Disabilities):** (386) 758-4954, [www.sednetfl.info](http://www.sednetfl.info), Assisting in the provision of a quality system of care for students with or at-risk of emotional and/or behavioral challenges.

**The Arc North Florida:** (386) 362-7143, [www.arcnfl.com](http://www.arcnfl.com) Provides advocacy and services for adults 21 and older with developmental disabilities. Vocational and employment skills training, residential option, transportation, recreation and support services.

## **Legal**

**Child Support Enforcement/Florida Department of Revenue:** (800) 622-5437, [www.myflorida.com/dor/childsupport](http://www.myflorida.com/dor/childsupport), Offers proving paternity, child support, enforcement, and change orders.





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**Three Rivers Legal Services:** (386) 752-5960, [www.trls.org](http://www.trls.org), Provides free civil legal assistance to low income families, high quality services to individuals, as well as legal information and education to groups. Concentration on housing law, family law and domestic violence prevention, elder law, education law, and public benefits issues.

**Voices for Children/Guardian ad Litem:** (386) 758-1170 or (386) 364-7720, [www.guardianadlitem.org](http://www.guardianadlitem.org), Staff and volunteers advocating for the best interests of children who have been abused and involved in court to ensure safe, caring and permanent environments.

### Information Assistance

**United Way:** (386) 754-2222 or 211, [www.unitedwsv.org](http://www.unitedwsv.org), Sponsors 2-1-1, which provides free and confidential information and referrals in addition to help with food, housing, employment, health care, counseling and more.

**American Red Cross:** (386) 752-0650, [www.redcross.org](http://www.redcross.org), Local disaster response; provides CPR/first aid, water safety, and community preparedness education; and provides emergency communication service to members of the armed forces and families.

### Prenatal Services

**Healthy Start:** (386) 792-1414 ext 238, [www.hamilton.floridahealth.gov/programs-and-services/wellness-programs/healthy-start](http://www.hamilton.floridahealth.gov/programs-and-services/wellness-programs/healthy-start), All pregnant women regardless of their marital, economic or immigration status are eligible to participate in the Healthy Start program if they are at high risk for a poor pregnancy outcome. This includes post-partum women and their infants up to age three. Services provided include care coordination and outreach, breastfeeding education, childbirth education, parenting education and support, smoking cessation assistance, nutritional services and counseling, psychosocial counseling, and home visiting.

**Florida Department of Health:** (386) 792-1414, <http://www.floridahealth.gov>, Provides complete family health care, birth certificates, immunizations, care for sexually transmitted diseases, anonymous and confidential testing for HIV, family planning and prenatal care. Lake Shore OB/GYN comes the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month to provide care.

**Pregnancy Care Centers:** (386) 792-1182, [www.northfloridapregnancy.com](http://www.northfloridapregnancy.com), The Centers offer: no cost pregnancy testing, no cost and confidential counseling, no cost non-diagnostic ultrasound, sexual integrity options, pre-natal and post-natal training, parenting information and training, referrals for social services and resources, no cost maternity and infant items.

**Caring Choices Pregnancy Services (Catholic Charities):** (866) 901-9647, [www.ccpregnancyservices.org](http://www.ccpregnancyservices.org), Provides free pregnancy test, pregnancy counseling, parenting education, adoption services and support, physician referrals, assistance with food and utilities, and baby items.





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**Teen Parent Program:** (386) 792-8123, [elizabeth.mitchell2@flhealth.gov](mailto:elizabeth.mitchell2@flhealth.gov), Program offered to Hamilton County High School students who are parents or expectant parents to provide comprehensive educational and ancillary services to facilitate the student's completion of high school. Provided services are parenting classes, childcare, transportation for student and child, CPR and First Aid training, Counseling, Support, and Case Management through the School Social Worker.

**Children's Home Society of Florida:** (866) 427-5451, [www.chsfl.org](http://www.chsfl.org), Provides counseling services for adults, children, and families; strengthen/stabilize individuals and families; and find forever homes for children.

**MIST (Mothers Intensive Supportive Treatment):** (352) 374-5600 or (800) 330- 5615, [www.mcbl.org](http://www.mcbl.org), Multi-faceted treatment program for substance-using pregnant and postpartum women. Infants stay with the mother, allowing for crucial bonding that takes place in the early months of development while allowing the mother to receive treatment and remain drug-free during nursing. The program strives to empower women to become self-sufficient, responsible mothers who are capable of creating a bright future for themselves and their children.

**Lake Shore OB/GYN:** (386) 292-7844, [www.shandslakeshore.com/shands-lake-shore/maternity-care.aspx](http://www.shandslakeshore.com/shands-lake-shore/maternity-care.aspx), See patients at Hamilton County Health Department and Hamilton Primary Care in Jasper on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. Provides prenatal care, high risk pregnancy care, labor and delivery care, breastfeeding support, and education to prepare mothers and families before and after birth.

**All About Women:** (386) 401-5651, [www.allaboutwomenmd.com](http://www.allaboutwomenmd.com), A patient-centered practice for all stages of a women's life. Provides conception and family planning, fertility support, and pregnancy care.

**Lake City OB/GYN:** (386) 438-5095, [www.obgynlakecity.com](http://www.obgynlakecity.com), Provides conception counseling, infertility management, pregnancy testing, prenatal care, 3D/4D ultrasounds, and lactation support.

**Online/Apps - The Bump, Baby Center, LactMed:** Provides education and resources for pregnant and breastfeeding moms.

### **Breastfeeding/Childbirth**

**Healthy Start:** (386) 792-1414 ext 238, [www.columbia.floridahealth.gov/programs-and-services/wellness-programs/healthy-start](http://www.columbia.floridahealth.gov/programs-and-services/wellness-programs/healthy-start), All pregnant women regardless of their marital, economic or immigration status are eligible to participate in the Healthy Start program if they are at high risk for a poor pregnancy outcome. This includes post-partum women and their infants up to age three. Services provided include care coordination and outreach, breastfeeding education, childbirth education, parenting education and support, smoking cessation assistance, nutritional services and counseling, psychosocial counseling, and home visiting.



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**Shands Lake Shore Regional Medical Center:** (386) 292-8000, [www.shandslakeshore.com](http://www.shandslakeshore.com), Shands Lake Shore is a 99-bed acute care hospital that provides a wide range of health care programs. These programs include but are not limited to: cardiology, obstetrics, orthopedics, pediatrics, physical therapy, radiology, surgery, and insurance navigation for residents of Lake City, Columbia County and surrounding counties. Provides Childbirth/Lamaze classes for a fee and has a IBCLC lactation consultant on staff.

**Lake Shore OB/GYN:** (386) 292-7844, [www.shandslakeshore.com/shands-lake-shore/maternity-care.aspx](http://www.shandslakeshore.com/shands-lake-shore/maternity-care.aspx), Provides prenatal care, high risk pregnancy care, labor and delivery care, breastfeeding support, and education to prepare mothers and families before and after birth.

**Lake City OB/GYN:** (386) 438-5095, [www.obgynlakecity.com](http://www.obgynlakecity.com), Provides conception counseling, infertility management, pregnancy testing, prenatal care, 3D/4D ultrasounds, and lactation support.

**La Leche League:** (877) 452-5324, [www.llli.org](http://www.llli.org), Provides online, telephone, and personal breastfeeding education and support. There are also local leagues in Ocala and Jacksonville that offer local contacts and classes.

**Online/Apps - The Bump, Baby Center, LactMed:** Provides education and resources for pregnant and breastfeeding moms.

### **Disease Services**

**American Cancer Society:** (386) 755-0522, [www.cancer.org](http://www.cancer.org), Provides information and guidance for cancer patients with referrals to services, community resources, educational program, patient support, transportation, and lodging. Community Cancer of North Florida offers a general support group that allows a cancer patient to connect with others who are facing similar challenges associated with cancer. The support group is held at Baya Pharmacy, Lake City, 2nd Mon of each month 5:30pm - 6:30pm.

**Florida HIV Hotline:** (800) 352-2437, [www.floridahealth.gov/diseases-and-conditions/aids](http://www.floridahealth.gov/diseases-and-conditions/aids), Provides assistance for HIV Counseling, Testing, and Referral Sites.

**HCHD HIV/STD:** (386) 792-1414, Provides information and assistance for STD/HIV testing and education.

**313HIV:** (352) 334-7900 ext 3335, [www.alachua.floridahealth.gov/programs-and-services/wellness-programs/www-313-hiv](http://www.alachua.floridahealth.gov/programs-and-services/wellness-programs/www-313-hiv), Provides HIV education, prevention, treatment options, support groups, help find specialty care clinics, and other resources.

**AIDS Drugs Assistance Program:** (850) 245-4422, [www.floridahealth.gov/diseases-and-conditions/aids/adap](http://www.floridahealth.gov/diseases-and-conditions/aids/adap), Provides medications, disease management, training and information.

**Diabetic Counseling:** (386) 292-8120, Provides free monthly community diabetic counseling classes. The classes are open to all. Please call Jennifer at number of above for schedule and registration. The classes are provided by and held at Shands Lake Shore.



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## **Dental Services**

**Florida Department of Health, Miles of Smiles:** (386) 752-9914, Provides a mobile bus that travels to elementary schools in Columbia and Hamilton counties that provides dental exams, cleanings, fluoride treatments, sealants, and treatment of dental caries to children on Medicaid and Healthy Kid plans. Appointments also available for 0-18 years of age on Medicaid and Healthy Kid plans. Also, offers a free sealant program for all 2<sup>nd</sup> and 5<sup>th</sup> graders through school visiting program.

**Florida Baptist Dental:** (904) 396-2351, [www.flbaptist.org/florida-baptist-mobile-dental-ministry/](http://www.flbaptist.org/florida-baptist-mobile-dental-ministry/), Provides a yearly visit to both Columbia and Hamilton counties to provide fillings and extractions to children and adults 6 years and up.

**Dr. J Smith:** (386) 792-1197, Provides general dentistry to age 5 and up who have FL Healthy Kids or private insurance. Services include, cleanings, fillings, crowns, partials, dentures, extractions, oral cancer screenings, etc.

**Amazing Smiles Dentistry:** (386) 792-1190, Provides general dentistry to ages 6 and up who have private insurance only. Services include comprehensive exams, cleanings, fillings, extractions, veneers, root canals, dentures, oral cancer exams, crowns, implants, etc.

## **Senior Services**

**Still Waters of Lake City:** (386) 755-6560, [www.stillwatersalf.org](http://www.stillwatersalf.org), An alternative for seniors who may require more support than would be available at an independent retirement community, but do not need the intensive medical and nursing care provided in a standard nursing facility.

**Experience Works:** (386) 755-9026 x3139, [www.experienceworks.org](http://www.experienceworks.org), Provides training, employment assistance, and local community service assignments to low-income seniors under the Senior Community Service Employment Program (SCSEP) which is funded under Title V of the Older Americans Act. Partners with local businesses for staffing needs.

**Haven (Hospice):** (386) 752-9191, [www.beyourhaven.org](http://www.beyourhaven.org), Offers compassionate care and support to individuals with life-limiting illness and their families, advance care planning, palliative care, support to individuals and family members with advanced illness, support after the loss of a loved one, and volunteer opportunities for support to those who are ill and their families through different programs. Haven's team of medical providers and staff will expertly manage pain and symptoms at home or in a variety of settings including hospitals, nursing homes or assisted living facilities and is a benefit of Medicare/Medicaid - we serve this community regardless of ability to pay.

**SHINE (Serving Health Insurance Needs of Elders):** (800) 963-5337, [www.floridashine.org](http://www.floridashine.org), Provides free assistance with Medicare, Medicaid, and health insurance questions. At Jasper Library the 2<sup>nd</sup> Thursday of every month.

**Suwannee River Economic Council:** (386) 792-2941 or (386) 792-1136 [www.srecing.org](http://www.srecing.org), Provides assistance with utilities, food, housing, and medications. Provides information and referrals, family self-sufficiency, case management, and support services.



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### **Youth Services**

**UF IFAS- 4H:** (386) 792-1276, [www.hamilton.ifas.ufl.edu/4H](http://www.hamilton.ifas.ufl.edu/4H), Provides life skills and content based education in a learn by doing format to youth age 5-18. There are community clubs, in school clubs, summer programs, day camps and classes available through the 4-H program.

**CDS Family & Behavioral Health Services:** (386) 487-0190, [www.cdsfl.org](http://www.cdsfl.org), An Interface Youth Program that operates three shelters for runaway, truant and troubled youth. These shelters act as crisis stabilization centers where kids and their parents can take a break from one another and begin working on family issues. Interface provides shelter, a safe environment, food, clothing and counseling to each child. Services are available 24 hours a day.

**Suwannee County Police Athletic League:** (386) 208-1494, Provides safe, adult supervised after-school programs for local youth ages seven to 17. Programs include sports; summer camp; arts; crafts; swimming; and tutoring in math, writing and reading.