

HIGHLANDS COUNTY
CONDADO DE HIGHLANDS

QUICK GUIDE TO COMMUNITY RESOURCES
GUIA DE RECURSOS EN LA COMUNIDAD

ABUSE: ALCOHOL & DRUGS

ABUSO, ALCOHOL Y DRUGAS

Alcoholics Anonymous	465-2742
Alpha-Omega Crisis Center	465-7707
Florida Center for Addictions	452-3858
Narcotics Anonymous	800-477-0731
Tri-County Human Services.....	452-0106

ABUSE: CHILD & SPOUSE

ABUSO: NIÑOS Y CÓNYUGE

Florida Abuse Hotline	800-962-2873
Children's Advocacy Center	402-6845
Guardian Ad Litem Program.....	402-6969
Peace River Center.....	402-6853
Safe House	386-1167

Victim Advocate	402-6855
Heartland for Children	863-519-8900
Kids Hope United	863-773-2090

ADOPTION

ADOPCIÓN

Alpha-Omega Crisis Center	699-1685 or 465-7707
Children's Home Society Hanson Center	382-0007
Heartland for Children	(863)-519-8900 ext. 264
www.Heartlandforchildren.com	

AIDS AWARENESS

CONOCIMIENTO DE SIDA

Highlands County Public Health	386-6040
Nat'l Prevention Information Network	800-458-5231
Tri-County Women's Unit.....	863-533-5860

CHILDREN'S HEALTH SERVICES

SERVICIOS DE SALUDO PARA NIÑOS

Department of Children & Families.....	866-762-2237
FL Healthy Kids Program & Kidcare	800-367-3253

USF Early Intervention Program 863-655-6421
WIC-Food & Nutrition Program .. 452-6411/386-6040 X256/465-1943
Healthy Start..... 386-6040 ext 233

CLINIC-MULTI SERVICE

SERVICIO MULTI-CLÍNICA

Central Florida Health..... 452-3000
Highlands County Public Health386-6040/452-2252
Highlands Stay Well Clinic..... 382-1234

COUNSELING SERVICES

SERVICIOS DE CONSEJERIA

FAMILY/INDIVIDUAL/GROUP/MARRIAGE

FAMILIA/INDIVIDUAL/GROUP/MATRIMONIO

Alpha-Omega Crisis Center 699-1685
Children's Home Society Hanson Center..... 382-0007
Epilepsy Services of West Central Florida..... (863)-686-5880
Highlands County School Board452-4300/471-5555
Marge Brewster Center 385-5179
Our Lady of Grace Counseling.....453-7537/453-4757
Peace River Center..... 402-6853

Saint Vincent de Paul	402-0900
Social Solutions.....	402-1088
St. Francis of Assisi Episcopal	465-0051
Tri-County Human Services.....	452-0106
Youth & Family Alternatives	452-6900
Mid Florida Center for Mental Health	452-6818
Daybreak Behavioral Health	314-4357
Orange Blossom Pregnancy Care Center	453-0307

CRISIS INTERVENTION

INTERVENCIÓN DE CRISIS

Marge Brewster Center	385-5179
Peace River Center Crisis Line	(863)-519-3744
Toll calls accepted	
Rape Crisis Hotline.....	386-1169
We Care Hotline.....	800-486-2358
A hotline for parents, relatives, friends & professionals	
Domestic Violence Outreach.....	402-6853

DAY CARE-CHILDREN

CUIDADO DE NIÑOS DURANTE EL DÍA

Avon Park Community Child Development Center	452-1069
Early Childhood Resources	314-9213
RCMA	386-6131

DISABILITY SERVICES

SERVICIOS PARA INCAPACIDAD

Advocacy for Persons with Disabilities	800-342-0823
Ridge Area Arc	452-1295
Avon Park Cluster	452-5141
Central Florida Speech & Hearing	863-686-3189
Visions ADT	402-0048
Department of Children & Families	866-762-2237
Division of Blind Services	800-751-7670
Toll Free	800-500-6412
Epilepsy Services of West Central FL	863-686-5880
USF Child Development Center/Part H	863-701-1233
Heartland Horses & Handicapped	452-0006

DISASTER RELIEF

ALVIVIO DE DESASTRE

American Red Cross 386-4440

EDUCATION

EDUCACIÓN

FL Diagnostic & Learning Resource (863) 531-0426

South FL Community College453-6661/382-6900

Highlands County School Board 471-5555

ELDERLY SERVICES

SERVICIOS PARA GENTE MAYORES

Aging & Adult Services 1-800-762-2237

Alzheimer's Association..... 385-3444

Visions ADT 402-0048

Elder Help Line – Sebring..... 382-1288

Meals on Wheels 402-1818

Medicare Customer Service800-333-7586

Nu-Hope of Highlands..... 382-2134

Victim Advocate 402-6855

West Central FL Agency on Aging.....800-336-2226

EMPLOYMENT AND JOB TRAINING

EMPLEO Y PREPARACIÓN DE TRABAJO

Alpha-Omega Crisis Center	669-1685
Build Your Professional Wardrobe.....	385-3672
Ridge Area Arc	452-1295
Florida Jobs & Benefits (Unemployment)	385-3672
Job Corp	863-508-1100
Experience Works.....	(888)-859-1051
Vocational Rehabilitation	386-6077
Welfare Transition Services	385-3672

FINANCIAL COUNSELING

CONSEJERIA FINANCIERA

Consumer Credit Counseling	1-800-720-9537
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HEALTH SERVICES AND EDUCATION

SERVICIOS DE SALUD Y EDUCACIÓN

American Cancer Society.....	382-2828
American Red Cross	386-4440
Central Florida Health Care	452-3000
Central Florida Speech & Hearing	(863) 686-3189

Children Services Council	402-6626
Florida Hospital Diabetes Center	402-0177
Highlands County Public Health	386-6040/465-2252
Highlands Regional Medical Center	385-6101
Florida Hospital Heartland.....	314-4466
WIC-Food & Nutrition Program ..	452-6411/386-6040 X256/465-1943
Healthy Start.....	386-6040 X233

HOME HEALTH SERVICES

SERVICIOS DE SALUDO EN SU HOGAR

Best Choice Home Health Care	385-4325
Gentiva Health Services	382-8855
Good Shepherd Hospice.....	402-1066
Lifeline Home Health	471-3399
Housecall Home Health Care	471-6859
Nu-Hope of Highlands County	382-2134

HOSPICE - HOSPICIO

Good Shepherd Hospice.....	402-1066
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HOUSING/AFFORDABLE/CONSTRUCTION/LOANS-LOW INCOME

VIVIENDA/BAJO COSTO/CONSTRUCCION/PRESTAMO BAJO INGRESOS

Florida Non-Profit Housing.....	385-2519
Habitat for Humanity	453-9695
Highlands County Ship Program.....	402-6648
Housing Authority, Avon Park.....	452-4432
Martin Luther King Terrace	382-1467
Highlands Emergency Recovery Operation	402-6941

HOUSING/TRANSITIONAL

VIVIENDA/DE TRANSICIÓN

Children's Home Society Hansen Center	382-0007
Safe House	386-1167

LEGAL SERVICES

SERVICIOS LEGALES

Heartland of Florida Legal	800 370-4114
Additional Numbers.....	(863) 519-5663
Florida Rural Legal Aid	800-277-7680

MEDICINE/FOOD/FINANCIAL AID

MEDICINA/COMIDA/ASISTENCIA FINANCIERA

Children's Medical Services	(863) 701-1151
Alpha-Omega Crisis Center	699-1685
Church Service Center	452-6464
Department of Children & Families.....	866-762-2237
Food Commodities.....	402-6844
Highlands County Human Services.....	402-6626
MANNA.....	699-0093
Meals on Wheels	402-1818
Nu-Hope of Highlands County	382-2134
Salvation Army	385-7548
SHARE Tampa Bay.....	800-536-3379
Walker Memorial 7th Day Adventist Community Ctr....	453-0177
WIC-Food & Nutrition Program ..	452-6411/386-6040 X256/465-1943

MENTAL HEALTH SERVICES

SERVICIOS DE SALUD MENTAL

Alliance for the Mentally Ill.....	452-5991
Florida Hospital-Lake Placid	465-3777
Marge Brewster Center	385-5179

Peace River Center.....	402-6853
Mid Florida Center for Mental Health	452-6818
Daybreak Behavioral Health	314-4357

PERSONAL DEVELOPMENT

DESAROLLO PERSONAL

Alpha-Omega Crisis Center	699-1685
American Red Cross	386-4440
Ridge Area Arc	452-1295
Florida Ridge Big Brothers/Big Sisters.....	402-9001
Boy Scouts, Gulf Ridge Council.....	813-872-2691
Florida Environmental Institute.....	699-3785
Girls Scouts, Heart of Florida	800-321-4475
YMCA	382-9622
Highlands County School Board.....	471-5555
Parks and Recreation Department	402-6783
Heartland Career Connection System.....	385-3672
Peace River Center.....	402-6853
Salvation Army	385-7548
South FL Community College	453-6661/382-6900
Orange Blossom Pregnancy Care Center	453-0307

PREGNANCY/PARENTING

ENBARAZO/PATROCINADO

Alpha-Omega	699-1685
Children's Home Society Hansen Center	382-0007
Florida Baptist Children's Home.....	863-688-4981
Healthy Start Program	386-6040 ext 233
Highlands County Public Health	386-6040/465-2252
Orange Blossom Pregnancy Care Center	453-0307
Teen Pregnancy Prevention Alliance	382-7277

SPRITURAL GUIDANCE

DIRECCIÓN ESPIRTUAL

24 hour prayer line.....	452-1957
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TRANSPORTATION

TRANSPORTACIÓN

Community Transportation – ATC Paratransit

Avon Park	452-0139
Lake Placid	699-0995
Sebring	382-0139
Driver's License	386-6053

Nu-Hope of Highlands County	382-2134
Tag Office, Sebring	402-6685

TOLL FREE HELP LINES

LLAMADAS GRATIS – PARA INFORMACIÓN DE AYUDA

Alcohol 24-Hour Helpline	800-252-6465
Blind Children's Center.....	402-6623
Braille Library Services.....	800-226-6075
Cancer Answers	800-456-7121
Child Support Enforcement-Dept of Revenue	800-622-5437
Elder Helpline	800-262-2243
FDLE Missing Children	888-356-4774
Lupus Foundation of America	800-558-0121
National Accessible Apartment	800-421-1221
National Clearinghouse Alcohol/Drug	800-729-6686
TDD	800-735-2258 / 800-487-4889
The Family Source of Florida.....	800-352-5683
Social Security.....	800-772-1213
Substance Abuse Hotline.....	800-662-4357
We Care Hotline.....	800-486-2358

VETERANS SERVICE

SERVICIOS DE VETERANO

Veterans Administration	800-827-1000
Veterans Service Office	402-6623
Sebring VA Clinic	471-6227

YOUTH SERVICES

SERVICIOS DE JUVENTUD

Avon Park Youth Academy	452-3815
Department of Juvenile Justice	471-5300
Youth and Family Alternatives	452-6900
We Care Hotline	800-486-2358

A hotline for parents, relatives, friends & professionals.

Una línea para padres, familiares, amigos, & profesionales

YMCA	382-9622
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**NATIONAL TOLL FREE/HOTLINE NUMBERS LLAMADAS
GRATIS NACIONAL/NUMERO DE LINAS DE
INFORMACION**

ABUSE HOTLINE

LINA DE ABUSO

24 Hours..... (800) 962-2873

AGING

LINA DE MADUREZ

National Council on Aging..... 800-424-9046

American Association of Retired Persons..... 800-424-2277

National Institute of Aging Information Center 800-222-2225

West Central FL Area Agency on Aging 800-336-2226

AIDS

SIDA

24 Hour FL Hotline 800-FLA-Aids or 800-342-2437

Spanish..... 800-342-7432

ALCOHOL/DRUG

ALCOHOL/DRUGA

All Drug Hotline	800-DRUGHELP
24 Hours	800-821-4357
Al-non Family World Service	800-356-9996
National Drug Institute on Abuse	800-662-4357
American Council on Alcohol & Drug Dependence.....	800-527-5344
Children of Alcoholic Foundation	800-359-2623

ALZHEIMER'S DISEASE

ENFERMEDAD DE ALZHEIMER

Alzheimer's Association.....	800-272-3900
Alzheimer's Info Line	800-633-4563
Alzheimer's Resource Center	800-330-1910

BIRTH DEFECTS

DEFECTOS DE NACIMIENTO

Easter Seals.....	800-221-6827
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BLIND/VISION IMPAIRED

American Foundation for the Blind.....	800-232-5463
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American Council of the Blind.....	800-424-8666
Division of Blind Services.....	800-342-1828
Guide Dog Foundation for the Blind.....	800-548-4337
National Association for Parents of Children with Visual Impairment.....	800-562-6265

CANCER

National Cancer Institute.....	800-4-CANCER or 800-422-6237
American Cancer Society Response Line.....	800-227-2345
National Marrow Donor Program	800-627-7692
Y-Me Breast Cancer Support Program	800-221-2141
American Institute for Cancer Research	800-843-8114
Cancer Research Institute	800-223-7874
Skin Cancer Foundation.....	800-754-6490

CEREBRAL PALSY

United Cerebral Palsy Association, Inc	800-872-5827
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CHEMICAL PRODUCTS/PESTICIDES

PRODUCTO DE QUÍMICA/PESTICIDA

Florida Poison Information Center	800-222-1222
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CHILD ABUSE/MISSING CHILDREN

ABUSO DE NINO/NINOS DESAPARECIDOS

National Child Abuse Hotline	800 422-4453
National Center for Missing & Exploited Children.....	800-843-5678
Child Find of America.....	800-292-9688
Covenant House Nineline	800-999-9999
National Child Watch Campaign	800-222-1464
National Clearing House on Child Abuse/Neglect	800-394-3366
National Runaway Switchboard	800-621-4000
Missing Children Help Center.....	800-872-5437
Florida Abuse Hotline	800-962-2873
We Care Hotline.....	800 486-2358

CHILD DEVELOPMENT/EDUCATION

DESAROLLO DE NINO/EDUCACIÓN

Early Childhood Services	800-654-4440
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CYSTIC FIBROSIS

FIBROSIS CÍSTICA

Cystic Fibrosis Foundation.....	800-344-4823
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DIABETES

American Diabetes Association..... 800-582-8823
Juvenile Diabetes Foundation 800-223-1138
Diabetes Research Ins. Foundation 800-321-3437

DOWN SYNDROME

National Down Syndrome Society..... 800-221-4602

EPILEPSY

Epilepsy Foundation Information Center..... 800-332-1000
Epilepsy Information Service..... 800-642-0500

GAMBLING

JUEGO CON APUESTAS

Florida Council of Compulsive Gambling..... 800-426-7711

GRIEF

DESCONSOLADO

Grief Recovery Helpline..... 800-445-4808

HEAD INJURY/HEADACHE

DAÑO CEREBRAL/DOLOR DE CABEZA

Brain Injury Association. Family Helpline800-444-6443

HEALTH

SALUD

Medic Alert Foundation800-432-5378

National Health Information Center800-336-4797

Minority Health Resource Center800-444-6472

Medicare Info Line800-MEDICAR (633-4227)

Children's Medical Services800-741-2250

HEARING AND SPEECH

OIR Y HABLAR

American Speech-Language Hearing Association800-638-8255

Deafness Research Foundation800-535-3323

Dial A Hearing Screening Test800-222-3277

Ear Foundation800-545-4327

Hear Now800-648-4327

Better Hearing Institute800-327-9355

National Hearing Aid Helpline.....800-521-5247 ext. 333

Stuttering Foundation of America 800-992-9392

HEART (see also Stroke)

CORAZON

American Heart Association 800-242-8721

HOSPITAL/HOSPICE CARE

HOSPITAL/AYUDA DE HOSPICIO

Children's Hospice International 800 242-4453

Hill-Burton Hospital Free Care 800-638-0742

HospiceLink..... 800-331-1620

Shriners Hospital Referral Line..... 800-237-5055

Hud Use (Housing) 800-245-2691

HUNTINGTON'S DISEASE

Huntington's Disease Society..... 800-345-4372

INSURANCE/MEDICARE/MEDICAID

SEGUO/MEDICARE/MEDICAID

DHHS Inspector General's Hotline 800-447-8477

Medicare Issue Hotline 800-MEDICAR

Florida Department of Insurance.....800-342-2762

LEGAL ISSUES

Child Support Enforcement..... 800 622-5437

LIVER DISEASE

ENFERMEDAD DE HÍGADO

American Liver Foundation 800 223-0179

LUNG DISEASES

ENFERMEDAD DE PULMÓN

American Lung Association..... 800 LUNG-USA

LUPUS

Lupus Foundation800-558-0121

MENTAL HEALTH

SALUD MENTAL

National Foundation for Depression Illness.....800-615-6464

National Mental Health Association800-969-6642

MULTIPLE SCLEROSIS

ESCLEROSIS MULTIPLE

National Multiple Sclerosis Society 800-FIGHT-MS

PARALYSIS AND SPINAL CORD INJURY

PARÁLISIS Y DAÑO A LA MÉDULA ESPINAL

Christopher Reeves Paralysis Foundation 800-225-0292

PARKINSON'S DISEASE

ENFERMEDAD DE PARKINSON

American Parkinson Disease Association 800-223-2732

National Parkinson Foundation 800-327-4545

PREGNANCY/PRENATAL CARE

EMBARAZO/ATENCIÓN PRENATAL

Pregnancy Counseling Services Hotline 800-542-4453

Family Health Line 800-451-BABY

RARE DISORDERS

DESARROLLOS RAROS

National Org. for Rare Disorders 800-999-6673

STROKE

DAÑO AL CELEBRO

American Stroke Association 800-553-6321

SUDDEN INFANT DEATH SYNDROME

SÍNDROME DE REPENDE MUERTE DE INFANTES

American SIDS Institute 800-232-7437

SIDS Alliance 800-221-7437

COUNSELING

CONSEJERIA

Avon Park First Assembly of God 453-4453

Bethany Baptist Church 452-6889 or 452-1136

Bible Fellowship Church..... 385-1024

Calvary Church..... 386-4900

Faith Lutheran Church..... 385-7848

Sebring Church of the Brethren..... 385-1597

FOOD, CLOTHING & AID

COMIDA, ROPA, Y AYUDA

Action Revival Center 465-3032

Apostolic Church of Jesus	453-5988
Avon Park Lakes Baptist Church.....	452-6556
Avon Park First Assembly of God	453-4453
Bethel Pentecostal Holiness Church.....	453-2374
Calvary Church.....	386-4900
Christ Fellowship Church	386-4419
Christian Science Society	385-6550
Church of the Nazarene.....	385-0400
Community Bible Church Fellowship	452-5643
Community Christian Church	471-1236
East Side Christian Church	465-7065
Emmanuel United Church of Christ.....	471-1999
The Episcopal Church of the Redeemer	452-2661
Faith Lutheran Church.....	385-7848
First Baptist Church of Lake Josephine	655-1524
First Baptist Church of Sebring.....	385-5154
First Christian Church.....	453-5334
First United Methodist Church	385-5184
Florida Avenue Baptist Church.....	453-5339
Greater Bethel African Methodist Church	699-0032
Highlands Grace Reformed Church	385-3787

Iglesia Bautista	386-0008
Lorida Baptist Church	655-1878
Marantha Baptist Church	382-4301
New Life Assembly Church	465-9535
New Life Holiness Church	465-3099
New Testament Church & Mission	385-0035
Our Lady of Grace Catholic Church	453-4757
Restoration Church of the Highlands	402-2121
Sanctuary Church of God.....	453-4831
St. James Catholic Church.....	465-3215
Spring Lake Baptist Church	655-2610
Union Congregational Church of Christ	453-3345
Walker Memorial 7th-day Adventist Comm. Center.....	453-0177
Youth for Christ of Highlands County.....	386-0005

YOUTH SERVICES AND TRAINING

SERVICIOS DE JUVENTUD Y INSTRUCCIÓN

Alliance Church of Sebring.....	382-1343
Apostolic Church of Highlands of Jesus	453-5988
Avon Park First Assembly of God	453-4453
Avon Park Lakes Baptist Church.....	452-6556

Bethany Baptist Church	452-1136
Bethel Pentecostal Holiness Church.....	453-2374
Bible Fellowship Church.....	385-1024
Calvary Baptist Church	452-5220
Calvary Church.....	386-4900
Christian Science Society	385-6550
Church of the Brethren	385-1597
The Church of Jesus	382-1822
Church of the Nazarene.....	385-0400
Community Bible Church Fellowship	452-5643
Community Christian Church	471-1236
East Side Christian Church	465-7065
Emmanuel United Church of Christ.....	471-1999
The Episcopal Church of the Redeemer	452-2661
Faith Lutheran Church.....	385-7848
Fellowship Baptist Church	453-4256
First Assembly of God (Avon Park).....	453-4453
First Assembly of God (Sebring).....	385-6431
First Baptist Church of Avon Park.....	453-4453
First Baptist Church of Lake Josephine	655-1524
First Baptist Church of Sebring.....	385-5154
First Baptist Church of Venus, Inc.....	465-5283
First Christian Church (Avon Park)	453-5334

First Christian Church (Sebring)	385-0352
First Presbyterian Church (Avon Park)	453-3242
Restoration Church of Highlands	402-2121
St. Agnes Episcopal Church.....	385-7649
St Francis of Assisi Episcopal Church	465-0051
St. James Catholic Church.....	465-3215
Salvation Army Center for Worship	385-7548
Sanctuary Church of God.....	453-4831
Sebring Church of the Brethren.....	385-1597
Sebring Seventh-Day Adventist Church.....	385-2438
Southside Baptist Church	385-0752
Sparta Road Baptist	382-0869
Spring Lake Baptist Church	655-2610
Spring Lake Presbyterian	655-0713
Spring Lake United Methodist Church.....	655-0040
Sunridge Baptist Church	382-3695
Trinity Lutheran Church of the Missouri Synod	465-5253
Union Congregational Church of Christ	453-3345
United Church of Christ.....	471-1999
Unity of Sebring.....	471-1122
Unity of Sebring Youth House	471-9286
Whispering Pines Baptist	382-6265
Youth for Christ of Highlands County.....	386-0005