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# TEEN CONNECT

## Tampa Bay

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### COMMUNITY PROGRAMS

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#### COUNSELING & MENTAL HEALTH SERVICES

##### Big Bear Behavioral Health

800-840-2528

[psychamerica.org](http://psychamerica.org)

- Provides counseling services in-home or at a convenient location for adolescents that have transportation challenges.

##### Chrysalis Health

813-443-4827

[www.chrysalishealth.com](http://www.chrysalishealth.com)

- Youth mental health and substance use counseling available.

##### Crisis Center of Tampa Bay

2-1-1

[crisiscenter.com](http://crisiscenter.com)

- You can dial 2-1-1 to receive free crisis counseling along with useful information and referral 24 hours a day, 365 days a year. Help is just a phone call away.

##### DACCO – Adolescent Services

813-384-4119

[www.dacco.org/services/youth-services/adolescent-services](http://www.dacco.org/services/youth-services/adolescent-services)

- Adolescent Outpatient Program for teens ages 12 -17.
- Addresses issues such as self-esteem, self-loathing, anger, the consequences of alcohol and drug addiction, and understanding and building healthy relationships.

##### Gracepoint

813-272-2244

[www.gracepointwellness.org](http://www.gracepointwellness.org)

- Provides clinical services for children, adolescents and families.

- Full range of psychiatric and therapeutic services, including individual, family and group therapy, psychiatric evaluations and medication management.
- Home based services are also available.

##### Hillsborough County Children’s Services

813-264-3807

[www.hillsboroughcounty.org/en/government/departments/children](http://www.hillsboroughcounty.org/en/government/departments/children)

- **CINS/FINS Residential Program:** Short-term residential respite program which offers a youth ages 10 to 17 an average length of stay of 14 days with supportive counseling, health screenings, and referrals for community services.

##### Northside Behavioral Health Center

813-977-8700

[www.northsidebhc.org/services/outpatient-services/#child\\_outpatient](http://www.northsidebhc.org/services/outpatient-services/#child_outpatient)

- **Children’s Outpatient Services**
  - Available for youth ages 17 & under.
  - Therapy focuses on crisis stabilization, alleviating troubling symptoms, enhancing quality of life, coping with life’s stresses, addressing children’s developmental and emotional needs.
- **Juvenile Sex Offender Treatment:** Provides therapy to adolescents with sexual behavior problems or who have committed sexual offenses.

##### Positive Family Partners, Inc.

813-399-1625

[www.positivedevelopment.net](http://www.positivedevelopment.net)

- Provides and assists children, families, agencies and community with services and supports to promote positive development.

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# TEEN CONNECT

## Tampa Bay

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### Success 4 Kids & Families

813-871-7412

[www.s4kf.org/services](http://www.s4kf.org/services)

- **Successful Kids:** This program coordinates access to mental health services and supports based on a child's individual needs and the needs of the family. The goal is to keep children in their homes, schools, and communities.
- **Successful Students:** A truancy intervention program targeting youth ages 6 through 16.
- **Successful Youth:** Intervenes when young people find themselves in the juvenile justice system. Services focused on returning youth to their homes and community.
- **Healthy Transitions:** Serving young adults ages 16 to 25 years of age struggling with mental health issues. The program strives to make mental health support services more readily available to youth through individualized and group wellness activities.
- **Healthy Minds:** A coordinated specialty care for early psychosis treatment program.

#### *Enrollment Criteria:*

- Individual has experienced psychotic symptoms for no more than 2 years (e.g. hallucinations, delusional thoughts, bizarre behavior, paranoia, and/or disorganized speech).
- Symptoms are not caused by a medical condition or substance use.
- Individual must not have a documented IQ below 70.
- Individual must reside in Hillsborough County.

### Supportive Therapy Empowering People

813-892-6203

[supportivetherapy.net](http://supportivetherapy.net)

- Provides individual, family and group therapy to children, teens and adults who are experiencing

challenges causing turmoil in the home, school and workplace.

- Mentors provide encouragement to some of the children who tend to be scapegoated and attempt to use one-on-one time to engage in supportive and positive activities together.
- Anger Management and Intensive Parenting classes.
- Anger Management Court approved 6 week groups.

(Major Insurances such as Cigna, Aetna, Humana, Mental HealthNet, TriCare and CMS and Self-pay)

### **DATING/DOMESTIC VIOLENCE & SEXUAL ASSAULT HELP**

#### Crisis Center of Tampa Bay:

#### Sexual Assault Services

2-1-1 or 813-264-9961

[www.crisiscenter.com/what-we-do/sexual-assault-services](http://www.crisiscenter.com/what-we-do/sexual-assault-services)

- If you're a victim of sexual assault/rape, contact Sexual Assault Services for support and assistance by dialing 2-1-1 (24/7) or 813-264-9961. Whether the assault took place 24 hours ago or 20 years ago, help is available.

#### National Domestic Violence Hotline

1-800-799-SAFE (7233)

[www.thehotline.org](http://www.thehotline.org)

- Highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

#### National Sexual Assault Hotline

800-656-HOPE (4673)

[rainn.org](http://rainn.org)

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# TEEN CONNECT

## Tampa Bay

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- Visit [hotline.rainn.org/online](https://hotline.rainn.org/online) to chat or call 800-656-HOPE (4673) to get connected with a trained staff member from a sexual assault service provider in your area.

### National Teen Dating Abuse Helpline

1-866-331-9474

[www.loveisrespect.org](http://www.loveisrespect.org)

- Call 1-866-331-9474, chat at [loveisrespect.org](https://loveisrespect.org) or text “love is” to 22522, any time, 24/7/365.
- The Helpline and [loveisrespect.org](http://loveisrespect.org) offer real-time, one-on-one support from peer advocates trained to offer information and resources to those involved in dating abuse relationships as well as concerned parents, teachers, clergy, law enforcement, and service providers.

### The Spring of Tampa Bay, Inc.

Crisis Hotline: 813-247-7233 or 247-SAFE

Outreach: 813-749-8764

[www.thespring.org](http://www.thespring.org)

- **Peace In Action:** Early intervention group encouraging healthy relationships and supporting the development of a youth’s assets. Eligible for adolescents ages 13-17. Sessions on Monday from 5:30-7:30 p.m.
- **Outreach Services:** Offers safety planning, referrals and advocacy for survivors of dating and domestic violence.
- **Prevention Team:** Conducts trainings on domestic violence and teen dating violence for youth, businesses, community organizations and social services professionals who work with families.
- **Youth Action Committee:** Educates youth on dating violence and empowers them to be leaders in society and among their friends.

### FOOD ASSISTANCE

#### Access Florida: Food Assistance Program

[www.myflfamilies.com/service-programs/access/food-assistance-and-suncap.shtml](http://www.myflfamilies.com/service-programs/access/food-assistance-and-suncap.shtml)

Customer Call Center: 1-866-762-2237

Agents available 8am to 5pm Mon-Fri

- The Food Assistance Program helps people with low-income buy healthy food.
- The U.S. Department of Agriculture (USDA) estimates how much it costs to buy food to prepare nutritious, low-cost meals and determines the amount of food assistance benefits an individual or family receives.

#### Feeding Tampa Bay

813-254-1190

[feedingtampabay.org/find-a-pantry](http://feedingtampabay.org/find-a-pantry)

- Feeding Tampa Bay offers a number of different ways to bring food to your table. Visit their website to learn about each of the programs below and to find a food pantry near you.
- **Mobile Pantries:** Refrigerated trucks bring fresh produce, meat, bread, and shelf-stable items directly to neighborhoods in need. Pick up a box of food, free of charge.
- **My Mobile Market:** Shop the mobile grocery store for your weekly staples. Purchase fresh produce, bread, and shelf-stable items at a low cost.
- **Charity Market:** Feeding Tampa Bay’s on-site food pantry allows you to shop for fresh produce, meat, bread, and shelf-stable items. Make an appointment to pick up a box of food, free of charge.
- **Trinity Café:** A full-service restaurant that serves healthy, hot meals daily, free of charge.
- **SNAP Assistance:** Meet with the Community Outreach team to find out if you qualify for

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# TEEN CONNECT

## Tampa Bay

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food stamp benefits and to obtain assistance with the SNAP application process.

### Metropolitan Ministries

813-209-1000

[www.metromin.org/what-we-do/food](http://www.metromin.org/what-we-do/food)

- Metro Brigade Meal Site Partners: Provide hot, balanced and nutritious meals throughout Tampa Bay. Visit the website above to search for a location near you.

### HEALTH INSURANCE ENROLLMENT

#### Affordable Care Act Marketplace

1-800-318-2596

[www.healthcare.gov/young-adults/coverage](http://www.healthcare.gov/young-adults/coverage)

- Provides information and links to health coverage options for those under age 30.

#### Family Healthcare Foundation

813-995-1066

[www.coveringtampabay.org](http://www.coveringtampabay.org)

- If you live in Hillsborough, Pinellas, Polk or Pasco counties in Florida, you have friends who will help you find and enroll in healthcare options that meet your needs. The Family Healthcare Foundation can also connect you with resources that can help you and your family stay healthy or receive appropriate care when needed.

#### Florida Covering Kids & Families

813-803-0628

[health.usf.edu/publichealth/chiles/fckaf/navigator](http://health.usf.edu/publichealth/chiles/fckaf/navigator)

- Provides navigator services to assist anyone who has questions and those who are ready to sign up for quality, affordable health insurance coverage in the federal Marketplace.

### HOUSING/HOMELESS YOUTH RESOURCES

#### Camelot Community Care, Inc.

727-593-0003

[www.camelotcommunitycare.org/services](http://www.camelotcommunitycare.org/services)

- Camelot Community Care provides behavioral health and child welfare services that are community based, focusing on helping the child in their home, school and the community.
- **Tampa Bay Youth Outreach Program:** Serves unaccompanied homeless youth, between the ages of 18-24 in Hillsborough County. This program provides case management services to help link this population to employment and education services, as well as other community resources that will lead young adults to self-sufficiency.

#### Clothes to Kids

813-616-6430

[clothestokids.org](http://clothestokids.org)

- Provides new and quality used clothing to low-income or in crisis school-age children, free of charge.

#### Peace Outreach Resource Center

813-512-6312

Mondays and Fridays, 2:30-5:30pm

[Porc-tampa.org](http://Porc-tampa.org)

- A faith-based youth drop-in center that provides a safe, non-judgmental space for disadvantaged youth ages 16-24 experiencing homelessness.

#### Homeless Youth Handbook

[www.homelessyouth.org/us/florida](http://www.homelessyouth.org/us/florida)

- A guide for homeless youth with information about your rights, responsibilities, and resources in every major aspect of your life. Each Handbook is created based upon State specific law.

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# TEEN CONNECT

## Tampa Bay

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### Starting Right, Now

813-868-1995

[www.startingrightnow.org](http://www.startingrightnow.org)

- Ends homelessness for youth through one-on-one mentoring, providing a stable home, obtaining employment, teaching financial literacy, life skills and promoting educational achievement.
- Starting Right, Now is a “by referral only” organization. Please contact your School Social Worker or Administrator to determine if you meet our eligibility requirements. A student must be in high school to be referred.

### Tampa Hillsborough Homeless Initiative

[unity.bowmansystems.com](http://unity.bowmansystems.com)

[unity.bowmansystems.com/index.php/youth](http://unity.bowmansystems.com/index.php/youth)  
(Youth Services)

- Homeless assistance and other resources provided by community partner agencies within the Tampa/Hillsborough County Continuum of Care.
- Website offers specific resources tailored to youth ages 16 to 24 who are not accompanied by a parent or guardian.

## HUMAN TRAFFICKING & REFUGEE RESOURCES

### Bridging Freedom

[www.bridgingfreedom.org/education-and-victim-prevention](http://www.bridgingfreedom.org/education-and-victim-prevention)

- Aims to increase community awareness about child sex-trafficking as a means to help prevent these terrible crimes.
- National Tipline: 1-888-373-7888.
- Call for confidential help and information.

### Florida Dream Center

727-851-9074

[floridadreamcenter.org/services](http://floridadreamcenter.org/services)

- Report your tip to the National Human Trafficking Resource Center at (888) 373-7888.
- Call the local Clearwater / Tampa Bay Area Task Force on Human Trafficking at 727-562-4917.
- Call 727-851-9074 to learn more about our services for human trafficking victims.

### Lutheran Services Florida

813-875-1408

[www.lsfnet.org/endtrafficking](http://www.lsfnet.org/endtrafficking)

[www.lsfnet.org/refugees-and-immigrants](http://www.lsfnet.org/refugees-and-immigrants)

- **Trafficking Victims Assistance Program (TVAP):** Supports survivors of labor and sex trafficking in the Tampa Bay Area through comprehensive case management services.
- **Refugee Support:** Helps newcomers achieve economic self-sufficiency as quickly as possible through a variety of services that enable them to find employment, provide for their families, and adapt to their new environment.

### Refugee Health Program

813-307-8078

[hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/refugee-health-program](http://hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/refugee-health-program)

- Health assessment and vaccinations offered to eligible refugees, asylees, Cuban/Haitian entrants, Amerasians, Special Immigrant Visas, and Victims of Trafficking.
- Refugees with identified health conditions are referred to primary care physicians and specialists for follow-up health care.

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# TEEN CONNECT

## Tampa Bay

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### LGBTQ+ RESOURCES

#### LGBT National Help Center

1-800-246-7743

[glnh.org/chat](http://glnh.org/chat)

<mailto:help@LGBThotline.org>

- **Resource Database:** Includes information on youth groups, social and support organizations, as well as gay-friendly religious organizations, sports leagues, student groups and much more.
- **Youth Talkline:** Provides telephone, online private one-to-one chat and email peer-support for teens and young adults up to age 25 about coming-out issues, gender identity, relationship concerns, parent issues, school problems, HIV/AIDS anxiety and safer-sex information, and lots more. All services are free and confidential.
  - Toll-free 1-800-246-PRIDE (1-800-246-7743)
  - Hours: Mon-Fri: 4pm-midnight;  
Sat: noon-5pm

#### Metro Inclusive Health

Hillsborough County: 813-232-3808

[www.metrotampabay.org](http://www.metrotampabay.org)

- **LGBTQ+ Programs and Events:** Designed as safe spaces for individuals like to make new friends, socialize, and find support through similarly-identified peers.
- **Young Minds:** Empowering youth with the knowledge of the real risks of STDs and drug use. Free STD testing and drug abuse education, free help with appointments and services, and free gift cards for completing all sessions. A program for young people between the ages of 13-24 that reside in Hillsborough or Pinellas Counties
- **Closing the Gap:** Providing STD/HIV education and risk reduction through multi-session and single-session workshops for ages 13-19. Outreach, HIV testing, and workshops at

schools, recreation centers, churches, festivals, juvenile detention centers, etc.

#### Planned Parenthood

Tampa Health Center: 813-980-3555

[www.plannedparenthood.org](http://www.plannedparenthood.org)

- Planned Parenthood health centers provide education, support, and sexual and reproductive health services for lesbian, gay, bisexual, transgender, queer, questioning, and intersex patients.

#### PFLAG Tampa

863-535-5239

[pflagtampa.org](http://pflagtampa.org)

- Florida Chapter of PFLAG, the nation's largest LGBTQ+ support organization.
- We, the parents, families, friends and allies of LGBTQ persons, celebrate diversity and envision a society that embraces everyone, including those of diverse sexual orientations and gender identities.
- Meetings held the 1st Wednesday of every month at 7pm at the Metropolitan Community Church of Tampa, 408 East Cayuga Street, Tampa FL 33603.

#### Transgender Law Center

510-587-9696

[transgenderlawcenter.org/resources/youth](http://transgenderlawcenter.org/resources/youth)

- Works on a wide range of issues to end discrimination and ensure that transgender people have access to equal rights and opportunities.

#### Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)

- TrevorText is a confidential and secure resource that provides live help for LGBTQ youth with a trained specialist, over text messages. Text START to 678678.

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# TEEN CONNECT

## Tampa Bay

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### Ybor Youth Clinic

813-396-9021

[health.usf.edu/care/pediatrics/services-specialties/ad-med/ybor-youth-clinic](http://health.usf.edu/care/pediatrics/services-specialties/ad-med/ybor-youth-clinic)

- The mission of the Ybor Youth Clinic is to provide high quality, innovative, compassionate and nonjudgmental health care services to ALL youth (ages 13 - 24) in an environment tailored to meet their specific and unique needs.
- Free STI/HIV Testing available: Mon: 9am–12pm; 1–4pm; Tues: 1–4pm; Wed: 9am–12pm; 1–4pm. Other services available by appointment.
- Extended clinic hours available to minors on Mondays from 4:30-6pm.

## SCHOOL-BASED PROGRAMS

### HELP Students in Transition Program - Hillsborough County Public Schools

813-315-4357

[www.sdhc.k12.fl.us/doc/list/help-students-in-transition-program/about/161-746/](http://www.sdhc.k12.fl.us/doc/list/help-students-in-transition-program/about/161-746/)

- Dedicated to meeting educational needs of students who meet eligibility under the McKinney Vento Homeless Education Assistance Act.
- Provides Bus transportation, Academic Support, Meal Assistance, School Supplies and School Enrollment Assistance.

### High School Diploma Program – Seminole Heights Charter High School

813-234-0809

[www.finishschool.com/apply](http://www.finishschool.com/apply)

- Non-traditional high school setting serves youth 16-21 in Hillsborough County.
- Opportunity to complete credits towards earning a high school diploma at their own pace.

### Project Link

813-276-5671

[www.project-link.org](http://www.project-link.org)

- Program focuses on improving school attendance by addressing the underlying difficulties within families that lead to truancy
- Eligibility: Elementary to high school students and their families in the East and West Tampa area.
- Students are identified as at-risk of chronic absenteeism, social skills development, and academic achievement.
- New programs for Health and Nutrition, Training and Enrichment Programs.

### Tampa Bay Academy of Hope

813-620-4029

[www.tampahope.org](http://www.tampahope.org)

- Making a difference in the lives of youth, individuals, adults, and families, by providing positive development programs in a safe, supportive, and structured environment.
- Keeping youth in school and out of the prison pipeline and helping them become productive and successful citizens through mentoring, case management, tutoring, prison reentry assistance and job training.
- **YouthBuild TBAH:** 16-24 years old/Hillsborough County. Project-based academic learning and occupational skills training to prepare disadvantaged youth for career placement in construction.

## SUBSTANCE ABUSE TREATMENT

### Chrysalis Health

813-443-4827

[www.chrysalishealth.com](http://www.chrysalishealth.com)

- Youth mental health and substance use counseling available.

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# TEEN CONNECT

## Tampa Bay

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### Crisis Center of Tampa Bay

2-1-1

crisiscenter.com

- Provides drug and alcohol treatment and prevention referrals to local providers in Florida, 24 hours a day, 365 days a year.
- **Substance Abuse Hotline:** Through discussion and referrals to community resources, counselors provide options to individuals and families affected by addiction.  
Call 1-800-662-HELP (4357)

### DACCO – Adolescent Services

813-384-4119

www.dacco.org/services/youth-services/adolescent-services

- Adolescent Outpatient Program for teens ages 12-17. Addresses issues such as self-esteem, self-loathing, anger, the consequences of alcohol and drug addiction, and understanding and building healthy relationships.

### Phoenix House – Derek Jeter Center

813-881-1000

Mon-Thurs: 10am-8pm; Fri: 9am-6pm

www.phoenixhouse.org/locations/florida

- Comprehensive outpatient services for teens.
- Helps families address adolescent substance abuse.
- State, Medicaid, Insurance and self-pay. Sliding scale reductions based on household income are available for adolescents.

## SUPPORT SERVICES

### A Center for Grieving Children and Teens – Suncoast Kids Place

813-990-0216

www.suncoastkidsplace.org

- Children ages 3-18 in Hillsborough and some of Pasco County.

- Provide grief and loss peer support groups to children and teens.
- Use a combination of peer support groups, along with play therapy techniques, to support kids through their grief journey.
- Caregiver groups offered simultaneously to kids groups.

### AMI Kids Tampa

813-887-3300

amikids.org/programs-and-services/programs/amikids-tampa/story/about

- Offers dynamic and comprehensive services focusing on education, behavior modification, and treatment for youth associated with the Office of Juvenile Justice and Delinquency Prevention.

### Centre for Girls

813-231-3404

www.thecentreforgirls.org

- A community center for girls, offering educational and art enrichment activities in a supportive environment.
- A resource for information and guidance for parents and members of the community interested in girls' issues and methods of support during the transition into adolescence.

### Centre for Women

813-251-8437

www.thecentre.org

- Offers a diverse array of programs to help women in the Tampa Bay region to succeed both personally and professionally.
- **Counseling & Wellness:** An affordable outpatient community counseling program for individuals, couples, families, children and teens.



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# TEEN CONNECT

## Tampa Bay

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### Children's Board Family Resource Centers

Brandon: 813-740-4634

Central Tampa: 813-204-1741

East County: 813-752-8700

North Tampa: 813-558-1877

South County: 813-641-5600

Town 'N Country: 813-356-1703

[www.familysupporthc.org](http://www.familysupporthc.org)

- The Children's Board Family Resource Centers are located throughout Hillsborough County and offer programs and services emphasizing family support, child development, health and safety, and learning success.
- Visit the website above to [find classes and events](#) at a Center near you, including educational programs and health services for teens.

### Columbus Youth Academy

813-765-7639

(no website)

<mailto:sam.cerezo@sequelyouthservices.com>

- Community case manager working with at-risk youth and families to help in prevention by mentoring and support services.
- For all at-risk youth.

### Devereux Kids—Girls Circle

813-915-7101

[www.devereux.org/site/PageServer?](http://www.devereux.org/site/PageServer?pagename=fl_girls_circle)

[pagename=fl\\_girls\\_circle](http://www.devereux.org/site/PageServer?pagename=fl_girls_circle)

- Devereux Kids is the primary prevention program of the Devereux Foundation in Florida. It involves parents and community residents in training, relationship building and skill development to increase the safety and well-being of children, youth and families at the neighborhood level.
- **Girls Circle:** A structured support group for girls from 9-18 years of age, designed to foster self-esteem, help girls maintain authentic

connection with peers and adult women in their community, counter trends toward self-doubt, and allow for genuine self-expression through verbal sharing and creative activity.

### Dream Center of Tampa Bay

813-374-8999

[dctampa.org](http://dctampa.org)

- Ybor City's local youth and community center.
- Hosts after school programs for students grades K-12 Monday through Thursday.

### Family Network on Disabilities

727-523-1130 / 800-825-5736

[fndusa.org/contact-us/programs/psn/](http://fndusa.org/contact-us/programs/psn/)

- **Youth Advocacy:**
  - Targets youth and young adults with disabilities, ages 14 to 22, receiving special education and related services.
  - Youth Advocacy assists individuals with disabilities and their parents, family members, guardians, advocates, and/or authorized representatives.
  - Direct one on one assistance, or workshops through online tutorials, web casting and face to face. Offers different information resources in varying media.
- **Parent Support Network (PSN) Project:** Offers free help and information to families of students with disabilities and the professionals that serve them with the main focus on the educational needs of students with disabilities.

### G.E.M.S.

(Girls Empowered Mentally for Success, Inc.)

813-300-2891

[www.Girlsrgems.org](http://www.Girlsrgems.org)

- At risk girls ages 10-17 in Hillsborough County.
- Addresses and meets the multiple needs of girls that are facing risk factors, such as lack of

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# TEEN CONNECT

## Tampa Bay

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parental involvement, school dropout, substance abuse, low self-esteem.

- Designed to decrease negative socioeconomic trends distressing a young girl's development from early adolescence through late adolescence.
- Offers group mentoring, one to one adult mentoring, and peer mentoring at different stages of the program.

### Goodwill Industries-Suncoast, Inc.

727-523-1512

[goodwill-suncoast.org/services-by-county](http://goodwill-suncoast.org/services-by-county)

- Provides a wide range of programs including employment services, training programs, and affordable housing.

### Metropolitan Ministries

813-209-1000

[www.metromin.org/programs-for-school-age-children](http://www.metromin.org/programs-for-school-age-children)

- **CREATE – Children's Recreational, Education, Arts, and Therapeutic Experience:** Gives school-age children a nurturing therapeutic environment to grow, process their challenges, and learn techniques to deal with their emotions.
- **Youth Program:** Enriches youth with the tools to break the cycle of poverty while growing to become future leaders. Dedicated to serving middle and high school students living on campus and in our community, youth program staff and teens are trauma-informed.

### Pace Center for Girls

813-739-0410 x 5611, Brittany Knowles

[www.pacecenter.org](http://www.pacecenter.org)

- Pace provides girls and young women an opportunity for a better future through education, counseling, training and advocacy.
- **Pace Reach Counseling Services Program:** Provides free behavioral health services that

are strength based and gender responsive to girls who are not enrolled in the Pace day program.

- **PACEWorks:** A comprehensive vocational and education program dedicated to impacting employability, vocational training and educational success of all girls enrolled in the Pace Center for Girls, Hillsborough program.

### Sylvia Thomas Center for Adoptive and Foster Families

813-651-3150

[www.sylviathomascenter.org](http://www.sylviathomascenter.org)

- Support to pre-adoptive and post-adoptive families.
- Provides in-home case management to post-adoptive families in crisis.
- Four support groups for adoptive parents and adopted children.

### Tampa Housing Authority Youth and Family Services

813-254-7568

[www.thafl.com](http://www.thafl.com)

- Youth exhibiting runaway, ungovernable, and truant behavior between the ages of 7-17 years.
- Offers individual, group and family counseling, as well as case management services.
- Services are provided primarily in the client's home and/or school setting.
- Offers Healthy Parenting & Anger Management classes to the parents of the clients and the community.

### United Way Suncoast

813-274-0900

[unitedwaysuncoast.org/what-we-do](http://unitedwaysuncoast.org/what-we-do)

- Aims to break the cycle of generational poverty throughout the Suncoast region. Offers support and resources in the areas of education,

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# TEEN CONNECT

## Tampa Bay

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income, health, disaster services, and neighborhood programs.

### Youth Advocate Program

813-248-3980

[www.yapinc.org](http://www.yapinc.org)

- One-to-one case management.
- Gender specific.
- Working to accomplish goals/needs identified by the family during initial assessment.
- Youth ages 6-17.
- Reside in zip codes 33610, 33612, 33617, 33604, 33619, 33569, 33605, 33607, 33511.

## TEEN PARENT PROGRAMS

### Child Birth Options, LLC

813-381-6430

[www.childbirthoptions.net](http://www.childbirthoptions.net)

- **Midwife & Doula Program:** Will offer reduced priced services to teens.

### Children's Home Network

813-864-1459

[www.childrenshomenetwork.org/adolescents-in-motherhood](http://www.childrenshomenetwork.org/adolescents-in-motherhood)

- **Adolescents in Motherhood:**
  - Residential program for new mothers and mothers-to-be ages 13-18 years of age.
  - Offers a structured home and campus environment for young moms and their babies.
  - Offers support from trained and trauma sensitive child caregivers, mental health and behavior specialists, a staff nurse and psychiatrist.

### Healthy Start Program

813-307-8016

[healthystartcoalition.org/the-programs/healthy-start-program](http://healthystartcoalition.org/the-programs/healthy-start-program)

- Provides moms, newborns and families with education, resources and support through services in the home, hospital or other community settings and one-on-one phone calls.

### Hillsborough County Children's Services

813-264-3807

[www.hillsboroughcounty.org/en/government/departments/children](http://www.hillsboroughcounty.org/en/government/departments/children)

- Expectant Parents Program for first-time mom or teen parents.

### Teen Parent Program –

#### Hillsborough County School District

813-272-4674

[www.sdhc.k12.fl.us/doc/list/teen-parent-program/resources/162-753/](http://www.sdhc.k12.fl.us/doc/list/teen-parent-program/resources/162-753/)

- Voluntary program designed to meet the needs of expectant youth and teen parents.
- Students have the option to participate in the program by choosing to go the *Traditional School* route or attend at a *Parent Teen Center*.
- Student has to be enrolled in a Hillsborough County Public School to be eligible for the program.

### Woman to Woman – Gulf Coast Jewish Family & Community Services

813-930-7103

[www.gulfcoastjewishfamilyandcommunityservices.org/children-n-family/woman-to-woman/](http://www.gulfcoastjewishfamilyandcommunityservices.org/children-n-family/woman-to-woman/)

- Mentoring program for teenage mothers and pregnant girls who are at risk for academic failure and repeat pregnancies.
- Mentors organize skill-building workshops, evening and overnight events, all geared to help the teens to recognize negative behavioral patterns and create new ones that will empower them.

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# TEEN CONNECT

## Tampa Bay

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- Teens work with a Woman to Woman case manager to secure needed social services for themselves and their babies.

### TRANSPORTATION

#### [Bethesda Ministries-God's Pedal Power Program](#)

813-248-8700

[bethesdaministriestampa.org/gods-pedal-power](http://bethesdaministriestampa.org/gods-pedal-power)

- Provides no cost bicycle transportation with accountability to people in need.

#### [Hillsborough Area Regional Transit Authority \(HART\)](#)

813.254.4278

[GoHART.org](http://GoHART.org)

- Youth discount permit available for ages 5-18.
- Adult student fare discount permit for students of participating colleges and universities.

#### [Sunshine Line-Hillsborough County Door to Door Transportation](#)

813-272-7272

[www.hillsboroughcounty.org/en/residents/social-services/transportation/door-to-door-transportation](http://www.hillsboroughcounty.org/en/residents/social-services/transportation/door-to-door-transportation)

- The Sunshine Line provides door-to-door transportation for elderly, people with disabilities, or low-income residents who do not have, or can't afford their own transportation.
- Transportation is provided for medical and social service appointments, grocery trips, health and wellness, personal business and more.
- Trips are prioritized based on trip purpose and provided on a space-available basis.

#### [Sunshine Line-Hillsborough County FREE Bus Pass Application](#)

813-272-7272

<https://www.hillsboroughcounty.org/en/residents/social-services/transportation/action-folder/apply-for-a-bus-pass>

- If you are able to ride HART, you may qualify for a daily or monthly bus pass.

#### *Eligibility:*

- Travel within 3/4 of a mile from a HART bus route
- Have one of the following qualifications:
  - Low-income
  - Disabled
  - Elderly
- Have no other means of transportation

### YOUTH DEVELOPMENT

#### [Big Brothers Big Sisters of Tampa Bay](#)

813-769-3600

[bbstampabay.org](http://bbstampabay.org)

- Provides both children and mentors the essential tools to develop lifelong, purposeful relationships.

#### [Boys & Girls Club of Tampa Bay](#)

813-875-5771

[www.bgctampa.org](http://www.bgctampa.org)

After-school and holiday programs for school-age children at various locations in Hillsborough County. Club programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence. Programs and services include:

- Education and Career
- Arts
- Character and Leadership Development
- Health and Life Skills
- Sports, Fitness and Recreation
- Computerrific

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# TEEN CONNECT

## Tampa Bay

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### CareerSource

813-930-7571

[www.careersourcetampabay.com/pages/youth\\_career\\_planning](http://www.careersourcetampabay.com/pages/youth_career_planning)

- **WIOA Youth Training:** Young Talent Tampa Bay 18-24 years/out of school. Career Exploration, Employability Skills Training (Financial Literacy, Career Coaching and Guidance) Tuition Assistance, Limited Supportive Services, Paid Work Experience and On-the-Job Training Referrals.
- **STEM TEC:** 14-17 years/Hillsborough Co. resident. Provides career exploration and workplace readiness training. Hands-on workplace readiness training, teambuilding, goal setting and personal motivation, in addition to employer site visits as job shadowing experiences in STEM specific fields.

### Computer Mentor Group

813-236-1191

[www.computermentors.org/programs-2/](http://www.computermentors.org/programs-2/)

- **Teen Tech:** Guides students through Microsoft Certifications in the Microsoft Office Productivity Suite, Web Applications, Software Development, Network, Security, Server. Students are assigned to a mentor who helps them in a self-paced environment. Microsoft Certifications makes the students attractive candidates for internships and employment in the information technology industry.
- **Kidscope:** Cutting-edge curriculum to teach middle-schoolers STEM through programming.
- **Computer Lab:** Available for community members to access internet and also serves as an DCF Access location.

### Frameworks of Tampa Bay

(Formerly Ophelia Project)

813-514-9555, ext. 109

[www.myframeworks.org](http://www.myframeworks.org)

- **LifeSkills Training:** Evidence-based curriculum for middle schoolers. Substance abuse prevention program that focuses on the psychological and social factors that cause individuals to engage in risky behaviors (i.e., substance abuse, violence, etc.). The curriculum consists of 18 lessons, which focus on engaging adolescents to provide them with the confidence and skills necessary to handle various challenging situations.
- **School-Connect:** High school research-based program that targets students in grades 9-12. Goal is to increase students' sense of belonging and connectedness to school. There are 60 lessons designed to improve high school students' social, emotional, and academic skills and strengthen relationships between students and teachers.
- **Community Building Sessions:** Help in developing a positive classroom community where students feel they belong, are significant members of the group, and build connections with peers.
- **Teens In Action:** 10 month coed social and emotional learning and civic engagement leadership program for high school students. Develops strong social and emotional intelligence (EQ) and teaches the importance of life-long philanthropy and civic engagement.
- **PATHS:** Evidence-based curriculum that promotes social and emotional learning; Preventing or reducing behavioral and emotional problems in youth.

### Girl Scouts of West Central Florida

1-800-881-GIRL (Toll-free)

or local 813-281-GIRL (4475)

[www.gswcf.org](http://www.gswcf.org)

- Prepares girls for a lifetime of leadership, success, and adventure in a safe, no-limits place designed for and by girls.

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# TEEN CONNECT

## Tampa Bay

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### Hillsborough County Public Library Cooperative—Teen Programs

813-273-3652

[www.hcplc.org/teens](http://www.hcplc.org/teens)

- **Teen Advisory Board (TAB):** A group of young adults from grades 7 to 12 who meets regularly and provides programming suggestions, recommends materials like fiction, graphic novels, and music, and gives input for ways to entice other teens to visit the library.
- TABs are a great way to earn community service hours, develop leadership skills, and make new friends. Visit or contact your local branch and ask how to join.

### Junior Achievement of Tampa Bay

813-605-1764

[jatampabay.org/programs](http://jatampabay.org/programs)

- Offers over 20 experiential, hands on programs that help students, grades k-12, discover and apply entrepreneurship, work readiness and financial literacy concepts and skills.

### St. Joseph's Children's Wellness and Safety Center – Adolescent Programs

813-615-0589

[www.baycare.org/sjch/services/childrens-health/our-specialties/childrens-wellness-and-safety-center](http://www.baycare.org/sjch/services/childrens-health/our-specialties/childrens-wellness-and-safety-center)

- **Life Choices:** Ages 12-14. This two-day class is for older middle school students. Material covered includes decision-making, goal-setting, puberty, sexuality, reproduction, STDs and abstinence. Students will take home infant simulators for a weekend to reinforce the responsibilities of parenthood.
- **Teen Talk for Girls:** Ages 10-14. This introductory class for girls and their parents will discuss the physical and emotional changes of adolescence. An optional abstinence-based discussion of sexuality may also be presented.

- **Teen Talk for Boys:** Ages 11-14. Boys and their parents can learn about and discuss the physical and emotional changes of adolescence. An optional abstinence-based discussion may also be presented.
- **Teen Talk 2:** Ages 14-17. Offers older teens the information necessary to make healthy choices when it comes to decisions about human sexuality. While focusing on abstinence, this program covers important topics like STDs, consequences, dating and relationship tips, and techniques for saying “no.”

### Tampa Metropolitan YMCA

813.224.9622

[www.tampaymca.org/programs/youth-programs/teen-programs](http://www.tampaymca.org/programs/youth-programs/teen-programs)

- **Youth in Government Program:** Tampa teens explore the current issues and problems facing the state of Florida and develop ways to solve them.
- **Youth Leaders Club:** Designed for students in grades 7 – 12. Teens have the opportunity to meet new people, build new relationships, learn valuable skills, get involved in the community, earn volunteer hours and learn what it truly means to be a Leader.

### Young Life

813-558-8785

[www.msites.younglife.org/\\_layouts/InformationSplashPage/default.aspx?OfficeOrClubID=A-AG320](http://www.msites.younglife.org/_layouts/InformationSplashPage/default.aspx?OfficeOrClubID=A-AG320)

- Mission is to introduce adolescents to Jesus Christ and to help them grow in their faith
- Brings the good news of Jesus Christ into the lives of adolescents with an approach that is respectful of who kids are and hopeful about who they can be.