



Resources for Families during COVID-19 Updated 7-20-20

Hillsborough County requiring that facial coverings be worn inside businesses that are open to the public.
Effective June 24, 2020 at 5:00pm, [see more info here](#)

Facial coverings are required in the City of Tampa.
Effective June 19, 2020 at 5:00pm, [see Executive Order 2020-27](#)

Phase 2 of Safe. Smart. Step-by-Step COVID-19 recovery plan is in effect as of June 5. Details at
<https://floridahealthcovid19.gov/plan-for-floridas-recovery/>
<https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/safer-at-home>

Alerts (Sign Up)

- Hillsborough County Alerts – <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- City of Tampa text TAMPAREADY to 888-777
- City of Tampa in Spanish – text TAMPALISTA to 888-777

Centers for Disease Control (CDC)

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Child Abuse Prevention

- Child Abuse Hotline 1-800-96-ABUSE (22873)
- Prevent Child Abuse America <https://preventchildabuse.org/>
- Prevent Child Abuse Florida <http://www.preventchildabusefla.org/>
- The Ounce of Prevention Fund <https://www.ounce.org/index.asp>
- Healthy Families Florida <http://www.healthyfamiliesfla.org/index.asp>
- Healthy Families Hillsborough <http://healthystartcoalition.org/the-programs/386-2/>
- Child Welfare Information Gateway <https://www.childwelfare.gov/topics/preventing/preventionmonth/>
- Prevention Strategies <https://www.cdc.gov/violenceprevention/childabuseandneglect/prevention.html>
- Help Guide <https://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>
- Florida Department of Children and Families <https://www.myflfamilies.com/service-programs/child-welfare/child-abuse-prevention-month.shtml>
- Mary Lee's House <https://maryleeshouse.org/>
- Champions For Children <https://cfctb.org/>
- Children's Home Network <https://www.childrenshomenetwork.org/child-abuse-prevention>
- Eckerd Connects <https://eckerd.org/family-children-services/foster-and-adoption/eckerd-connects-community-alternatives-hillsborough/>
- Crisis Center <https://www.crisiscenter.com/about-us/history/>

Childcare

- YMCA Youth/child relief care for essential workers. For up-to-date information call 813-224-9622, <https://www.tampaymca.org/>
- Early Learning Coalition of Hillsborough County www.elchc.org/child-care-resource-referral/

Department of Health COVID-19 Call Center Available 24/7

- Florida DOH (866) 779-6121
- Email COVID-19@flhealth.gov

Disabilities

- <https://www.tampagov.net/accessibility/covid-19>
- Autism Speaks, 1-888-AUTISM2 - Autism Response Team, for families who need guidance and support with regards to disrupted routines, coping, home and online learning, etc., <https://www.autismspeaks.org/covid-19-information-and-resources>
- Center for Autism and Related Disabilities at USF offers direct assistance, training, technical assistance, and resource and referral at no charge for individuals with autism spectrum disorder, families, and organizations, 813-974-2532 <https://usf.to/autism>
- Emergency Preparedness for People with Disabilities <https://www.tampagov.net/emergency-management/disability-preparedness>
- F.R.I.E.N.D.S. - Families, Respect, Inspire, Education, Network for Down Syndrome & Special needs <http://fdswf.org/>

Education/Learning Resources (Virtual)

- Hillsborough County Public Schools <https://www.sdhc.k12.fl.us/>
To be prepared, we are asking every student, parent and teacher to know their [Edsby](#) account username and password and for every student to also know his or her [Clever](#) account username and password. Please use either Chrome, Safari, or Firefox to access these resources. Instructions for accessing [Edsby](#) (for student assignments, grades and parent-teacher communication) Instructions for accessing [Clever](#) (for online textbooks and learning software)
 - E-Learning Contingency Plan <https://www.sdhc.k12.fl.us/docs/00/00/26/62/elearningfull.pdf>

Call Hotlines:

- eLearning Support (813) 272-4785
- Technology Support (813) 272-4786
- Mental Health Support (813) 272-4787
- General Questions (813) 272-4788
- Florida Department of Education <http://www.fldoe.org/em-response/resources-families.shtml>
- <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>
- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Hillsborough County Public Library
 - Reading <https://www.hcplc.org/books/ebooks>
 - Free Tutoring <http://www.libraryaware.com/1585/Posts/View/eddfb3ba-c54f-4959-ac36-e48feab6404b?SID=ba9bb10f-2eae-48cf-aac2-4520e6c9bfec>
- 12 Famous Museums <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Scholastic <https://classroommagazines.scholastic.com/support/learnathome.html>
- WEDU PBS At-Home Learning <https://mailchi.mp/wedu/at-home-educational-resources-from-wedu-pbs?e=66e7eafea>
- PBS Kids <https://pbskids.org/>

- myON at home <https://readonmyon.com/>
- Glazer Museum at Home <https://glazermuseum.org/gcmathome>
- [Virtual Learning Resources](#)
- Audible is offering no-cost streaming of children's stories in six different languages. This could be used for entertainment, to help with bedtime and encourage learning about new topics.
<https://stories.audible.com/start-listen?linkId=84820275>
- Reading Videos Activities www.cosmickids.com
- Home School Type with a Daily Schedule by School Grade www.khanacademy.org
- Virtual Zoo Cams <https://Kids.sandiegozoo.org/videos>
- ABCmouse is offering first month free
<https://www.abcmouse.com/abt/homepage?8a08850bc2=T2913508998.1585064692.6539>
- Teaching remotely for grades K-12, free resources and strategies
<https://classroommagazines.scholastic.com/support/learnathome.html>
- Parent Lunch and Learn - Helping Your Child Cope (Virtual Webinar) March 27, 11:30am-12:30pm
Florida Diagnostic and Learning Resources System, partnered with Florida Virtual School-FLVS
Discussions with mental health professionals, coping experts, etc.
<https://impact.fdlrs.org/x/events/view/?id=347&pw=64820a5e>
- Project Gutenberg, Thousands of no-cost children's e-book downloads
https://www.gutenberg.org/wiki/Category:Children%27s_Bookshelf
- Just For Kids: A Comic Exploring The New Coronavirus
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Talk Read Sing Tampa Bay <https://talkreadsingtampabay.org/>
- Computer Mentors' open registration for student enrollment in online coding and software training
<https://computermentors.org/>
- Autodesk supports distance learning globally for students, teachers impacted by COVID-19
<https://www.autodesk.com/education/covid19>
- Amazon Future Engineer offers free online virtual robotics and coding classes for any student or teacher affected by COVID-19 in the US. https://gocoderz.com/amazon-future-engineer/?fbclid=IwAR2EtmJwx_JSaMesRJKshZ9Snpr9HcnN20oy7qkP6HO11bc5DVNgcFuZ9Y
- Live Science <https://www.livescience.com/coronavirus-kids-activities.html>
- NASA offers students and teachers help and ideas to create awesome science projects
https://go.nasa.gov/2IN2JK7<https://go.nasa.gov/2IN2JK7?fbclid=IwAR1XX76iMo4aFdpcXttkbWXM64YH_zZT2McGmod0r31oYRoBo75_Ne-e-1k>
- Kaplan Live <https://www.kaplanco.com/live?vid=mindfulness>
- Sesame Street <https://www.sesamestreet.org/caring>
- Step Up for Students https://www.stepupforstudents.org/for-parents/public-service-page-for-parents/?utm_campaign=Outreach%20e-blast&utm_source=hs_email&utm_medium=email&utm_content=85535726&hsenc=p2ANqtz-s4eR-IfJ0liUrhFaro8fTwuWi4BZ_VxjAe6VhTO18D6UIPwJDGrEO7g_Pvzhzy7ul2ULAGbwCB36llQg-WnHEXpBSjbpJZabSkmtZMOAEb47D3Mw&hsmi=85535726
- Wolframalpha - Compute expert-level answers using algorithms, knowledgebase and AI technology
<https://www.wolframalpha.com/>
- Social & Emotional Learning <https://myframeworks.org/>
- Champions For Children Virtual Workshops for Families with Children <https://cfctb.org/programs/>
- Hurricanes at Home! Webinars from the National Hurricane Center for 4th, 5th, and 6th Graders
 - Facebook: <https://www.facebook.com/NWSNHC/>
 - Twitter: @NWSNHC (<https://twitter.com/NWSNHC>) or https://twitter.com/NHC_Atlantic

- NAMI Basics OnDemand is a free, six-session online education program for parents, caregivers and other family members who provide care for youth aged 22 or younger who are experiencing mental health symptoms. Register at: www.nami.org/Videos/NAMI-Basics-OnDemand
- Homeschool sex education resources for parents, educators, faith-leaders, younger students and young adults <https://siecus.org/homeschool-style-sex-ed-resources/>
- Head Start and Early Head Start enrollment <http://headstart.lsfnet.org/>

Elderly

- Florida Department of Elderly Affairs <http://elderaffairs.state.fl.us/>
- Seniors who attend dining centers or meal sites, or receive services through adult day care centers and home delivered meals should call (813) 272-5160 for information about the continuation of services.
- Temple Terrace - If you or someone you know (an elderly or ill neighbor, friend or relative) needs help in getting groceries or other supplies including medication, the City of Temple Terrace can help. Call (813) 506-6406 between 9am and 5pm or email lhayes@templeterrace.com

Employment

- Publix <https://storejobapplication.publix.com/JacOnlineBI/en/Logout/Loading/>
- Shipt <https://www.shipt.com/shopper-application/>
- CVS
<https://jobs.cvshealth.com/howtoapply?prefilters=none&CloudSearchLocation=none&CloudSearchValue=none>
- Walmart <https://careers.walmart.com/>
- ALDI <https://careers.aldi.us/search-jobs/Tampa%2C%20FL/61/4/6252001-4155751-4158712-4174757/27x94752/-82x45843/50/2>
- Amazon <https://www.amazon.jobs/en/location/tampa-area-florida>
- Costco <https://www.costco.com/job-opportunities.html>
- Domino's <https://jobs.dominos.com/dominos-careers/opportunities/in-store>
- Wawa <https://wawa.wd1.myworkdayjobs.com/careers>
- Instacart <https://shoppers.instacart.com/>
- Walgreens is adding 10,000 people: <https://jobs.walgreens.com/>
- Dollar General <https://www.careerarc.com/.../dollar-general-c.../campaign/45977>
- Dollar Tree <https://www.dollartree.com/careers>
- 7-Eleven <https://careers.7-eleven.com/careers/home>
- PepsiCo <https://pepsifrontlinecareers.com/>
- Pizza Hut <https://jobs.pizzahut.com/>
- Papa John's <https://jobs.papajohns.com/>
- Jet's Pizza <http://www.jetspizza.com/>
- Thorntons <https://www.thorntonsinc.com/careers/apply>
- Need Reemployment Assistance? Here's a Way to Seek Help
https://www.hillsboroughcounty.org/en/newsroom/2020/03/20/covid-19-draining-your-income-heres-a-way-to-seek-help?fbclid=IwAR04om1PsiOnn59g90qAxl9LtCoetbGGKFiU-BH724zpiQo7-dSc_nMrX10
- Career Source Tampa Bay COVID-19 Job Resource Toolkit <https://www.careersourcetampabay.com/>
- Remote Job Boards <https://careersidekick.com/best-remote-job-boards/>

Entertainment

- Billboard – Free concerts <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- NPR-Virtual concerts <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video) <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- 5 National Parks Offer Virtual Tours You Can Take From the Comfort of Home (Video) <https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>
- Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- Big Life Journal [Stay-at-Home Care Package](#) ideas for indoor and outdoor activities for kids and teens
- Keeping parents sane during lockdown with all the best links to free kids quarantainment <https://www.quarantain.me/>
- Homemade Musical Instruments <https://zinginstruments.com/homemade-musical-instruments/>

Face Covering

- How to make your own face covering from US Surgeon General Dr. Jerome Adams <https://youtu.be/tPx1yqvJgf4>

Families First Coronavirus Response Act

- The Families First Coronavirus Response Act, phase II, will provide paid leave, food assistance and tax credits to individuals in the U.S. affected by the novel coronavirus <https://www.cda.org/Home/News-and-Events/Newsroom/Article-Details/coronavirus-response-act-takes-effect-april-2-expands-fmla-and-paid-sick-leave-requirements#>

Farmer Support

- UF/IFAS Extension, Hillsborough County <https://sfyl.ifas.ufl.edu/hillsborough/>

Financial Assistance – Rent, Basic Needs & Income Assistance

- ASO is currently operating as normal, consider using BOCC funds first for rent.
- Tampa Electric/TECO has suspended disconnections for non-payment <https://www.tampaelectric.com/updates/>
- Hillsborough County Sheriff's Office has discontinued all eviction executions until April 20. Please contact your landlord for clarification if needed.
- Florida residents whose employment has been affected by COVID-19 can apply for Reemployment Assistance benefits. Florida Reemployment Assistance Program can help you get monetary compensation while unemployed. For information on eligibility and the application process click <https://www.stateofflorida.com/articles/florida-unemployment/>
- Metropolitan Ministries will be accepting 25 new Financial Assistance Requests each morning. Please call 813-209-1000 to request assistance.
 - If you are seeking Utility Assistance, documents needed: Current utility bill, Past due notice (if currently past due), Government issued ID (Matching the Utility Bill), Letter from employer, unemployment office or Doctor stating job loss, reduced hours and/or quarantined (on their letterhead)
 - If you are seeking Rental Assistance, documents needed: Current Lease, Landlord W-9 (must get from landlord), Government issued ID (Matching the lease), Letter from employer,

unemployment office or Doctor stating job loss, reduced hours and/or quarantined (on their letterhead)

Fitness

- Parallax workouts <https://www.youtube.com/user/BodfitUFS/videos>
- 13 free online workouts to try while you're stuck at home
<https://www.sbnation.com/2020/3/19/21185741/free-online-workout-classes-to-stream-youtube-app-yoga-total-body-exercise-hiit>
- 25+ Fitness Studios and Gyms Offering Live-Stream Workouts during the Coronavirus Outbreak. These free classes are available to anyone
<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>
- Yoga for children and families
 - <https://www.cosmickids.com/>
 - Youtube: <https://www.youtube.com/user/CosmicKidsYoga>

Food/Meal Assistance (Free)

- Find a Food Pantry <http://feedingtampabay.org/find-a-pantry/>
 - Feeding Tampa Bay 813-254-1190
 - Feeding Tampa Bay Current Calendar of Drive Thru food pantries
http://feedingtampabay.org/mobile-pantries/?tribe_event_display=month
- Summer Break Spot & Grab and Go <https://summerbreakspot.freshfromflorida.com/>
- Bible-Based Fellowship Church, 8718 North 46th Street, 813-980-0559, Tuesday and Thursday only, need ID and bring a grocery bag
- Calvary's Community Cupboard, 1424 E College Ave, Ruskin, FL 33570, (813) 641-7790, Tuesdays from 7:30-11:00 am, drive through only
- Crosswind Church, 1510 W Hillsborough Ave, Tampa, FL 33603, (813) 238-2348, Tuesdays at 5 pm
- ECHO Brandon distributing food during COVID-19 www.echofl.org
 - Brandon Campus: 507 Parsons St., Brandon, 813-685-0935, Monday - Friday 8:30am -12:30 pm
 - Riverview Campus: 7807 Capitano St., Riverview, 813-540-9880, Tuesday - Friday 9:am - 1 pm
- Fresh Food Market handing out nonperishable items Fridays @ 11am - until they run out. They are also providing hot meals to the community Saturdays @ 12 - 2pm.
- Grocery Delivery Service Hotline Number: 813-749-1115 Oldsmar residents over the age of 65 may call the Emergency Grocery Delivery Service Hotline, Monday-Friday 9am-5pm to request home delivery of groceries. An Oldsmar Cares volunteer will make a follow-up phone call from a 949 area code to determine needs and schedule delivery. To limit exposure, this will be a "Drop-off at the Door" service only.
- Guided Path 11am-4pm Monday-Friday, must bring photo ID and names & birthdays of all family members., (813) 405-4437 www.Guidedpathfoundation.com
- Lake Magdalene United Methodist Church- Food Pantry, 2902 W Fletcher Ave, Tampa, FL 33618, 10am to 4pm, Monday to Thursday, 813-961-1254, need ID
- Meal Site Map: <https://bit.ly/2Uf46a1> 813-209-1000
- Meals on Wheels <https://mowtampa.org/>
- Metropolitan Ministries <https://www.metromin.org/what-we-do/food/> working with our [#MetroBrigADE](https://www.instagram.com/metrobrigade) meal site partners to continue serving to-go meals at 25 locations daily
- MLK Community Center is offering free meals to children's and families to those affected by the closures in the area. At 11 am and 6 pm they will be handing out the food. Families do not need to

present anything and just need to show up at the indicated times. MLK Community Center, 2200 N Oregon Ave, Tampa, FL 33607, (813)259-1667

- Our Lady of Guadalupe Food Pantry, 16650 US Hwy 301 S, Wimauma, Sat 7:30 am-10:30am, 813-633-2384
- Paul Food Pantry, 12708 N Dale Mabry. Mon & Thurs 9am-12pm, 813-961-3023
- Santa Maria Mission Food Pantry, 14004 N 15th St, Tampa, FL 33613, Tue 9:30am-1pm, 813-910-3575
- St. Anne Food Pantry, 106 11th Ave NE, Ruskin, Wed, 9am-12pm, 813- 645-1714
- Tampa Bay Harvest, 13149 N Dale Mabry Hwy, Unit #T, N Dale Mabry Hwy, Tampa, FL 33618, Wednesday 9am -1pm
- Uber Eats \$0 Delivery Fee on any order from a local restaurant <https://www.ubereats.com/>
- United Way - if you need food assistance, paying housing bills, accessing free childcare, or other essential services to contact 2-1-1 or locate your local 211 help line <http://www.211.org/services/covid19>
- Village Presbyterian Church Community Food Pantry, 13115 S Village Drive, Sunday 12pm-2pm, Wednesday: 9am-12pm, 813-963-2772, need ID
- United Food Bank of Plant City 813-764-0625
- Farm Share <http://farmshare.org/>
- USDA Meals for Kids Site Finder <https://www.fns.usda.gov/meals4kids>
- Online Grocery Purchase Pilot Program - DCF will pilot a program SNAP recipients to purchase groceries online with the use of an EBT card. SNAP participants are automatically eligible to participate in this program and do not need to apply. <https://myflfamilies.com/covid19/access.shtml>

Government Agencies Dedicated to COVID-19

- [Centers for Disease Control \(CDC\)](#)
- [U.S. Chamber of Commerce](#)
- [U.S. Department of Health and Human Services](#)
- [U.S. Department of Education](#)
- [U.S. Department of Agriculture](#)
- [U.S. Department of Labor](#)
- [U.S. Department of Homeland Security](#) announced the new deadline for REAL ID enforcement 10/1/21
- [U.S. Department of State](#)
- [U.S. Department of Veterans Affairs](#)
- [U.S. Environmental Protection Agency](#)
- [U.S. Food and Drug Administration Coronavirus Updates](#)
- [Centers for Medicare and Medicaid](#)
- [National Institutes of Health \(NIH\)](#)
- [World Health Organization \(WHO\)](#)

Grandparents Taking Care of Grandchildren

- Kinship Intake Line 1-888-920-8761. <https://www.childrenshomenetwork.org/kinship>
A Family Support Coordinator will contact you to schedule a thorough in-home assessment to determine your needs
 - Legal aid
 - Food
 - Clothing
 - Counseling
 - Apply for public benefits, like cash assistance, food stamps, Medicaid

Health

- Florida Department of Health in Hillsborough Immunizations 813-307-8077
- The Family Healthcare Foundation provides free and confidential application assistance for Florida KidCare, Medicaid, the Health Insurance Marketplace, and the Hillsborough County Health Care Plan. Due to COVID-19, virtual and web-based services are available for the health and well-being of all. Call our Navigators at (English) 813-995-1066 / (Español) 813-965-0207 or make an appointment online at <http://familyhealthcarefdn.org/enroll>. For questions about Florida KidCare, please call 813-362-1413.
- Tampa Family Health Centers Call Center 813-397-5300
- Florida Medicaid FLMedicaidManagedCare@ahca.myflorida.com
- Center for Child Welfare <http://centerforchildwelfare.fmhi.usf.edu/CoronavirusUpdates.shtml>

Hillsborough County

- <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe>
- YouTube Channel <https://www.youtube.com/user/HillsboroughCounty>
- COVID-19 Dashboard <https://www.hillsboroughcounty.org/en/residents/public-safety/emergency-management/stay-safe/covid-19-dashboard>
- Hurricane & Disaster Preparedness Guide <https://www.hillsboroughcounty.org/library/hillsborough/media-center/documents/emergency-management/hillsborough-disaster-planning-guide-english.pdf>

Hillsborough County Public Schools Coronavirus Updates

- https://sdhc.k12.fl.us/doc/2650/communications/resources/coronavirus/?utm_source=web&utm_medium=redirect&utm_campaign=coronavirus

Homelessness

- Manifestations' Empowerment House, 3703 N 30th Street, Tampa, FL 33610, 813-241-6919
- Catholic Charities COVID-19 Resources for Homeless <https://www.ccdosp.org/covid19/>
- Metropolitan Ministries <https://www.metromin.org/covid-19response/>
- [Tampa Hillsborough Homeless Initiative](#)
- Metro BrigAIDe select sites call 813-209-1044 for navigation services for non-housed adults and youth

Immigrants

- What is Public Charge https://b74b2815-0a7f-4f5f-b79e-97e5bed169a3.filesusr.com/ugd/d6cd2d_e4a8e76a6c8044269fa496db837d0021.pdf
- Resources for immigrants <https://www.informedimmigrant.com/guides/coronavirus/#>

Internet/WiFi (Free or low cost)

- Spectrum/Charter Communications 1-844-488-8398 or go to <https://www.spectrum.net/page/covid-19-update>
- COMCAST <https://corporate.comcast.com/press/releases/comcast-extends-free-internet-service-new-internet-essentials-customers>
- Frontier <https://frontier.com/resources/covid-19>
- Internet Essentials <https://www.internetessentials.com/>
- Xfinity www.xfinity.com/wifi
- AT&T <https://m.att.com/shopmobile/internet/access/>
- Cox Communications https://www.cox.com/residential/internet/connect2compete.html?sc_id=cr_dm_camp_z_c2c_vanity

IRS & Taxes

- Filing for annual income tax has been changed to July 16, 2020
- Economic Impact Payment <https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>
- IRS has posted answers to frequently asked questions on the filing and payment tax relief provided in response to the ongoing COVID-19 emergency www.irs.gov
[www.irs.gov/coronavirus](http://www.irs.gov/coronavirus?fbclid=IwAR2y5-oqyufQNxtYGPDo14dy7kMNMqYtc4c-EslMld24Q7aYzJ3AvYfJ-IM)
- All tax offices in Hillsborough County are closed <https://www.hillstax.org/>

Legal Services

- Bay Area Legal Services www.bals.org, 800-625-2257, Florida Senior Legal Helpline 888-895-7873, Florida Veterans Legal Helpline 866-486-6161
- Project HELP Legal Aid 813-227-8121 or email helpproject2020@gmail.com

Mental Health/Stress

- The following 24/7 crisis hotlines provide free, confidential emotional support:
 - Crisis Center of Tampa Bay: Dial 211 or visit crisiscenter.com
 - National Suicide Prevention Lifeline: Call 1-800-273-8255 or visit suicidepreventionlifeline.org
 - Veterans Crisis Line: Call 1-800-273-8255 and press 1 or visit veteranscrisisline.net
- National Suicide Prevention Lifeline: 1-800-273-8255
- Helping Teens Cope with the Stress of Isolation <https://possibilitiesforchange.org/how-to-help-teens-cope-with-the-stress-of-isolation/>
- CDC - Manage Anxiety & Stress <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- NPR – Feeling Anxious? Quick Tool to center your soul <https://tinyurl.com/vosm2pa>
- Ten Percent Happier – Coronavirus Sanity Guide www.tenpercent.com/coronavirussanityguide
- PBS-How to talk to your kids about Coronavirus : <https://tinyurl.com/sctrgrxe>
- 0 to 3 - Tips for Families: Coronavirus <https://tinyurl.com/wh4n6jp>
- Telehealth support groups to provide support without contact. Any woman who is struggling with depression/anxiety and is currently pregnant or has a child can call Beth Kuehling, LMCH, St. Joseph's Women's Hospital Perinatal Support Program (813) 872-3925
- Coping with Stress (audio) <http://baycare.doctorpodcasting.com/?segitem=41943>
- How to Manage Stress During Challenging Times (audio) https://baycare.org/newsroom/2020/march/how-to-manage-stress-during-challenging-times?utm_source=linkedin&utm_medium=social&utm_content=organic#.XosuWupKiUm
- Mental Wellness (audio) <http://baycare.doctorpodcasting.com/?segitem=40328>
- Taking Care of Your Emotional Health <https://emergency.cdc.gov/coping/selfcare.asp>
- Emergency Responders: Tips for taking care of yourself <https://emergency.cdc.gov/coping/responders.asp>
- Coronavirus Anxiety (audio) <https://mail.aol.com/webmail-std/en-us/suite>
- Taking Care of Your Behavioral Health During an Infectious Disease Outbreak <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>
- Wellness Routines For Uncertain Times <https://mhanational.org/events/wellness-routines-uncertain-times>

- Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>
- University Area CDC free live, online, closed-group, support sessions for mental wellness and self-care by joining uacdc.org/zoom1 (Meeting ID is 532 239 435) just prior to start time each Thursday 6-7pm
- National Federation of Families for Children's Mental Health www.acmh-mi.org/wp-content/uploads/2020/05/National-Childrens-Mental-Health-Awareness-Week-Activity-Book-for-Kids.pdf
- Protests, Racism and Our Children: Helping Kids Cope (Anxiety and Depression Association of America) <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/protests-racism-and-our-children-helping-kids>
- Talking to Children About Racial Bias <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>
- Racism and Violence: How to Help Kids Handle the News (Child Mind Institute) <https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>
Español: <https://childmind.org/article/racismo-y-violencia-como-ayudar-a-los-ninos-a-sobrellevar-las-noticias/>

Military/Veterans

- The Florida Veterans Foundation has teamed up with the American Legion of Florida to create the COVID-19 Project Vet Relief Fund. This will help with emergency assistance for those veterans who are affected by this pandemic around the state of Florida. Find the application form, requirements and guidelines listed on the website at www.HelpFLVets.org.
How You Can Help. Funds need to be raised to accommodate the increased needs of our veteran community, so please donate so that together we can assist all those who need our support. Visit www.HelpFLVets.org to donate and learn more.

Multilingual Resources

- IFLA https://www.ifla.org/node/92972?og=73&utm_source=NCFL+Literacy+NOW&utm_campaign=43b3e1d6b8-3.27.20&utm_medium=email&utm_term=0_ddbeaff477-43b3e1d6b8-58622409

Non-Profit Businesses and Staff

- https://nlctb.org/resources/covid-19-nonprofit-resource-hub/?utm_source=newsletter&utm_medium=email&utm_content=a%20digital%20resource%20hub%20for%20nonprofits&utm_campaign=3.24.20%20email%20covid%20resource%20hub
- Non-Profit Relief Fund https://independentsector.org/resource/caresact/?utm_medium=email&utm_campaign=CARES%20Act%20Resource&utm_content=CARES%20Act%20Resource+CID_a902a020540eee86cbbc8d057c678595&utm_source=Email%20marketing%20software&utm_term=Explore%20the%20Resource%20Here

Paid Sick Leave (Emergency)

- Many workers are being forced to choose between their paycheck, their health, and the health of the people around them. The Families First Coronavirus Response Act provides two weeks of emergency paid sick leave to as many as 87 million American workers, while reimbursing employers for the cost. To learn more about how the bill provides emergency paid sick leave to eligible workers, click [here](#).

Pets

- The [Humane Society of Tampa](#) is providing dog and cat food to the public through food assistance and their Animals program as needed. 3607 N Armenia Ave, Tampa, FL 33607, 813-876-7138

- Hillsborough County Pet Resources - households in need of short term help with dog or cat, 813-744-5660

Rent/House Payments

- One Tampa: Relief Now, Rise Together program <https://www.tampagov.net/relief-now/individuals?fbclid=IwAR0TO-21MZ328YpggxnKck4Fxmwllo5EFJRfQhtuKhay4gyulvHP0Nq8IM>
- Mortgage Assistance, Renting, Owning <https://www.fhfa.gov/Homeownersbuyer/MortgageAssistance/Pages/Coronavirus-Assistance-Information.aspx>

Scams/Price Gouging

- Scams or price gouging https://bit.ly/2xqTb4W<https://bit.ly/2xqTb4W?fbclid=IwAR0_znlfiiyyHxGYACBGgICjxJY_FIbPI5RLQtYuHuMIFxDEA8dZAI5m_lw
- Reporting price gouging – Florida Office of the Attorney General <http://myfloridalegal.com/pages.nsf/0/308348F71208C29085256EED00604673?OpenDocument>

Self-Care

- Meditation - weekday 5 min live meditation at 3pm <https://www.tenpercent.com/coronavirussanityguide>
- 15 Ways to Practice Self-Care <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>
- 10 ways to take care of yourself during coronavirus <https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>
- Self-care while working during Covid-19 <https://hr.uw.edu/coronavirus/self-care/>
- Therapy Assistance Online (TAO Connect) is offering its Mindfulness Library available to anyone. <https://www.taoconnect.org/mindfulness-exercise/>
The library contains exercises to help enhance mindfulness practices, including:
 - Mindful walking
 - Mindful eating
 - Mindful breathing
 - Guided imagery
 - Letting go
 - Meditation
- Self-care Advice for Health-care Providers https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?_ga=2.138200240.1662210729.1585660251-1693586287.1568833540
- Strength-Based COVID-19 Resources <https://www.viacharacter.org/covidcare>
- Character Strength Survey <https://www.viacharacter.org/survey/account/register>
- Daily Activities https://www.viacharacter.org/pdf/START_HERE_TLC_Character_Strengths_at_Home_Mayerson_Academy.pdf
- Help with Sleep <https://www.mattressclarity.com/blog/parents-guide-helping-children-sleep/>

Small Business Assistance

- Small Business Association Emergency Bridge Loan Program is currently available to small business owners located in all Florida counties that experienced economic damage as a result of COVID-19 <https://floridadisaster.biz/>
- Small Business Association <https://www.sba.gov/>

Social Services

- Tampa <https://www.tampagov.net/emergency-management/covid-19/social-services>
- In accordance with the federal Families First Coronavirus Act, the Department of Children and Families (DCF) will waive work requirements for individuals participating in the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) program.
 - To check the status of your benefits, report changes, receive information faster by opting in to receive electronic notifications, and upload documents 24 hours a day 7 days a week, log into your MyACCESS account here: <https://www.myflorida.com/accessflorida/>
 - If you have questions about your benefits and the temporary relief of work requirements during this time, please contact the Department of Children and Families customer center at 850 300 4DCF or visit the website at <https://www.myflorida.com/accessflorida/>
 - ACCESS <https://www.myflorida.com/accessflorida/> Returning documents, fax to 1-866-886-4342 or mail them to ACCESS Central Mail Center, PO Box 1770, Ocala, FL 34478-1770. If you need to certify there is an automatic two month extension. Customer service 851-300-4323, 866-762-2237 or 850-300-4DCF
 - EBT Cards <https://www.myflorida.com/accessflorida/> 1-888-356-3281
<http://hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/wic-nutrition/ebt-card.html>
- The Spring of Tampa Bay - any victims and survivors who need support, 813-247-SAFE (7233) 24/7 Hotline or 1-800-799-7233 for the National Domestic Violence Hotline or if you're unable to speak safely, you can log onto <http://thehotline.org/?fbclid=IwAR22sPsZx2mD9uakc2NWvEJ1UIOkN5LAGPX2nf-8BxF-x8p-n04iP3eblmU> or text "LOVEIS" to 22522
- Hispanic Services Council 813-936-7700, <https://www.hispanicservicescouncil.org/>
- United Way of the Suncoast <https://unitedtoact.org/unitedwaysuncoast/coronavirus-assistance-center>
- Florida Youth Shine Tip Sheets loss of income: [Freaked About Finances Tip Sheet](#) and [Reemployment Assistance](#). Guidance for Professionals who work with Transition Age Youth [COVID-19 Tips for Professionals](#).
- Big Brothers Big Sisters Tampa Bay <https://bbbstampabay.org/resources-bigs-little-families-covid-19/>
- Idlewild Church <https://www.idlewild.org/coronavirus-need-form/>
- Children's Board Family Resource Centers www.familysupporthc.org

Social/Physical Distancing

- [How to Care for Yourself While Practicing Physical Distancing](#)
- Social Distancing <https://medium.com/@ariadnelabs/social-distancing-this-is-not-a-snow-day-ac21d7fa78b4>

Student Financial Aid/Loans/Grants

- Federal Student Aid <https://StudentAid.gov/coronavirus>
<https://studentaid.gov/coronavirus?fbclid=IwAR0swD-nPAXHGzFPUO-743wWPoZtFNa4I6-1HnnrZOTwtP5SRPZraR8Oyol>
- Federal Pell Grant <https://bit.ly/2wpMQH1>
<https://bit.ly/2wpMQH1?fbclid=IwAR0sjnooZkfNe7UT-lptYk8hF3LjDTu4OXHmelksUsW3VZ2bc2xwdGX8HE>

Supplies

- The Pregnancy Care Center of Plant City has essential baby supplies for families in need during the COVID-19 situation. If you are in need, please call 813-759-0886 to arrange pick-up of diapers, wipes, or formula. If you have essential baby items you can donate, please call 813-759-0886.

Support

- Supporting Families During COVID-19 <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- COVID-19 (Coronavirus 2019) Resource Center for Parents <https://www.pedialliance.com/covid-19>
- Pregnant Women: March of Dimes <https://www.marchofdimes.org/>

Tampa Hotline

- City of Tampa residents and business owners can call the Tampa Recovery Hotline at 1-833-872-4636 from 8am-8pm Monday through Friday until further notice for the following resources:
 - Social Services: Residents can call this hotline to ask questions and get information on food assistance, senior services, financial resources, and more.
 - Business Relief: Business owners can also get resources through this hotline, including information on the [Small Business Bridge Loan](#), the City's TAMPABIZ text-alert system, and other local, state, and federal resources as they become available to alleviate the burden of COVID-19.
- In addition to this hotline, residents and business owners can also take advantage of the following City of Tampa Resources:
 - Visit our new COVID-19 platform at tampagov.net/COVID-19 for FAQs, coronavirus information on symptoms, prevention, and treatment, the latest executive orders, and more
 - Text TAMPAREADY or TAMPALISTA to 888-777 for real-time emergency alerts in English or Spanish
 - Text TAMPABIZ to 888-777 for updates on business resources
 - See a list of canceled City of Tampa events at tampagov.net/event-status
 - Follow the City of Tampa on social media for updates, Facebook live coverage, and more
 - facebook.com/cityoftampaf
 - twitter.com/cityoftampa
 - instagram.com/cityoftampa
 - Print resources (English and Spanish): tampagov.net/COVID-19
 - The City of Tampa is also establishing a Social Services Task Force and an Economic Development Task Force to further meet the needs of our community.
 - To reach the Tampa Recovery Hotline, please call 1 (833) TPA-INFO (1-833-872-4636). The call center will be open 8am-8pm Monday through Friday until further notice.

Testing for COVID-19

- Hillsborough County call 813-272-75900 8am-5pm to pre-register <https://www.hillsboroughcounty.org/en>
- BayCare drive-through coronavirus testing. If you have a fever or have developed a new cough or shortness of breath in the last 14 days and meet one of these additional requirements:
 - Personally have traveled internationally or on a cruise.
 - Personally traveled to or from California, Washington, Oregon or New York. These are areas of widespread community transmission.
 - Had personal close contact with someone who tested positive for COVID-19.
 - Are 65 years or older with a serious chronic health condition, such as heart disease or cancer.
 - Are immunocompromised.

BayCare testing centers <https://baycare.org/coronavirus/covid-19-testing-centers>

- The Families First Coronavirus Response Act ensures that COVID-19 testing is *free to anyone* in the U.S., including the uninsured. To learn more about how the bill provides universal no-cost COVID-19 testing, [click here](#).
- Tampa General Hospital Urgent Care Clinics Requirements: Testing is only available for patients who meet clinical guidelines. Patients can call 813- 925-1903 and a customer service representative will conduct a screening interview. Those who meet the criteria will be seen and evaluated and the appropriate test will be performed.
- AdventHealth Tampa: 3100 E Fletcher Ave. Patients who meet the testing criteria may be given addresses for other testing sites. Requirements: AdventHealth Tampa uses an actual machine to test patients with a physician’s order who meet criteria established by the Centers for Disease Control and Prevention.
- Drive-through testing at Raymond James Stadium, people need to be pre-screened and pre-registered with the county <http://raymondjamesstadium.com/testsite/>
- Florida Primary Care Centers 813-461-7084

Teens & Young Adults

- Resources for Teens & Young Adults During COVID-19 <https://www.teenconnecttampabay.org/post/resources-for-teens-young-adults-during-covid-19>
- Advocates for Youth <https://linktr.ee/advocatesforyouth>
- Supporting Teenagers and Young Adults During the Coronavirus Crisis <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
- Talking to Tweens and Teens About Coronavirus <https://www.pedialliance.com/talking-tweens-and-teens-about-coronavirus>
- Getting the Care You Need: Accessing Sexual Healthcare during COVID-19 https://docs.google.com/document/d/1E0DeK14_WZbes_B5FgFpXOdaToL6THbyX4IXtuH7g6U/mobilebasic
- Tips to Help Teens Cope During COVID-19 <https://www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19/>
- [Modern Wallet Blog](#) – regularly updated articles with advice on current consumer financial decisions and matters including: Avoiding Scams during the COVID-19 Pandemic, Caring for your Car during a Shutdown, and How best to Spend Stimulus
- [Financial Education Articles](#) - articles with information about tax planning, savings, investing, auto buying, etc.
- [Finances for Youth, Teens, and Young Adults](#) – websites aimed at educating our youth in a fun way.
- Community Violence: Reactions and Actions in Dangerous Times: This resource from the National Child Traumatic Stress Network (NCTSN) provides information for youth on community violence, how it can affect daily lives, and what to do for support. <https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-times>
- Coping with Current Events <https://www.teenconnecttampabay.org/post/youth-resources-for-coping-with-current-events>
- Coping in Hard Times: Fact Sheet for Youth High School & College Age https://www.nctsn.org/sites/default/files/resources/fact-sheet/coping_in_hard_times_youth.pdf
- Financial Literacy Program from 21 Savage and his foundation <https://www.chime.com/21savage/>

Travel & Transportation

- The Hillsborough Area Regional Transit Authority HART Updates <https://gohart.blogspot.com/2020/03/hart-covid-19-update.html>
- Travel Advisories <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

- Travel Notices <https://wwwnc.cdc.gov/travel>

Unemployment

- New online applications for Reemployment Assistance. Any Floridian who hasn't yet successfully applied for unemployment should now use this website to sign up: www.FloridaJobs.org/RAApplication
- Florida Unemployment Benefits <https://www.stateofflorida.com/articles/florida-unemployment/>
<https://connect.myflorida.com/Claimant/Core/Login.ASPX>

Utilities

- Tampa Electric/TECO has suspended disconnections for non-payment
<https://www.tampaelectric.com/updates/>
 - Share program will provide a bill credit to help pay energy costs if you qualify
<https://www.tampaelectric.com/company/community/share/>
or call 888-223-0800 weekdays from 7:30am to 6pm
- Duke Energy will also not disconnect any customer's service for non-payment, in order to give customers experiencing financial hardship extra time to make payments
https://www.dukeenergyupdates.com/?_ga=2.11770996.11011211.1586276236-1040711553.1586276236

Virtual Parenting Classes

- Metropolitan Ministries Melissa Oliver: Melissa.Oliver@metromin.org or 813-816-5389
 - Virtual Safe Baby Tuesdays 10:00-11:00am, Thursdays 11:00am-12:00pm, Last Tuesday of month 6:00-7:00pm
 - Moms with Babies 0-12 months old Virtual Support Group Wednesdays 1:30-2:30pm

WIC

- Women who are pregnant or moms who have an infant and/or child less than 5 years of age call 813-307-8074 or 813-614-4105 (to speak to a Woman's Resource Specialist) for services.
<http://hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/wic-nutrition/ebt-card.html>
- WIC Vendor List <http://hillsborough.floridahealth.gov/programs-and-services/clinical-nutrition-services/wic-nutrition/documents/wic-vendor-list-02-14-20.pdf>

Working from Home

- Working, Parenting, And Teaching From Home
<https://www.npr.org/2020/03/17/816631571/coronavirus-triple-duty-working-parenting-and-teaching-from-home>
- 9 Creative Ways to Stay Connected to Your Coworkers When You're All Working From Home
<https://www.google.com/amp/s/www.themuse.com/amp/advice/team-culture-relationships-remote-work>
- Psychologists' Advice for Newly Remote Workers <https://www.apa.org/news/apa/2020/03/newly-remote-workers>
- Working Remotely During COVID-19 <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

HOW TO CARE FOR YOURSELF WHILE PRACTICING

PHYSICAL DISTANCING

EAT HEALTHFULLY

to keep your body in top working order.

EXERCISE

Workout at home or take a solo jog around the neighborhood.

PRACTICE RELAXATION THERAPY

Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.

LET LIGHT IN

Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.

BE KIND TO YOURSELF !

Treat yourself with the same compassion you would a friend.

STAY CONNECTED

Stay connected to loved ones with phone calls, text messages, video chats and social media.

MONITOR MEDIA CONSUMPTION

Balance media consumption with other activities you enjoy.

LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)

*Information provided in the Mental Health First Aid curriculum.
*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

NOW ENROLLING

Apply Online at headstart.lsfnet.org



Head Start & Early Head Start 2020-2021 ACADEMIC SCHOOL YEAR!

1

Determine eligibility

2

Gather documentation

3

Apply online



Fathering in 15™ is an “online learning experience.”



That means: It builds pro-fathering knowledge, attitudes, and skills in an online environment. It engages dads visually and interactively to deliver an enjoyable user experience. It's “responsive,” which means we designed it for use on any device that you or a dad wants to use (i.e. desktop, tablet, or smartphone). It even includes an option for you or a dad to print out the content. For your FREE participation in Fathering in 15™ please contact one of the following Fatherhood coordinators.

Ricardo Busquets/ bilingual
813-712-6324

Michael Thomas
813-712-6333

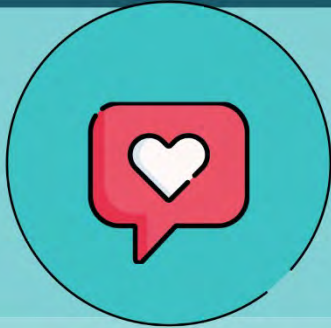
REACHUP
where there's a will, we are the way

beXthere
FOR YOUR KIDS

www.reachupincorporated.com or call 813-712-6300



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

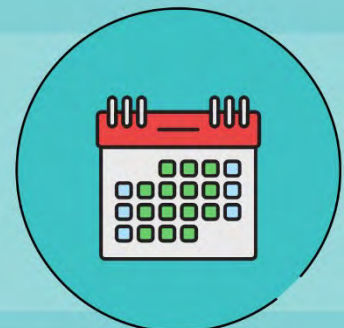
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



STRONG FAMILIES. THRIVING CHILDREN.

Champions provides a variety of family education and family strengthening programs for families with children from birth to 18 years old, with a special focus on 0-5 year-old range. In order to ensure all families have access to our services, CFC is committed to providing all services at no charge.

Our Virtual Programs

We are here for you during the coronavirus pandemic - this sheet lists all the programs we currently have available by phone or video chat, and how to access them!

Parenting Classes and Support

Expert-led parenting classes and group support designed to help parents develop skills to raise healthy, thriving children.

Infant Massage | Toilet Training 101 | Managing Teen Emotions | Getting Along With Others | Inspiring Cooperation | Newborn Care

Playgroups & Screenings

Parent-child playgroups and activities to help parents bond and connect with their infants and toddlers while learning together. Plus, developmental screenings to assess your child's progress and identify areas for you to focus on to support their development.

Little STEAMers (1-5 year olds) | Baby & Me (6 weeks to 12 months old) | Wonder Years (24-35 months old) | What You Do Matters (0-60 months old) | And more (0-4 year-old, call for details)

Individualized Parenting Support

Long-term individualized parenting support provided by professionals with expertise in child development. Plus, professional lactation support for parents of newborns.

Parents as Teachers (Virtual Home Visits) | Breastfeeding Support

Information & Resources

We provide daily parenting tips and resources, as well as age related activities to do with your child, delivered via social media and educational puppet shows.

To access the most up-to-date content for you and your child, check the following links regularly:

- Follow us at facebook.com/cfctampabay or on Twitter @cfctampabay
- Visit talkreadsingtampabay.com
- For educational puppet shows, visit facebook.com/KOTBHillsborough

For more information or to enroll in classes or groups

- Email us at info@cfctb.org
- Send us a message on Facebook at facebook.com/cfctampabay.
- Call us at 813-673-4646 ext. 0
- Visit our website at www.cfctb.org

Funding for services generously provided by the Children's Board of Hillsborough County



www.cfctb.org
info@cfctb.org
(813) 673-4646

Champions for Children
f @cfctampabay
t @cfctampabay



Coronavirus: How eyes may play a role in its spread

Our eyes might play an important role in the spread and prevention of the coronavirus outbreak seen throughout the world. To cut your personal risk of contracting the coronavirus, **avoid touching your eyes, nose or mouth with unwashed hands.** The mucous membranes that line various cavities in the body are most susceptible to transmission of the virus. Patients who have contracted the coronavirus may have ocular symptoms including Conjunctivitis - an inflammation of the membrane covering the eyeball. This is often referred to as "pink eye" and often presents as an infected/red, "wet and weepy" eye. Conjunctivitis is very contagious, and a patient can cause the spread from one eye to the other.

Reduce your exposure:

1. Coughs and sneezes: The coronavirus could get into the eye through aerosol transfer. "That's if you're standing within six feet of someone who has the virus, they cough or sneeze, and you aren't wearing any protective eyewear," says Stephanie Marioneaux, MD, clinical spokeswoman for the American Academy of Ophthalmology. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

2. Touching the eyes: The coronavirus also could be transferred from the hands to the eyes. For example, you could get coronavirus in your eye if someone with the virus touches a grocery store cart handle, then you use the same cart and touch your eyes, Marioneaux says.

Prevention is the best medicine: Four ways to reduce your chances of getting viral conjunctivitis:

1. Wash your hands the right way: Review the five steps to washing hands correctly from the U.S. Centers for Disease Control and Prevention (CDC). Wet your hands, turn off the tap, apply soap, lather and scrub for 20 seconds, then rinse. After washing your hands, air dry them or use a clean towel.

2. Don't touch your eyes: Resist the urge to dab, rub or wipe your eyes, or touch other parts of your face, whether or not you have symptoms of illness right now. Do not touch your eyes unless you use a clean tissue.

3. Avoid sharing personal items: Do not share items such as contact cases, eye drops, face makeup or makeup brushes, pillow cases, bath or hand towels, the CDC recommends. Conjunctivitis is very contagious, and a patient can cause the spread from one eye to the other.

4. Switch from contacts to glasses: Contact lens wearers may want to switch to glasses temporarily. Many contact lens patients touch their eyes without even thinking about it. So maybe wear glasses until the coronavirus scare is over.

Contact us at:
Preserve Vision Florida
(813) 874-2020
www.pvfla.org
jwhittington@pvfla.org



Get the latest public health information from the Center for Disease Control and Prevention (CDC):

<https://www.coronavirus.gov>

Get the latest research information from National Institutes of Health:

<https://www.nih.gov/coronavirus>

A Guide to Reemployment Services



Reemployment Assistance

To apply:

If you have lost your job and you need help with unemployment benefits call: 1-800-204-2418 or go online at the following link:

www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants



Job Search Assistance

Looking for Job?

If you need assistance looking for a new job call: 813-930-7400 or go online at the following link:

www.careersourcetampabay.com



Family Assistance

Looking for services?

If you or your family need assistance with social programs or support, call: 211 or go online at the following link:

211tampabay.org



A proud partner of the [AmericanJobCenter](https://www.americanjobcenter.org/) network

This program is fully supported by federal funding: <https://careersourcetampabay.com/about-us> An equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. All voice telephone numbers on this document may be reached by persons using TTY/TDD equipment via the Florida Relay Service at 711.

EMPLOYEE RIGHTS

PAID SICK LEAVE AND EXPANDED FAMILY AND MEDICAL LEAVE UNDER THE FAMILIES FIRST CORONAVIRUS RESPONSE ACT

The **Families First Coronavirus Response Act (FFCRA or Act)** requires certain employers to provide their employees with paid sick leave and expanded family and medical leave for specified reasons related to COVID-19. These provisions will apply from April 1, 2020 through December 31, 2020.

► PAID LEAVE ENTITLEMENTS

Generally, employers covered under the Act must provide employees:

Up to two weeks (80 hours, or a part-time employee's two-week equivalent) of paid sick leave based on the higher of their regular rate of pay, or the applicable state or Federal minimum wage, paid at:

- 100% for qualifying reasons #1-3 below, up to \$511 daily and \$5,110 total;
- ⅔ for qualifying reasons #4 and 6 below, up to \$200 daily and \$2,000 total; and
- Up to 10 weeks more of paid sick leave and expanded family and medical leave paid at ⅔ for qualifying reason #5 below for up to \$200 daily and \$12,000 total.

A part-time employee is eligible for leave for the number of hours that the employee is normally scheduled to work over that period.

► ELIGIBLE EMPLOYEES

In general, employees of private sector employers with fewer than 500 employees, and certain public sector employers, are eligible for up to two weeks of fully or partially paid sick leave for COVID-19 related reasons (see below). *Employees who have been employed for at least 30 days* prior to their leave request may be eligible for up to an additional 10 weeks of partially paid expanded family and medical leave for reason #5 below.

► QUALIFYING REASONS FOR LEAVE RELATED TO COVID-19

An employee is entitled to take leave related to COVID-19 if the employee is unable to work, including unable to telework, because the employee:

- | | |
|---|---|
| <ol style="list-style-type: none">1. is subject to a Federal, State, or local quarantine or isolation order related to COVID-19;2. has been advised by a health care provider to self-quarantine related to COVID-19;3. is experiencing COVID-19 symptoms and is seeking a medical diagnosis;4. is caring for an individual subject to an order described in (1) or self-quarantine as described in (2); | <ol style="list-style-type: none">5. is caring for his or her child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or6. is experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services. |
|---|---|

► ENFORCEMENT

The U.S. Department of Labor's Wage and Hour Division (WHD) has the authority to investigate and enforce compliance with the FFCRA. Employers may not discharge, discipline, or otherwise discriminate against any employee who lawfully takes paid sick leave or expanded family and medical leave under the FFCRA, files a complaint, or institutes a proceeding under or related to this Act. Employers in violation of the provisions of the FFCRA will be subject to penalties and enforcement by WHD.



WAGE AND HOUR DIVISION
UNITED STATES DEPARTMENT OF LABOR

For additional information
or to file a complaint:

1-866-487-9243

TTY: 1-877-889-5627

dol.gov/agencies/whd



WH1422 REV 03/20

LOGILATES

14-DAY quarantine WORKOUT PLAN

QUARANTINE
CARDIO

DAY 1

1. Squat touches x 25
2. Knee-in lunge R x 25
3. Knee-in lunge L x 25
4. Air sumo squats x 25
5. Side to side squats x 30
6. Plie punches x 1 min
7. Front kicks x 20

ANTI-COVID
ABS

DAY 2

1. Scissors x 20
2. L-Crunch R x 25
3. Butt ups x 15
4. Hip twists x 30
5. L-crunch L x 25
6. Criss cross x 40

SLEEK &
SANITIZED ARMS

DAY 3

1. Golf balls x 1 min
2. Soccer balls x 1 min
3. Prayer pulses x 1 min
4. Walnut crushers x 1 min
5. Scarecrow x 1 min
6. Goal post punchers x 1 min
7. Milk jugs x 1 min

PLUMP PANDEMIC
BOOTY

DAY 4

1. Bridges x 50
2. Single leg bridge R x 25
3. Single leg bridge L x 25
4. Pointed butt lift R x 30
5. Cross butt kick R x 20
6. Pointed butt lift L x 30
7. Cross butt kick L x 20

LONG, LEAN &
CLEAN LEGS

DAY 5

1. Alt. lunges x 20
2. Plie quats x 25
3. Narrow squat pulses x 25
4. Side leg lift R x 25
5. Side leg lift L x 25
6. Straddle scissors x 30

EMPTY SHELVES
SCULPT

DAY 6

1. Charleston kicks R x 20
2. Wall sit x 1 min
3. Charleston kicks L x 20
4. Up up down downs x 20
5. Straight leg heel lift R x 30
6. Straight leg heel lift L x 30
7. Eagle crunch x 20

SOCIAL DISTANCE
STRETCHES IN BED*

DAY 7

1. Straddle circles x 1 min
2. Hamstring stretch R x 1 min
3. Hamstring stretch L x 1 min
4. Happy baby x 1 min
5. Pike x 1 min
6. Spinal twist R x 1 min
7. Spinal twist L x 1 min

QUIET
CARDIO

DAY 8

1. Air squats x 30
2. Alt. lunges x 20
3. Lunge pulse R x 25
4. Lunge pulse L x 25
5. Walking burpee kicks x 15
6. Side Squats R x 20
7. Side squats L x 20

NO MORE
CORONA CORE

DAY 9

1. T-arm roll up R x 25
2. T-arm roll-up L x 25
3. Double leg lift x 20
4. Single leg drop x 20
5. Cross crunch R x 30
6. Cross crunch L x 30
7. Plank knee cross x 20

COUCH POTATO
UPPER BODY

DAY 10

1. Tricep dips x 25
2. Couch climbs x 20
3. Couch taps x 20
4. Angel wings R x 30
5. Angel wings L x 30
6. Double Angel Arms x 30
7. Couch arm balance x 20

NEVER BORED
BOOTY

DAY 11

1. Mermaid leg lift R x 30
2. Straight leg lift R x 25
3. Hamstring extension R x 25
4. Mermaid leg lift L x 30
5. Straight leg lift L x 25
6. Hamstring extension L x 25
7. Butterfly bridges x 30

NOT OUT OF
STOCK THIGHS

DAY 12

1. Side leg triangle R x 20
2. Bicycle leg R x 25
3. Leg circ. R x 15fwd/15bwd
4. Side leg triangle L x 20
5. Bicycle leg L x 25
6. Leg circ. L x 15fwd/15bwd
7. Froggers x 25

TONED UNLIKE
TOILET PAPER
TOTAL BODY

DAY 13

1. Squat lunges x 20
2. Curtsy lunge kick R x 20
3. Curtsy lunge kick L x 20
4. Russian twists x 30
5. Leg outs x 20
6. Shoulder tap alt leg lifts x 20

STOP HOARDING
START STRETCHING*

DAY 14

1. Butterfly head circles x 1 min
2. Cradle the baby R x 1 min
3. Cradle the baby L x 1 min
4. Side to side straddles x 1 min
5. Straddle x 1 min
6. Bow pose x 1 min
7. Back hug x 1 min

Do 4 rounds of each circuit for a daily 30 min. apartment friendly workout.
Check the when you're done! * = do once. Have fun and be safe! - @blogilates

Parenting doesn't come with a handbook - especially during a pandemic - But Champions for Children's new "warm line" is just a phone call away.

Is parenting during COVID-19 stressing you out?
Worried about your child's behavior?
Wondering if it's normal for your child to regress?
THAT'S OKAY!

The "warm line" is answered by one of our parenting experts who will answer your questions, share advice, help you enroll in our programs, or connect you hassle-free to someone who can help. If our experts are on the other line, leave a message and you'll hear back shortly.



For personalized parenting support
at no cost, give us a call:

(813) 673-4646
Mon-Fri 10AM-6PM
Live Beginning Monday, April 27th



Funding for services generously provided by the
Children's Board of Hillsborough County:



Kids home with you?

Keep kids at play safe around cars.



1



Keep car doors and trunks locked and keep key fobs out of reach.

2



If you do have to drive, walk all the way around your parked car to check for children.

3



Slow down and avoid distractions when driving.

SAFE
KIDS
WORLDWIDE.

Stepping outside?

Help kids stay active and injury free.



1



Teach kids to look left, right and left again before crossing the street.

2



Make eye contact with drivers.

3



Wear a properly-fitted helmet when biking.

SAFE
KIDS
WORLDWIDE.

Kids home with you?

Keep these things up & away.



1



Store cleaning products safely to prevent poisoning.

2



Keep all medicine out of reach and sight, even medicine you take every day.

3



Separate toys by age and keep little game pieces away from little kids.

SAFE
KIDS
WORLDWIDE.



RENTER'S QUESTIONS ANSWERED

For more information call 800-625-2257

I don't have enough money for rent, can my landlord evict me?

The Governor has issued a 45-day suspension, until May 17, on evictions based on failing to pay rent due to COVID-19. This rule applies to all tenants in Florida.

Despite the Governor's order, some courts are still letting landlords file evictions. The final stage of an eviction is a writ of possession. Most courts in our area are not issuing writs and it is likely no writs will be served until close of business May 29.

Congress passed the federal stimulus CARES Act which suspends evictions for 120-days, until July 25, on all qualified dwellings. That rule protects tenants with Section 8 or Rural Development vouchers. It also protects:

- Section 8 project-based housing
- Public Housing
- HUD-subsidized senior housing
- Other HUD-subsidized housing
- USDA-subsidized housing
- Tax credit or "LIHTC" housing

If you are protected by the federal stimulus CARES Act and you still owe your landlord by July 25, your landlord must deliver you a 30-day notice before they can file for eviction.

I think I am protected from eviction, but my landlord has filed an eviction what should I do?

You should contact Bay Area Legal Services or another attorney.

The conditions in my property are terrible and my landlord will not fix anything, what can I do?

Make any repair request in writing, over email or text. If the repairs are not urgent tell your landlord and give them time to make repairs. If the problems are affecting your health and safety, ask the landlord to make repairs right away.

If they will not make repairs, you can send a certified notice to your landlord giving them seven days to make the repairs or you will withhold rent for the month. Please contact Bay Area Legal Services before sending this letter to your landlord to make sure it complies with Florida law. You can also review your lease for any other rights you may have.

My landlord wants to enter my home, but I don't want people in my home during COVID-19. Can I stop them?

For an emergency your landlord can enter your unit at any time. Normally, your landlord must give you notice at least 12 hours before entering your unit, and can only enter from 7:30 a.m. to 8 p.m.

If you are nervous about your landlord or others being in your home due to COVID-19, this is a valid concern based on CDC recommendations around self-quarantining and social distancing. Contact us for help deciding if you can keep your landlord out.

If I am protected from an eviction for not paying rent, do I have to pay rent?

Yes. You still owe the rent and will eventually have to pay it. These suspensions give you time to get caught up with the rent, they do not cancel rent.

I have a Section 8 voucher, public housing, or some other subsidized housing and I lost my job. What should I do?

Immediately report your loss of income so your rent can be adjusted. The next month's rent should be based on your new income. If there is delay in adjusting your rent because of COVID-19 crisis, you should receive a retroactive rent adjustment.

My landlord filed an eviction against me before the COVID-19 crisis started, what will happen with my case?

It is not clear if the Governor's order suspending evictions applies to you. Some courts are still entering judgments for evictions and issuing writs of possession. The writ of possession is the last step in the eviction process.

Most clerks in our region are not issuing writs and it is likely that writs will not be served until close of business May 29.

CAN I BE EVICTED DURING THE COVID-19 CRISIS IN FLORIDA?

WHAT IS THE REASON FOR THE EVICTION?

ANY REASON OTHER THAN NOT PAYING RENT OR FEES

NOT PAYING RENT OR FEES

DO YOU LIVE IN SUBSIDIZED HOUSING?

It is **ILLEGAL** for your landlord to put you out without an eviction judgment from a court.

If that happens, contact Bay Area Legal Services or another lawyer. ★

YES.

If the eviction is based on breaking a rule in your rental agreement besides not paying rent and fees.

The last step in the eviction process is a writ of possession. Most courts are not issuing writs and writs of possession will not likely be served until after close of business May 29.

TIP: If you have an eviction filed against you, contact Bay Area Legal Services or another lawyer. ★

YES. I have a Section 8 or Rural Development voucher, or I live in:
-Section 8 project-based housing
-Public Housing
-HUD-subsidized senior housing
-Other HUD-subsidized housing
-USDA-subsidized housing
-Tax credit or "LIHTC" housing

NO.

Evictions and late fees are banned for 120 days -until July 25- by the federal stimulus CARES Act. After that, a 30 days' notice is required.

NO.

Does your landlord have a federally-backed mortgage?

NO.

NO.

An eviction cannot be filed against you. The Governor has ordered a 45-day suspension-until May 17- of all evictions based on failure to pay rent or fees.

MAYBE, my landlord has a HUD, FHA, USDA, VA, Fannie Mae or Freddie Mac mortgage? How do I know what kind of mortgage my landlord has?

- Your landlord may be able to tell you, and if not, they can look up whether they have a Fannie Mae/Freddie Mac-backed loan on the Fannie/Freddie websites.
- You can try to look up whether your landlord has a mortgage in public records, but it may not be recorded.
- You can also try to call 1-800-2FANNIE and 1-800-FREDDIE to find out about the mortgage.

NO.

Evictions and late fees are banned for 120 days -until July 25- by the federal stimulus CARES Act. After that, a 30 days' notice is required.

If you receive a notice from your landlord for any reason, you should contact Bay Area Legal Services or another lawyer. ★



Creating pathways to justice®

Unemployment Claims in the COVID-19 Crisis

For legal assistance call 1-800-625-2257

What are the general eligibility requirements for unemployment benefits?

*See FloridaJobs.org for more info.

Have lost your job through no fault of your own

*You cannot have quit for personal reasons or been fired for misconduct

Totally or partly unemployed

Minimum amount of wages earned in the first 12 months of the past 15 months from when you file your claim for benefits

Able to work, available for work, and actively seeking work

What ADDITIONAL benefits are available to address COVID-19?

You can get an additional \$600 weekly thru July 31 and up to an additional 13 weeks of benefits.



You can get benefits if:
-you are laid off or your hours are cut or
-you are unable or unavailable to work because of COVID-19



You can get benefits even if self-employed, an independent contractor, freelancer, part time worker or don't have a work history long enough to usually qualify.

How do I apply?

Fill out an online application at: FloridaJobs.org/RAApplication

OR

Fill out an application on your phone at: FloridaJobs.org/COVID-19

There is also a paper application available which you mail into Florida Department of Economic Opportunity, P.O. Box 5350, Tallahassee, FL, 32314. This option may take longer to process.

-You can print it at home and follow the directions from FloridaJob.org/COVID-19.

-You can call a local FedEx Office, who can print the application and mail it for you free of charge.

-In Hillsborough county residents can go to Jan Platt Regional Library (3910 S. Manhattan Ave.) or Jimmie B. Keel Regional Library (2902 W. Bearss Ave) to pick up, complete, and return applications in their drive-thru locations for free mailing. The drive-thru is open Monday-Friday, 9:30 a.m. to 5 p.m.

For help with the online application:
1-800-204-2418

CareerSourceFlorida.com lists locations where you can get help filling out your paper or online application. Call ahead!

What info do I need to apply?

- Social Security Number
- Driver's License or State ID number
- Amount made and employment information for each employer you had in last 18 months (address, phone, start and stop day of work)
- Employer ID number (found on W2 or 1099) if possible

How do I answer the application question "reason for separation"?

If separation is because of COVID-19 you need to check the "COVID-19" box AND fill in details in the "explain reason for separation" box. Reasons include:

- +Diagnosed with or have symptoms of COVID-19
- +Household member has COVID-19
- +Caring for person with COVID-19
- +Caring for child who is out of school due to COVID-19
- +Advised to self-quarantine by doctor
- +Was scheduled to start job but do not have job and cannot contact employer due to COVID-19 outbreak
- +become breadwinner for a household because head of household has died as result of COVID-19
- +Had to quit job as direct result of COVID-19
- +Employer is closed as direct result of COVID-19
- +Meet other Secretary of Labor criteria

What if separation is not COVID-19 related?

Pick the appropriate category and describe reason for separation. "Permanent lay off," "temporary layoff," and "discharged, job performance" are generally approved for benefits.

What if I am denied? Can I appeal?

You MUST file an appeal within 20 days. Call Bay Area Legal Services for help and possible representation in your appeal.

Florida Senior Legal Helpline

Identifying and Referring Legal Issues

The following common concerns may require a legal referral in addition to social service or other community referrals. Use this TIP SHEET to help callers know when to contact the Florida Senior Legal Helpline.

REASON FOR CALL	REFERRAL
Food, Public Assistance	<ul style="list-style-type: none">• Refer for legal help if caller has:<ul style="list-style-type: none">» applied for food stamps and been denied, or» had food stamps reduced or terminated
Financial Assistance	<ul style="list-style-type: none">• Refer for legal help if:<ul style="list-style-type: none">» child support payments stopped,» Social Security/SSI benefits were reduced or terminated,» spouse abandoned caller, or» questions about stimulus check
Medical Care	<ul style="list-style-type: none">• Refer for legal help if caller had:<ul style="list-style-type: none">» Medicaid benefits that were reduced or terminated
Job loss / Unemployment	<ul style="list-style-type: none">• Refer for legal help if caller:<ul style="list-style-type: none">» was terminated and denied unemployment, or» reports discrimination
Shelter	<ul style="list-style-type: none">• Refer for legal help if caller:<ul style="list-style-type: none">» received an eviction notice,» was recently evicted and has questions about their rights,» needs help with filing for a domestic violence injunction, or» has adult children living in the home who are causing problems.
Questions about stimulus payments, COVID-19 benefits or restrictions	<ul style="list-style-type: none">• Refer for legal help if caller<ul style="list-style-type: none">» hasn't received payment or» wants advice about their rights
Unwanted discharge from ALF/nursing home	<ul style="list-style-type: none">• Refer for legal help to review caller's rights and options and to evaluate representation to contest action

Florida Senior Legal Helpline:
1-888-895-7873

9:00 a.m. – 4:30 p.m.
Monday through Friday
(excluding holidays)

ElderAffairs.org

For more information about
legal services for seniors, visit:

FloridaElderLaw.org



Tips for a good night's sleep



The 10 commandments of sleep hygiene for adults

Image: World Sleep Society

<https://www.weforum.org/agenda/2020/03/how-sleep-can-aid-recovery-from-covid-19/>

SUNCOAST COMMUNITY
HEALTH CENTERS, INC.

STOP BY OR
CALL TODAY!

**YOUR
SAFETY AND
HEALTH IS
OUR
PRIORITY!**

Medical and Dental Walk-Ins and
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MONDAY- FRIDAY 7:30AM TO 5PM

(813) 653-6100

WWW.SUNCOAST-CHC.ORG





Contact: Jonna Johnson
Phone: 813-906-5043
Email: jjohnson@elchc.org

MEDIA ALERT

Child care assistance available for children of first responders and health care personnel

The Early Learning Coalition of Hillsborough County (ELCHC), working with the Florida Department of Education's Office of Early Learning, is providing financial assistance to first responders and healthcare workers for child care services.

This special expansion of the School Readiness program has no income requirements and provides financial assistance for up to 3 months for children, birth-to-age-13.

Eligibility for the program includes:

- Child(ren) are US citizen(s) or legal Florida resident(s)
- One, or both parents, is a first responder or healthcare worker
- Child Care Application & Authorization form completed by employer
- Attendance at a contracted School Readiness provider

Families can obtain a Child Care Application & Authorization form from their HR department and employers can contact Helen Sovich, Human Resources Manager, at hsovich@elchc.org for more details.

To find eligible child care providers or learn more about ELCHC programs/services, visit www.elchc.org or call Child Care Resource and Referral (CCR&R) by calling 813-515-2340.

Child care facilities that are currently open must comply with CDC guidelines for reduced group sizes and social distancing. Providers serving emergency workers will receive additional compensation to cover the increased cost of care.

Early Learning Coalition of Hillsborough County (ELCHC)

Established by the State Legislature, the Early Learning Coalition of Hillsborough County (ELCHC) is a 501(c)(3) organization focused on promoting school and life success for young children and their families through quality school readiness services and supports. The ELCHC administers School Readiness and VPK (Voluntary Prekindergarten) programs in Hillsborough County, offers teacher trainings and coaching, and provides Child Care Resource and Referral (CCR&R) along with other services that daily serve more than 20,000 children and their families.

###

To learn more about the ELCHC, please visit www.elchc.org

Get Into Fitness Today (GIFT) Class Schedule



Get Into Fitness Today (GIFT) is a free program offered to the community and made possible through BayCare's partnership with the Florida State Department of Health. GIFT was developed by registered dietitians, nurses and health educators, and uses science-based information to reduce chronic diseases through obesity prevention. GIFT emphasizes improving your nutrition and increasing physical activity in your daily life, both of which help facilitate weight reduction.

During this 12-week program, teachers provide you educational information and health tools to support your goals. The first six weeks focus on nutrition, food portioning and labels, while the second six weeks focus on maintenance, fitness and preventing health disease.

Note: The class is more educational and offers only a light portion of physical exercise toward the end of the program.

Who can attend?

Any individual with a body mass index (BMI) of 25 or higher and/or pre-hypertension (high blood pressure). Must be 18 or older.

How long is the class?

One hour a week for 12 weeks

What do I wear?

Casual, comfortable clothes. Sneakers or closed-toe shoes are suggested, but not required.



Virtual Class Information

At BayCare, your health is our number one priority. In order to reduce the risks of COVID-19, we have made all classes online. Until further notice, as you register for classes, your facilitator should be reaching out individually step-by-step instructions on how to attend each virtual class.

Tuesdays, August 4-October 20

6-7pm

Sponsored by Metropolitan Ministries

Thursdays, August 6-October 22

6-7pm

Sponsored by New Port Richey Recreation and Aquatic Center

Wednesdays, Sept. 2-November 18

5-6pm

Sponsored by St. Joseph's Hospital-South

Thursdays, Sept. 3-November 19

11-12pm

Sponsored by Wilfred Resource Center

Thursdays, Sept 3-November 19

6-7pm

Sponsored by St. Joseph's Hospital

Thursdays, Sept. 10-November 26

3-4pm

Sponsored by DayStar Life Center

Wednesdays, Sept. 30-Dec. 16

10-11am

Sponsored by Highland Lakes Palm Harbor

Registration is required. To enroll in this program or for more info, email GetHealthy@baycare.org or call (727) 561-2406.

Diabetes Education Empowerment Program (DEEP) Class Schedule



The Diabetes Education Empowerment Program (DEEP) is a free program accredited by the National American Association of Diabetes Educators and managed by certified educators in diabetes. This six-week class teaches you how to manage diabetes through lifestyle changes including better nutrition and physical activity. The goal of the DEEP program is to empower you to take charge of your diabetes, avoid complications from the disease and improve self-management skills.

Who can attend?

Anyone with type 2 diabetes. Individuals with prediabetes are also welcome. Attendees must be age 18 or older.

How often does this class meet?

Six-week program, once a week (2-hour classes)



Virtual Class Information

At BayCare, your health is our number one priority. In order to reduce the risks of COVID-19, we have made all classes online. Until further notice, as you register for classes, your facilitator should be reaching out individually step-by-step instructions on how to attend each virtual class.

Mondays, July 20-August 24

5-7pm

Sponsored by St. Anthony's Hospital

Mondays, July 27-August 31

2-4pm

Sponsored by The Long Center's Aging Well Center

Tuesdays, August 4-Sept. 8

5-7pm

Sponsored by BayCare Outpatient Center (Palm Harbor)

Mondays, Sept. 21-October 26

2-4pm

Sponsored by Sunshine Senior Center

Thursdays, Sept. 24-October 29

6-8pm

Sponsored by St. Joseph's Hospital-North

Registration is required. To enroll in this program or for more info, email GetHealthy@baycare.org or call (727) 561-2406.



19-760413_0519 Updated 7.9.20

[BayCare.org/GetHealthy](https://www.baycare.org/GetHealthy)

PRE-REGISTRATION
IS
REQUIRED

Get your child's Vaccination & School Physical



REGISTER ONLINE TODAY!
www.back2schoolfair.org

APPOINTMENT REQUIRED | No Cost School Physical | No Cost Immunization

PRE-REGISTER TO ATTEND ONE OF OUR 6 LOCATIONS

ALL LOCATION HEALTH CLINIC HOURS ARE FROM 9am – 1pm

Saturday, July 25, 2020

Plant City

Swindle Medical Center
1601 West Timberlane Drive, Plant
City, 33566

Saturday, July 25, 2020

Ruskin

Lennard High School
2342 Shell Point Road E., Ruskin,
33570

Saturday, Aug 1, 2020

North Tampa

Bowers Whitley Career Center
13609 N 27th St, Tampa, 33613

Saturday, Aug 1, 2020

West Tampa

Blake High School
1701 North Boulevard, Tampa,
33607

Saturday, Aug 8, 2020

East Tampa

Middleton High School
4801 N 22nd Street, Tampa, 33610

Saturday, Aug 15, 2020

Central Tampa

Children's Board
1002 East Palm Avenue Tampa,
33605

MASK REQUIRED (WILL BE PROVIDED) | LIMITED APPOINTMENTS AVAILABLE

Brought to you by:

**The Back to School Coalition
of Hillsborough County**



Sponsors & Medical Partners



For more info, call the Back-2-School
Health Clinic hotline @ (800) 406-4871

Register online @

www.back2schoolfair.org