



# HEALTH RESOURCE GUIDE

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Florida Hospital's *Health Education* department serves the community, local businesses and school site programs. Informational literature is available upon request. Many of these programs can be brought to your community, church, school or Mobile Home Park. For more information on the classes listed below please call Health Education at 386-6468, the Fitness Center at 402-3160, Daybreak Behavioral Health at 314-4357 or our Childbirth and More educator at 402-3258.

Caregiver Wellness  
 CPR for Family & Friends Training  
 Diabetes & Exercise  
 Florida Hospital *Fitness Centers*  
 Grief Recovery  
 Personal Fitness Training

Stress Management  
 Strength Training for Seniors  
 Childbirth Education & Refresher Classes  
 Breastfeeding Class  
 Wellness Programs (Community/Corporate)

## SECTION 1: LOCAL AGENCIES / GROUPS

### AARP (AMERICAN ASSOCIATION FOR RETIRED PERSONS)

Phone: 1-800-444-7044; 941-366-9039  
 Purpose: To bring seniors up-to-date topics relating to their welfare.

### AGAPE MISSION HOME

Address: P. O. Box 2116,  
 Wauchula, FL 33873  
 Purpose: A 6 to 12 month Program that offers psychological and vocational counseling, health care and help with getting low income housing and for homeless men who want to be restored back into the community.

### AGENCY FOR COMMUNITY TREATMENT SERVICES (ACTS)

Address: 6980 State Road 37 South  
 Mulberry, FL 33860  
 Phone: 863-428-2204 Santresa Gray  
 Fax: 863-428-2204  
 Purpose: Permanent housing finder for those meeting homeless standards according to HUD.

### AGING ADVOCACY COALITION OF HIGHLANDS COUNTY

Address: Meets in the NU-HOPE Conference Room  
 Time: 2<sup>nd</sup> Tuesday of each month; 11:30 am (brown bag lunch with meeting starting at noon).

Phone: 863-382-2134 (Debbie Slade)

### ALPHA OMEGA CRISIS CENTER

Phone: 863-699-1685  
 Address: 234 East Interlake Blvd.,  
 Lake Placid, FL 33852  
 Hours: 9 – 5:00 (24 hr. answering)

Purpose: Counsels /support for women dealing with rape, spouse abuse, or post abortion emotional distress.

Website: [www.thepottershousegirlshome.com](http://www.thepottershousegirlshome.com)  
 Email: [alpha1@strato.net](mailto:alpha1@strato.net)

### ALZHEIMER'S ASSOCIATION FLORIDA GULF COAST CHAPTER

Address: 9365 U. S. Highway 27 North, Suite B,  
 Pinellas Park, FL 33782  
 Phone: 863-385-3444; 800-772-8672 Helpline  
 Local Meeting: 2:00 p.m. every 3<sup>rd</sup> Wednesday  
 Hardee Manor Care, Orange Avenue, Wauchula  
 Purpose: Provide a support system such as care consultation, support groups, emergency respite, caregiver outings, caregiver training, professional education, community forums, resource library, Memories in the Making, Project Safe Return, a helpline as well as information and referrals.

**Website:** [www.alz-tbcv.org](http://www.alz-tbcv.org)

**ALZHEIMER'S ASSOCIATION SAFE RETURN**

Address: P. O. Box A3687  
Chicago, IL 60690-3687  
Phone: 1-888-572-8566  
Purpose: A nationwide identification, support and enrollment program working at the community level. Safe Return provides assistance whether a person becomes lost locally or far from home. Assistance is available 24 hour, every day, whenever a person is lost or found.

**AMERICAN CANCER SOCIETY**

Address: 4955 Manatee Ave., E.  
Bradenton FL 34205  
Phone: 863-382-2828 x27 – Sebring  
Hardee County: 863-832-0060  
**Website:** [www.cancer.org](http://www.cancer.org)

**AMERICAN RED CROSS - Highlands**

Address: 106 Medical Center Ave.  
Sebring, FL 33870  
Phone: 863-386-4440; Fax: 863-386-4449  
Purpose: Serves the community through teaching a variety of classes and providing funds for family crisis situations. Provides education on the prevention, transmission and testing for HIV/AIDS.  
Email: [HCARC@strato.net](mailto:HCARC@strato.net)

**AMERICAN RED CROSS - Manatee/Hardee**

Address: 401 West Orange St.  
Wauchula FL 33873  
Phone: 863-773-9097 Fax: 863-773-9390  
Email: [mccoyn@manateeredcross.org](mailto:mccoyn@manateeredcross.org)

**AVON PARK CLUSTER**

Address: 55 East College Drive  
Avon Park, FL 33825  
Phone: 863-452-5141  
Purpose: Group home for profoundly retarded

**AVON PARK HOUSING AUTHORITY**

Address: 21 Tulane Drive, Avon Park, FL 33825;  
P.O. Box 1327, Avon Park, FL 33826  
Phone: 863-452-4432  
Purpose: Low Income Housing  
Website: [a1327@strato.net](mailto:a1327@strato.net)

**BETHANY CENTER OF GOOD SHEPHERD  
HOSPICE**

Address: 105 Arneson Avenue  
Auburndale, FL 33823  
Phone: 863-297-1800  
Purpose: Provides individual and group counseling and camp for children for healthy expression of grief in a fun and therapeutic environment. Serves Polk, Highlands and Hardee Counties

**BETTER BUSINESS BUREAU**

Address: 2924 N. Australia Ave.  
West Palm Beach, FL 33407  
Phone: 561-842-1918 Fax: 561-845-7234  
Purpose: Serving Five counties.

**BIG BROTHERS & BIG SISTERS OF THE SUN  
COAST**

Address: 279 US 27 North,  
Sebring, FL 33870  
Phone: 863-402-9001  
Fax: 863-402-9007  
Purpose: One on one mentoring relationships for all children who need and want them, contributing to brighter futures, better schools and stronger communities for all and to help children reach their potential through professionally supported, one to one relationships. Primary eligibility requirements are: child must be between ages of 5 and 17, must be in school, must not have a record with the Department of Juvenile Justice, and that the child is shown to need an additional person in his or her life to assist in developing the assets necessary for positive youth development.  
Email: [frbbbs@earthlink.net](mailto:frbbbs@earthlink.net)

**BOYS & GIRLS CLUB OF HIGHLAND COUNTY**

Address: 111 N. Martin Luther King Jr. Blvd.  
Sebring, FL 33870  
Phone: 863-385-9652  
Fax: 863-385-8196  
Purpose: A positive place for kids.  
Email: [bgclub@earthlink.net](mailto:bgclub@earthlink.net)

**BURIAL CRISIS**

Address: Highlands County Government Center  
Phone: 863-402-6628  
Purpose: Burial Assistance for indigent persons.

**CAMP BRAVE HEART**

Address: Circle F Dude Ranch,  
Lake Wales, FL  
Phone: 863-802-0456 (Bethany Center)  
Purpose: Open to any child 6 to 16 years of age that has experienced the death of a loved one. Child must live in Polk, Highlands or Hardee County. Fee: \$10.00 per child. No child will be denied because of inability to pay.

**CAREGIVER ADVOCACY PROGRAM (CAP)**

Address: Florida Rural Legal Services, Inc.  
963 East Memorial Blvd.  
Lakeland, FL 33802  
Phone: 863-688-7376  
Elderly Services of Polk County  
Phone: 863-534-5320  
Nu-Hope Elder Care Services  
Phone: 863-382-2134

**CENTRAL FLORIDA DEAF SERVICES, INC.**

Address: 3020 Florida Ave., S.  
Lakeland, FL 33801

Phone TTY/TDD 863-606-0800

Fax: 863-606-0010

Purpose: To provide programs, support services, training and facilities to enable deaf and hard of hearing people to obtain a higher quality of life.

**CENTRAL FLORIDA HEALTH CARE, INC.**

Address: 950 County Rd. 17 A, West  
Avon Park, FL 33825

Phone: Highlands 863-452-3000

Hardee 863-773-2111

Polk 863-635-4891

**CENTRAL FLORIDA SPEECH AND HEARING**

Address: 710 East Belavista Street,  
Lakeland, FL 33805

Phone: 863-686-3189

Purpose: Available to all ages for speech and hearing problems.

**CHILD SUPPORT ENFORCEMENT**

Address: 3200 U S. 27 South, Suite 401  
Sebring, FL 33870

Phone: 800-622-5437 Fax: 863-386-6037

Purpose: Establish and enforce child support enforcement.

Website: [www.myflorida.com](http://www.myflorida.com)

**CHILDREN OF PROMISE CHILD CARE & TRAINING CENTER**

Address: 140 Dunty Road,  
Lake Placid, FL 33852

Phone: 863-699-1685

Fax: 863- 699-2601

Purpose: Seeking Christian families willing to share their homes and love for inmate's babies.

Email: [alpha@strato.net](mailto:alpha@strato.net)

**CHILDREN'S ADVOCACY CENTER**

Address: 1000 Highlands Avenue  
Sebring, FL 33870

Phone: 863-402-6845

Purpose: Big Brother/Big Sister Organization; child abuse investigations.

Website: [flbbbs@excite.com](mailto:flbbbs@excite.com)

**CHILDRENS HOME SOCIETY**

Address: 4300 Sparta Road,  
Sebring, FL 33875

Phone 863-382-0007

Purpose: Counseling, 24 hours safe shelter for court-ordered abused and neglected children.

Website: [www.chsfl.org](http://www.chsfl.org)

**CHILDREN'S SERVICES COUNCIL & FOUNDATION**

Address: 7205 South George Blvd.,  
Sebring, FL 33875

Phone: 863-402-6626

Fax: 863-402-6627

Hours: 7:00 – 6:00

Purpose: Promotes social, psychological and physical growth of children and youths.

**CHURCH SERVICE CENTER**

Address: 198 West Walnut St.  
Avon Park, FL 33825

Phone: 863-452-6464

Hours: 9:00 – 1:00 Monday through Friday

Purpose: Provides food, clothing and monetary support (if available) to those in need.

**CONSUMER CREDIT COUNSELING SERVICES OF CENTRAL FLORIDA, INC.**

Phone: 800-720-9537, ext. 401 for appts.

Address: (Main) 3670 McGuire Blvd., Suite 103,  
Orlando, FL 32803

1777 Tamiami Trail, #303-11

Port Charlotte, FL 33948

Hours: 8:00-5:00

Purpose: A service to provide budget, credit education and debt management to individuals and families who have personal financial problems.

Website: [www.payoffdebt.org](http://www.payoffdebt.org)

**DAYBREAK BEHAVIORAL HEALTH**

Address: 4421 Sun 'N Lake Blvd.  
Sebring, FL 33872

Phone: 863-314-4357

Address: 1346 U. S. 27 North

Lake Placid, FL 33852

Phone: 863-699-4357

Address: 520 West Carlton, Wauchula, FL 33873

Phone: 863-773-2621

Hours: 8-5:00 M-Th; 8-3:00 Fri.

**DEAF SERVICE CENTER OF MANATEE / SARASOTA, INC.**

Address: 5107 14<sup>th</sup> Street West  
Bradenton, FL 34207

Phone: 941-758-2539 V/TDD

Fax: 941-758-3544

Address: 7254 S. Tamiami Trail  
Sarasota, FL 32234

Phone: 941-921-5447 V/TDD

Fax: 941-921-2272

Purpose: Implement, develop and advocate the rights and needs of the deaf and hard of hearing.

**DENTAL**

Dr. Steven Guelff & Dr. Theodore Baker

Address: 511 S. Eucalyptus St.

Sebring, FL 33870

Purpose: Free dentistry for low income persons.  
Dentists give two days each year –February & November

#### DENTAL HYGIENE PROGRAM / SFCC

Dental Education Center, Building T  
Address: 600 West College Drive  
Avon Park FL 33825

Phone: 863-784-7020

Purpose: Provides dental care. Treatments for children under the age of 18 are FREE.

#### DEPARTMENT OF CHILDREN AND FAMILY SERVICES

Phone: 863-773-2090 Highlands

863-773-9200 Hardee

863-534-7100 Polk

863-299-4400 Winter Haven

863-619-4274 Lakeland

Purpose: Provides services to the community in various areas:

Program/Neglect Investigations

Child Protective Services

Food Stamps

Foster Care

Medicaid Eligibility

Medically Needy Program

Must financially qualify. Call for application and appointment.

#### DEVEREUX KIDS

Address: 8000 Devereux Drive  
Viera FL 32940

Phone: 800-338-3738 Highlands

Fax: 321-259-0786

Hours: Monday-Friday; 8:30 – 5:00

Purpose: Abuse and neglect prevention program.

Foster care

Development disabilities

Therapeutic Day School

Child Welfare Service

#### DIABETES CENTER

Address: 4023 Sun 'N Lake Blvd.  
Sebring, FL 33872

Phone: 863-402-0177

Hours: Monday-Thursday 8:00 – 5:00

Friday – 8:00 – 3:00

Manager: Brenda Garza

Purpose: Provide group and individual diabetes education classes for type 1, type II, and gestational patients. Provides individual nutritional counseling.

#### DIVISION OF BLIND SERVICES

Address: 5117 26<sup>th</sup> Street West, Suite A  
Bradenton, FL 34207

Phone: 941-751-7670; 1-800-500-6412

District Administrator: Linda Brown

Hours: Monday-Friday; 8:00 am – 5:00 pm

#### DRIVERS SAFETY 55-ALIVE

Address: Locations of classes vary

Phone: 863-452-1855

#### DRUG PREVENTION RESOURCE CENTER

Address: 621 South Florida Avenue,  
Lakeland FL

Phone: 863-802-0777 Fax: 863-802-0065

Purpose: medication, alcohol and mental health resources.

Website: [www.drugpreventionresource.org](http://www.drugpreventionresource.org)

#### ELDER HELP HOTLINE (Also See SHINE)

Address: 6414 U. S. 27 South,  
Sebring, FL 33876

Phone: 863-382-2134 / 1-888-878-8477

Hours: Monday-Friday; 8:00 am – 5:00 pm

Director: Highlands County, Sandy Foster;

Purpose: A State of Florida Department of Elder Affairs information and referral phone system established to enhance the accessibility to senior services through a “one-stop shopping” concept.

Website: [www.state.fl.us/doea/](http://www.state.fl.us/doea/) or

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

#### ELECTRIC

Address: 6414 U.S. 27 South,  
Sebring, FL 33870

Phone: 863-382-2134

Purpose: Emergency home energy assistance for the elderly. Administered by NU-HOPE Elder Care Provides crisis assistance with electric or gas bills if used for heating in winter. For households containing persons 60 and older. Qualification based on income of entire family. Limited funding.

#### EMPLOYEE ASSISTANCE PROGRAM – DAYBREAK BEHAVIORAL HEALTH SERVICES

Address: 4421 Sun 'N Lake Blvd.  
Sebring, FL 33872

Phone: 863-314-4357

Purpose: Handles Medicare, private pay, takes most insurances. Has contract for all county employees, some law enforcement, Airport Authority, etc.

#### EPILEPSY SERVICE OF WEST CENTRAL FLORIDA

Address: 305 S. Florida Ave.,  
Lakeland, FL 33801

Phone: 863-686-5880

Hours: 8:30 – 5:00

Purpose: Provides financial assistance for those who need neurological care and case management.

#### FLORIDA ASSOCIATION FOR COMMUNITY ACTION, INC.

Address: 820 E. Park Ave.  
Tallahassee FL 32301  
Phone: 1-850-224-4774  
Purpose: Provides information about utilization of Head Start and other sanctioned programs for economically disadvantaged through educational programs, advocacy and support services.  
Website: [www.faca.org](http://www.faca.org)

#### **FLORIDA BAPTIST CHILDREN'S HOME**

Address: 1015 Sikes Blvd.,  
Lakeland, FL 33825  
P. O. Box 1870,  
Lakeland, FL 33825  
Phone: 863-688-4981  
Fax: 863-284-5684  
Hours: 8:30 – 4:30, Monday-Friday  
Purpose: Provides quality Christian care for children in need.  
Email: [jself@fbchomes.org](mailto:jself@fbchomes.org)  
Website: [fbchome.org](http://fbchome.org)

#### **FLORIDA BOARD OF SPEECH-LANGUAGE PATHOLOGY AND AUDIOLOGY**

Address: 4052 Bald Cypress Way, Bin C-06  
Tallahassee, FL 32399  
Phone: 850-488-0595  
FAX: 850-921-6184  
Purpose: Hearing Aids.

#### **FLORIDA CENTER FOR ADDICTIONS & DUAL DISORDERS**

Address: 100 West College Dr.  
Avon Park, FL 33825  
Phone: 863-452-3858  
Fax: 863-452-3863  
Hours: Monday-Friday 8:00 – 4:30

#### **FLORIDA DEPARTMENT OF ELDER AFFAIRS**

Phone: 1-800-963-5337  
Hours: Monday-Friday 8:00 – 5:00;  
Purpose: State Agency for the elderly including in-home services to frail elders, information and referral services, health insurance assistance and nursing home pre-admission counseling and screening.  
Website: [www.AgingFlorida.com](http://www.AgingFlorida.com)

#### **FLORIDA DEPARTMENT OF HEALTH/DISEASE CONTROL**

Phone: 1-850-245-4300  
1-850-245-4334 HIV/AIDS  
Purpose: Provides information and services in the areas of disease control, prevention and health statistics

#### **FLORIDA DIAGNOSTIC & LEARNING RESOURCE SYSTEM (FDLRS)**

Address: 1076 U. S. 27 North  
Lake Placid 33852-9436

Phone: 800-316-7057; 863-531-042447  
Fax: 863-531-0425  
Purpose: Screens preschool 3-4-5 yr. old by appointment. Training classes for teachers and parents. Training classes for parents w/exceptional students. Loans software for families to review for 30 days.  
Website: [www.fdlrsheartland.com](http://www.fdlrsheartland.com)

#### **FLORIDA ENVIRONMENTAL INSTITUTE (Last Chance Ranch)**

Address: P. O. Box 506,  
Venus, FL 33960  
Phone: 863-699-3785  
Fax: 863-699-3787  
Purpose: Alternative school for delinquent children.

#### **FLORIDA HOSPITAL HOME CARE SERVICES**

Address: 4005 Sun 'N Lake Blvd.  
Sebring, FL 33872  
Phone: 863-385-1400  
Fax: 863-385-5464  
Director: Lucille Huber  
Purpose: Home health professionals specializing in caring for your physical health as well as your emotional needs and spiritual well being. Private duty services also available.  
Website: [www.heartlandhomehealth.org](http://www.heartlandhomehealth.org)

#### **FLORIDA LEGAL SERVICES, INC.**

Phone: 1-305-358-2081  
Purpose: Legal service for persons who would not otherwise have the means to obtain a lawyer.

#### **FLORIDA PUBLIC GUARDIANSHIP ASSOCIATION**

Address: 1607 Ponce de Leon Blvd.,  
Coral Gable, FL 33134  
Phone: 305-812-8350  
Fax: 305-441-8055  
Purpose: Statewide who helps to care for persons who lack the capacity to make decisions on their own behalf and in their best interest. Guardians protect the property and personal rights of incapacitated individuals.  
Email: [breiser@inforcentricsolutions.com](mailto:breiser@inforcentricsolutions.com)  
Website: [www.floridaguardians.com](http://www.floridaguardians.com)

#### **FLORIDA KINSHIP CARE CENTER**

USF School of Social Work  
Address: 4202 East Fowler Avenue, MGY 132  
Tampa FL 33620-6600  
Phone: 813-974-8604 / 1-800-640-6444  
Fax: 813-974-8607  
Purpose: Creating a family of families  
Website: [www.flkin.org](http://www.flkin.org)

#### **FLORIDA RURAL LEGAL SERVICES**

Address: 963 East Memorial Blvd.  
Lakeland, FL 33801  
Phone: 863-688-7376 or 1-800-277-7680

Fax: 863-683-7861  
Director: Don Isaac  
Hours: 8:30 – 5:00  
Purpose: Law firm for low income citizens, assists Social Security problems; health care and education; immigration on a limited basis; elder law.  
Website: [www.srls.org](http://www.srls.org)

**FLORIDA TELECOMMUNICATIONS RELAY, INC.  
HEARING IMPAIRED PERSONS**

Address: 25250 Sandhill Blvd., #8  
Pt. Charlotte, FL 33983

Phone: 941-743-8347

Info on Equipment: 888-878-8477 M-F

Regular distribution dates: 10:00 am – 2:00 pm, on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month at Nu-Hope Elder Care Services, Inc. 6414 US 27 S, Sebring.

Purpose: Provides specialized telecommunications equipment to qualified residents of Florida who are deaf, hard of hearing, deaf/blind, or speech impaired. This equipment is loaned to residents who qualify for as long as needed, at no charge.

Website: [www.hearingimpairedpersons.com](http://www.hearingimpairedpersons.com)

**FOOD WITH CARE, INC**

Address: 6695 Venture Circle  
Orlando, FL 32807

Phone: 407-657-3880

Purpose: \$4.00-\$5.00 a meal/10 meal minimum order. Will take Visa or Master Card.

Website: [www.FoodWithCare.com](http://www.FoodWithCare.com)

**GLADES OPERATION ROUND-UP**

Phone: 1-800-226-4024

Purpose: Assists Glades Electric customers unable to afford needed goods or services. CANNOT assist with unpaid electric bills. Customer may pick up application at local office.

**GUARDIAN AD LITEM PROGRAM**

Address: Highlands County Courthouse  
430 South Commerce Avenue,  
Sebring, FL 33870

Phone: 863-402-6969

Purpose: Court appointed program for children in dependency actions.

Email: [dwilcox@bcc.co.highlands.fl.us](mailto:dwilcox@bcc.co.highlands.fl.us)

**HABITAT FOR HUMANITY**

Address: 519 S. Commerce Ave.  
Sebring FL 33870

Phone: 863-385-7156

Fax: 863-385-7425

Purpose: Build home in partnership with families in need. Volunteer based home building program sweat equity and volunteer hours required.

Website: [www.habitathighlands.org](http://www.habitathighlands.org)

**HANDICAPPED AMERICANS LOVE OF LIVE ORGANIZATION (H.A.L.L.O.)**

Address: 112 Medical Center Ave.  
Sebring, FL 33870

Phone: 863-385-1196

Hours: 1<sup>st</sup> Thursday, 6:00 PM (until April)

Email: [halloinc@embarqmail.com](mailto:halloinc@embarqmail.com)

Purpose: Provides support, guest speakers and a passive exercise program to physically handicapped adults that need continued rehabilitation.

**HEARING IMPAIRED PERSONS (HIP)  
DEAF SERVICE CENTER**

Address: 6414 U. S. 27 South, Sebring, FL 33870

Phone: 800-222-3448

TTY: 1-888-447-5620

Hours: 2<sup>nd</sup> and 4<sup>th</sup> Thursday @ 10:00 – 2:00

Purpose: Provides services necessary to enable the deaf and hard of hearing individual to participate fully and effectively as independent and self reliant citizens in Highlands, Charlotte, Desoto, Glades, Lee, Collier and Hendry Counties.

**HEARTLAND HORSES AND HANDICAPPED, INC.**

Address: P. O. Box 3787,  
Sebring, FL 33871-3787

Phone: 863-452-0006

Hours: 9:00 – 11:00 every Saturday September through May (except holidays) at 4-H horse arena at 118 College Drive, Avon Park, FL 33825

Purpose: A free riding and interaction with horses program for the handicapped in the Heartland area. Always in need of volunteers.

**HEARTLAND RURAL HEALTH NETWORK**

Phone: 863-452-6350 / Victor

Purpose: Provides free health assessments, and treatment plans are established after a client's needs are determined. The network has a mobile unit that travels throughout Highlands, Hardee and Desoto counties.

**HEARTLAND WORKFORCE**

Address: 62730 US 27 N, Sebring FL 33870

Phone: 863-385-3672

Fax: 863-382-4237

Hours: 8:00 – 5:00; Monday-Friday

Purpose: Primarily finding jobs to obtain a better sense of lifestyle.

Website: [www.heartland-workforce.org](http://www.heartland-workforce.org)

**HIGHLANDS COUNTY EXTENSION OFFICE**

**The Power of 4-H**

Address: 4509 George Boulevard  
Sebring FL

Phone: 863-402-6540

Purpose: Largest informational educational programs in the US. The Highlands County 4-H program has several community clubs. Members choose projects that fit them and the place where they live. Group activities and events provide additional opportunities and learning experiences.

#### **HIGHLANDS COUNTY HEALTH DEPARTMENT**

Address: 7205 South George Blvd.

Sebring, FL 33870

Phone: Sebring 863-386-6040

Avon Park 863-452-6411

Lake Placid 863-465-2252

Hardee County 863-773-4161

Purpose: Provides adult, pediatric, ob/gyn health clinics; health education; Healthy Start Program; Women, infant and children nutrition services.

#### **HIGHLANDS SENIOR CENTER**

Address: Sebring Lions Club

3400 Sebring Parkway

Sebring FL 33870

Phone: 863-385-2881

Time: Wednesday's; 9:00 – 3:00

Purpose: A place for seniors to gather for activities and socialization. Offers activities from dances, singing, card games, morning exercise and internet classes.

#### **HIGHLANDS COUNTY TRIAD/S.A.L.T COUNCIL**

Address: Avon Park Police Department

304 W. Pleasant St.

Avon Park, FL 33825

Phone: 863-453-6622

Address: Lake Placid Police Department

8 North Oak St., Lake Placid, FL 33852

Phone: 863-699-3757

Address: Sebring Police Department

307 N. Ridgewood Dr.

Sebring, FL 33870

Phone: 863-471-5107

Address: Highlands County Sheriff's Office

434 Fernleaf Avenue

Sebring, FL 33870

Phone: 863-402-7200; 863-699-3737;  
863-784-0225

Elder Help Line: 863-382-1288 Sebring;  
863-465-1199 Lake Placid

Purpose: Reduce the criminal victimization of older citizens and enhance the delivery of law enforcement services to this population. S.A.L.T. Council plans activities and programs to involve and benefit both law enforcement and seniors.

#### **H.O.P.E. OF HARDEE (Helping Older People Enthusiastically)**

Address: 310 8<sup>th</sup> Avenue

Wauchula, FL 33873

Phone: 863-773-2022

Fax: 863-773-3017

Hours: 8:00 - 5:00; Monday-Friday

Purpose: In-home services for persons 60 and older in Hardee County. Provides in-home meals, transportation and emergency response services and case management. Referral service for the elderly.

#### **HOME REPAIR**

COUNTY/STATE HOUSING OFFICE

Address: 501 S. Commerce Avenue

Sebring FL 33871

Phone: 863-402-6648

Fax: 863-402-6910

Purpose: Provides information on County and State Housing purchase and repair programs (loans/grants).

#### **HOSPICE: GOOD SHEPHERD HOSPICE**

Address: 4418 Sun-N-Lakes Blvd.

Sebring, FL 33872

Phone: 863-402-1066 Highlands County

863-519-8000 Polk County

863-773-0119 Wauchula

Purpose: Support for terminally ill patients having less than six months to live; bereavement for spouses and families. An adult grief support group meets in Sebring.

Website: [www.goodshepherdhospice.org](http://www.goodshepherdhospice.org)

#### **HOSPICE: HOPE HOSPICE**

**The Palms of Sebring (Chapel on 2<sup>nd</sup> Floor)**

**725 S. Pine Street, Sebring**

**Time: 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays**

**2:00 PM**

Phone: 863-370-0312

Website: [www.hopehospice.org](http://www.hopehospice.org)

#### **HOUSING: NON-PROFIT HOUSING**

Address: P. O. Box 1987

Sebring, FL 33870

3909 Kenilworth Blvd.

Sebring, FL 33870

Phone 863-385-2519

Fax: 863-385-1643

Purpose: Provides technical assistance to agencies in the southeast region of the United States.

Website: [www.fnph.org](http://www.fnph.org)

#### **HOUSING: SAFE HOUSE / HIGHLANDS COUNTY**

Phone: 863-386-1168

863-386-1167- 24-hour crisis line

Purpose: Temporary housing for women/children displaced due to domestic violence.

**HOUSING ASSISTANCE: – S.H.I.P.**

Address: 501 S. Commerce Ave.  
Sebring, FL 33870

Phone: 863-402-6648

Purpose: Home purchase assistance and counseling. County Housing Office.

**HOUSING AUTHORITY**

Address: 21 Tulane Drive  
Avon Park, FL 33825

Phone: 863-452-4432

Fax: 863-452-5455

Purpose: Provides housing for low income individuals.

**HUMAN SERVICES - MEDICATIONS**

Address: 7205 South George Blvd.  
Sebring, FL 33870  
(next to Health Department)

Phone: 863-402-6626

Purpose: Will supply one-month medicines to needy.

**HUMAN SERVICES - COMMODITIES**

Address: 7205 S. George Blvd.  
Sebring FL 33875

Phone: 863-402-6844;

Info Line: 863-402-6626

Purpose: Monthly issue of non-perishable items.  
Must qualify financially.

**LIONS CLUB**

Address: 3400 Sebring Parkway  
Sebring FL 33870

Phone: 863-385-2881

Purpose: Assists low income persons with eye glasses.

**MANNA MINISTRIES**

Address: 416 Kent Avenue,  
Lake Placid, FL 33852

Phone: 863-699-0093

Purpose: Local charitable organization supplying needy with clothing and food.

**MARGE BREWSTER CENTER**

Address: 5825 US 27 North  
Sebring, FL 33870

Phone: 863-385-5179

Fax: 863-385-0746;

Access Line 800-723-3248

Purpose: Counseling crisis intervention and rehabilitation. Association with Winter Haven Hospital.

**MEALS ON WHEELS**

Address: 3011 Kenilworth Blvd.,  
Sebring, FL 33870

Phone: 863-402-1818

Purpose: Home delivered meals at low cost to homebound, frail elderly and any other persons requiring assistance in meeting their nutritional needs on a short or long-term basis.

**MID-FLORIDA CENTER FOR MENTAL HEALTH & SUBSTANCE ABUSE SERVICES, INC.**

Address: 100 Ernest E. Sims St.  
Avon Park, FL 33825

Phone: Avon Park: 863-452-6818

Bartow: 863-533-2321

Purpose: Research-based adolescent substance abuse and mental health treatment available to youth and their families in Hardee, Highlands and Polk Counties.

**NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)**

Phone: Elder Helpline – 888-878-8477

Purpose: provides support services for family caregivers and grandparents or older individuals that are caregivers of relatives. Designed to relieve the emotional, physical and financial hardships by providing resources to assist the caregiver. Serves eligible persons in Highlands, Hardee, Polk Hillsborough and Manatee counties. Eligibility determined by greatest social and economic need.

**NEW TESTAMENT MISSION**

Address: 604 Lemon Ave.  
Sebring, FL 33870-6915

Phone: 863- 385-0035

Purpose: Provides meals to shelter residents/general public at set times. May give limited food supply (cans) to needy persons.

**NU-HOPE ELDER CARE SERVICES**

Address: 6414 US 27 South  
Sebring FL 33870

Phone: 863-382-2134

Fax: 863-382-4546

Phone: 800-962-2873

Purpose: Provide services through state, federal and local grants. Some of the services are: Ambulatory/wheel chair transportation within county only for age 60 and over (Case manager determines eligibility after home visit.), Basic Subsidy, Chore, Companionship, Congregate Meals, Consumable Medical Supplies, Emergency Alert Response, Family Support Program, Home Delivered Meals, Homemaker, Home Repair, Transportation, Nutrition Education, Outreach, Personal Care, Relief Program, Respite, Senior Companion, Operates Thrift Stores in Sebring, Lake Placid and Avon Park.

**ORANGE BLOSSOM PREGNANCY CARE CENTER, INC.**

Address: 1200 W. Avon Blvd.  
Avon Park FL 33825  
OR  
Address: 421 S. 10<sup>th</sup>  
Wauchula FL 33873  
Mailing Address: P.O. Box 166  
Avon Park FL 33826-0166  
Phone: 863-453-0307 Highlands  
863-767-0307 Hardee  
Fax: 863-453-0308  
Toll Free: 1-866-436-2722  
Hours: Phone answers 24/7

#### **PARISH NURSING**

Address: Florida Hospital Heartland Division  
4200 Sun 'N Lake Blvd.  
Sebring, FL 33872  
Phone: 863-386-6420  
Purpose: Church based volunteer nursing group, part of Florida Hospital Heartland Division. Opportunities are available for nurses and lay health persons. Classes offered on monthly basis for training and support for your ministry work.

#### **PARISH NURSING RESOUC E CENTER**

Address: 2375 Lake Lillian Drive  
Avon Park FL 33825  
Mailing Address: 1410 W. Avon Blvd.  
Avon Park FL 33825  
Phone: 863-453-0700  
Hours: Thursdays, 9:00 am – 12:00 Noon. Please call for appointment.  
Purpose: Program aims to help Highlands County residents who are uninsured or underinsured, and who have difficulty accessing needed healthcare services.

#### **PEACE RIVER CRISIS LINE**

Address: 1255 Golfview Avenue,  
Bartow, FL 33830  
Phone: 863-519-3744  
Toll free Crisis Line: 800-627-5906  
Administration Office: 863-519-3747  
Purpose: Mental Health Organization; Rape Recovery & Resource Center, Group Homes and Day Care Center; Outpatient and Inpatient Mental Health.

#### **RAPE CRISIS**

Address: 1860 South Crystal Lake Drive  
Lakeland, FL 33801  
Phone 863-413-2708 (Office);  
863-413-2707 - 24 Hour Hotline;  
1-877-688-5077 Toll Free  
863- 386-1169 Highlands County  
863-773-4444 Hardee County  
Hours: 24 Hour Crisis Hotline

Purpose: Sexual assault survivors and their significant others. Connected with the Peace River Center.  
Website: [www.peace-river.com](http://www.peace-river.com)

#### **RIDGE AREA ASSOCIATION FOR RETARDED CITIZENS (Arc)**

Address: 120 West College Drive  
Avon Park, FL 33825  
Phone: 863-452-1295 Avon Park;  
1-800-955-8770 TDD  
Email: [rbeckman@ridgearearc.org](mailto:rbeckman@ridgearearc.org)  
Purpose: Serves adults with mental and physical disabilities and offers respite care for children to include Adult Day Training, Basic Education, Companion Services, Non-Residential Support Services, Residential Services, Respite Care, Supported Employment Services, Supported Living Coaching and Transportation.

#### **RSVP**

Address: 600 W. College Drive  
Avon Park FL 33825  
(Located at SFCC)  
Phone: 863-784-7189  
Purpose: Limited program. Must be ambulatory and able to ride in regular vehicle without assistance. Contact NuHope for details. May be relocating in June 2007.

#### **SALVATION ARMY**

Address: 102 Medical Center Avenue  
Sebring FL 33870  
Mailing Address: P.O. Box 1843  
Sebring FL 33871  
Phone: 863-385-7548  
Purpose: Provides shelter, clothing and food to those in need.

#### **SAMARITAN'S TOUCH CARE CENTER**

Address: 3015 Herring Avenue  
Sebring FL 33870  
Phone: 863-471-1870  
Purpose: A Christ centered free primary care center to service the medically uninsured, regardless of immigration status (family income cannot exceed 150% of Federal Poverty Guidelines). Those without resources can receive free medical exams and testing, free medications, health education and emotional and spiritual health. A medical "home" where those without resources can receive medical care and spiritual support

#### **SEBRING SAFE HOUSE**

Address: P. O. Box 1535,  
Sebring, FL 33871  
Phone: 863-386-1168;  
24 hour crisis line 386-1167

Fax: 863-386-6179  
Hours: 24 hrs a day

### **SEBRING OUTPATIENT CLINIC**

Address: 5606 U. S. 27 North,  
Sebring, FL 33870  
Phone: 863-385-2662 Fax: 863-385-7324  
purpose: Outpatient services for abused  
adults/adolescents.  
Website: [www.tchsonline.com](http://www.tchsonline.com)

### **SHARE FLORIDA FOOD NETWORK**

Address: Various churches act as pick up and  
registration point.  
Phone: 1-800-536-3379; Tampa 813-248-3379  
Purpose: Monthly package of fresh, frozen food.  
Requires volunteer hours and payment by participant  
(approximately \$15.00). Participants receive food  
valued 2-3 times contribution. It is an opportunity for  
all people to share their gifts with the community and  
get something in return.  
Website: [www.shareflorida.org](http://www.shareflorida.org)

### **SHINE**

Phone: 863-382-2134 Highlands County;  
OR Highlands/Hardee 1-800-336-2226 x515  
Purpose: Service health insurance needs of elders.  
State volunteer program for insurance/Medicare  
related questions and problems with billing, providers,  
or in obtaining supplemental and/or long term care  
insurance. Nu-Hope receptionist takes name/phone  
number and volunteer will call person back. Does not  
provide direct financial assistance but can inform  
people of Medicaid/Medicare rights and programs  
which may provide relief and help remove  
inappropriate charges.

### **SOCIAL SECURITY ADMINISTRATION**

Address: 210 Sebring Square  
Sebring, FL 33870  
Phone: 863-385-1222  
Toll Free: 1-800-772-1213  
Purpose: Provides information for the government-  
funding program.

### **SOCIAL SOLUTIONS, INC.**

SEBRING:  
Address: 1570 Lakeview Drive, Ste.110  
Sebring, FL 33870  
Phone: 1-888-276-3322  
Fax: 863-402-1456  
WAUCHULA:  
Address: 112 W. Carlton  
Wauchula, FL 33872  
Phone: 1-888-276-3322 Fax: 863-773-0311  
Purpose: Variety of programs such as: anger  
management; BIP; Parenting; Female Domestic  
Violence; Youth Anger; Substance Abuse

Mental Health Evaluations; Drug testing.

### **STARKEY PROGRAM**

Lampe & Kieffer Hearing Aid Center  
Address: 130 S. Commerce,  
Sebring, FL 33870  
Phone: 863-385-3497  
Purpose: Program to provide hearing aids to low  
income persons. Must financially qualify. Local  
workers will help client with application if appropriate  
and provide all necessary tests fittings.

### **STAY WELL CLINIC**

Phone: 863-382-1234 (Call and someone will return  
message)  
Purpose: Primary care clinic for adults. Must  
financially qualify.

### **ST VINCENT dePAUL SOCIETY**

Address: 200 Circle North,  
Sebring, FL 33870  
Phone: 863-402-0900; 402-9018 Help line  
Purpose: Second hand clothing and items. Services  
for those in need.

### **THE POTTER'S HOUSE GIRLS HOME**

Address: 140 Dunty Road,  
Lake Placid, FL 33852  
Phone: 863-699-1685  
Fax: 863-699-2601  
Website: [www.thepottershousegirlshome.org](http://www.thepottershousegirlshome.org)  
Email: [alpha1@strato.net](mailto:alpha1@strato.net)  
Purpose: Sanctuary for girls who need acceptance,  
love, structure and consistency in a Christian  
environment.

### **TPPA (HIGHLANDS COUNTY TEEN PREGNANCY PREVENTION ALLIANCE)**

Address: Highlands County Health Dept.  
7205 S. George Blvd.  
Sebring FL 33872  
Phone: 863-386-6040 x 277  
Purpose: To reduce the teen pregnancy rate in  
Highland's County.

### **TRANSPORTATION: CLASSIC TRANSPORTATION**

Address: 503 South Lake Avenue  
Avon Park, FL 33825  
Phone: 863-453-3600; 863-452-1500  
Purpose: Transportation service for Hardee,  
Highland, Okeechobee and some areas of Polk  
County.

### **TRANSPORTATION: COMMUNITY TRANSPORTATION**

Address: 1103 U. S. 27 South, Sebring, FL 33870  
Phone: Sebring 382-0139/382-0157

Avon Park 863-452-0139  
Lake Placid 863-699-0995  
Hardee 863-773-0015  
Okeechobee: 863-357-9900  
Intelitran Medical 800-260-0139

Fax: 863-385-8469

Purpose: Provides transportation service for Hardee, Highlands and Polk Counties.

**TRANSPORTATION: POSITIVE MOBILITY**

Address: P.O. Box 7883  
Sebring FL 33872

Phone: 863-471-3876

Fax: 863-386-5553

Purpose: Provides Medical and Non-Medical Transport.

Website: [www.positivemobility@earthlink.net](http://www.positivemobility@earthlink.net)

**TRANSPORTATION: SUNNYVALE TRANSPORT**

Address: 4280 Lakeview Dr.,  
Sebring, FL 33862

Phone: 863-381-3563

Purpose: Provides transportation for individuals with wheel chairs or need stretcher transport.

**TRI-COUNTY HUMAN SERVICES**

Address: 5606 U. S. 27 North,  
Sebring, FL 33870

Phone 863-385-2662

Purpose: Outpatient drug and alcohol abuse programs for adult and adolescents. Shelter and counseling for abused and battered women and children.

Website: [www.tchsonline.com](http://www.tchsonline.com)

**UNITED WAY**

Address: P. O. Box 3860,  
Sebring, FL 33872

Phone: 863-453-3401

Fax: 863-453-3405

Informational & Referral 1-800-881-8929

Purpose: Provides a wide range of programs to the community, a community resource locator.

**VETERANS SERVICES**

Address: 7205 South George Blvd.  
Sebring, FL 33870

Phone: 863- 402-6623

FAX: 863-402-6796

Veteran's Administration: 1-800-827-1000

Community Veteran's Outpatient Clinic:  
863-471-6627

Hours: 7:00 – 6:00 Monday through Friday

Purpose: Providing veterans with help for special needs.

**VICTIM ADVOCATE/CHILDREN'S ADVOCACY CENTER**

Address: 1000 South Highlands Ave.,  
Sebring, FL 33870

Phone: 863-402-6855

Hours: 8:00 – 5:00; Monday-Friday

Supervisor: Lt. John Chess / 863-402-7255

Victim Advocate: Linda Astacio / 863-402-6855

**VISION: NATIONAL EYE CARE**

Phone: 800-222-3937

Purpose: For those 65 years + who have not had an exam in three years and unable to afford. Aimed at people with diabetes or other health/vision problems. Exam at no charge/possible follow up also.

**VISIONS A.D.T. INC.**

Address: P. O. Box 7961,  
Sebring, FL 33872

Phone: 863-402-0048

Fax: 863-402-0049

Purpose: Training developmentally delayed adults to achieve independence. Other services available are Adult Day Training, Companion Services, Chore Services, Homemaker Services, Personal Cares Assistance, In-Home Support, Non-Residential Support Services, Transportation.

Email: [b\\_cookvisions\\_adt@earthlink.net](mailto:b_cookvisions_adt@earthlink.net)

**VOCATIONAL REHABILITATION**

Address: 3107 Medical Way  
Sebring, FL 33870

Phone: 863-386-6077 Sebring;  
863-773-2802 Wauchula;  
863-993-4655 Arcadia

Fax: 863-386-6079

Purpose: Helping people with placement back into a job setting.

**WAUCHULA OUTPATIENT CLINIC**

Address: 202 South 9<sup>th</sup> Avenue  
Wauchula, FL 33873

Phone: 863-773-2226

Hours: 8 – 5:00 Monday through Friday

Purpose: Substance abuse outpatient treatment.

Website: [www.tchsonline.com](http://www.tchsonline.com)

**WECARE HOTLINE**

Address: P. O. Box 1535,  
Sebring, FL 33871

Phone: 800-486-2358

Hours: 24 hours

Purpose: Counsels teen problems. Referrals.

**WEST CENTRAL FLORIDA AGENCY ON AGING**

Address: 5905 Breckenridge Parkway, Suite F  
Tampa FL 33610

Phone: 800-963-5337; 813-740-3888

Fax: 813-623-1342

Purpose: to identify and coordinate services with seniors and their loved ones to meet their needs.

**Provides homemakers and chore services, emergency alert response, home delivered meals, adult day care; legal assistance, transportation, case management, caregiver respite and personal care.**

#### **YMCA**

Purpose: Christian principles into practice through programs that build healthy spirit, mind and body for all.

Address: 100 YMCA Lane  
Sebring FL 33875

Phone: 863-382-9622

Fax: 863-382-7900

Hours: 5:00 am – 9:00 pm Monday-Thursday

5:00 am – 8:00 pm Friday

8:00 am – 4:00 pm Saturday

#### **YOUTH & FAMILY ALTERNATIVES**

Address: 2523 U. S. Highway 27 South, Suite 203  
Avon Park, FL 33825

Phone: 863-452-6900

Fax: 863-452-6761

Main Office - 727-835-4166 (New Port Richey)

Lakeland Phone: 863-499-2430

#### **YOUTH SHELTER**

Address: 5400 Bethlehem Road

Mulberry, FL 33860

Phone: 863-701-1177 Cornerstone

## SECTION 2: SUPPORT GROUPS

### ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES

Address: 140 North Forest Road  
Avon Park, FL 33825

Phone: 453-6834 Message Hotline  
Hours: 7:30 p.m. each Tuesday at the Episcopal Church of the Redeemer, Avon Park  
Purpose: To refer clients to AA; help with personal problems; offer limited counseling service

### AIDS SUPORT GROUP

Address: 37 3<sup>rd</sup> St., SW, Room 26  
Tri County Building  
Winter Haven, FL  
Phone: 863-644-2645; 678-1106

### ALCOHOLICS ANONYMOUS

Phone: Hotline 382-2694, for information on each group

#### AVON PARK:

Address: Union Congressional Church  
106 N. Butler Avenue  
Avon Park FL  
Phone: 863-453-3345  
Hours: Noon – Closed Discussion  
Monday, Tuesday, Thursday & Friday: 8:00 PM

Address: Lion's Club  
West Bell Street, Avon Park FL  
Hours: 8:00 PM

#### SEBRING:

Address: Episcopal Church  
Lakeshore Drive, Sebring  
Phone: 385-8807  
Hours: 8:00-9:00 p.m. every Monday

Big Book Study  
Address: Grace Bible Church  
4453 Thunderbird Road  
Sebring FL  
Phone: 863-202-0646  
Hours: Wednesday, 10:00 AM

Address: Covenant Presbyterian Church  
4300 Sun 'N Lake Blvd.  
Sebring, FL 33872  
Phone: 314-0891  
"One Day at a Time"  
Hours: Monday & Friday, 9:30  
Beginners-Sunday, 6:30 AM & 11:30 AM

Address: Broken Glass Group  
Raintree Village  
4682 US 27 South  
Sebring FL  
Hours: Mon-Sat, Noon & 8:00 PM

Address: Women's Meeting  
St. Francis Assisi Church  
Sebring FL  
Hours: 7:00 p.m., Wednesday's

Address: Florida Hospital – Women's Meeting  
4200 Sun 'N Lake Boulevard  
Sebring FL  
Hours: Thursday, 6:00 PM

Address: Step Study St. Agnes Group  
St. Agnes Episcopal Church  
600 NW Lakeview Drive, Sebring  
Hours: 6:00 p.m., Wednesday's

Closed Step Study  
Address: First Presbyterian Church  
Oak Avenue, Sebring  
Hours: Noon – Open Discussion  
6:00 PM – Open Discussion  
8:00 PM – Closed Discussion

Address: First Presbyterian Church  
Oak Street, Sebring  
Hours: 8:00 p.m.

Address: Highland's County Men's Group  
Agri-Civic Center, Sebring FL  
Hours: 6:00 p.m., Wednesday's

#### LAKE PLACID:

Address: First Presbyterian Church  
118 Oak Avenue, Lake Placid  
Phone: 863-463-1507  
Hours: Tuesday, 6:00 PM & 8:00 PM

Address: Iglesia Cristiana  
DeSoto Avenue  
Lake Placid, FL  
Hours: 7:00 PM

Address: Health Care Center – Lake Placid  
(Next to Florida Hospital)  
Women's Meeting  
Hours: Wednesday, 7:00 PM

Address: St. Francis Assisi Church  
43 Lake June Road, Lake Placid  
Hours: Noon, Every Wednesday

#### DESOTO CITY

Address: Candlelight Group  
Highlands Co. Desoto City  
Community Bldg.  
6305 Pioneer Road & CR 17  
Hours: 6:30 p.m., Wednesday'

#### WAUCHULA

St. Michael's Catholic Church  
Heard Bridge Road, Wauchula  
Hours: Noon – Open Discussion  
8:00 PM – Open Discussion

#### ALCOHOLICS ANONYMOUS FOR DEAF PERSONS

"The Widening Circle"  
Address: Grace Lutheran Church  
745 S. Ingraham Avenue,  
Lakeland, FL  
Phone: 863- 648-4071  
Hours: Thursdays 6:30 PM  
Email: [dist3specialneeds@yahoo.com](mailto:dist3specialneeds@yahoo.com)

#### AL-ANON

24 Hour Answering Service  
Address: Heartland Intergroup Central Office  
1035 South Florida Ave., Ste 180  
Lakeland, FL 33803  
Phone: 941-688-0211; 800-821-5155  
863-382-2694 – Highlands County  
863-668-7706 Winter Haven  
863-668-706 Lakeland  
1-800-344-2666 Nationwide

Local Meeting: First Presbyterian Church  
118 Oak Street, Lake Placid  
Phone: 863-465-1507  
Hours: Fridays, 8:00 p.m.  
Purpose: Provide support and guidance to all alcoholics who reach out for help.  
Website: [gate.net/nfaafg.com](http://gate.net/nfaafg.com)

#### AL ANON FAMILY GROUP

Address: St. Agnes Episcopal Church  
3840 Lakeview Drive, Sebring  
Phone: 863-471-6447 (Ruth)  
Hours: Monday, 8:00 PM  
Wednesday, 6:00 PM

Address: Union Congregational Church  
106 N. Butler Avenue  
Avon Park, FL 33825  
Hours: Every Tuesday at 12:00 noon

"Let It Begin with Me" Family Group  
Address: Heartland Christian Church  
2705 Alt. 27 S, Sebring FL  
Phone: 863-385-5714  
Hours: Monday 10:30 am – Noon

#### ALATEEN

Address: Aldergate House. First Methodist Church  
722 E. Walnut Street  
Lakeland, FL 33801  
Phone: 863-533-5520  
Purpose: Provide support for teenagers.

Address: Sebring AFG –2021  
St. Agnes Church N  
660 NW Lakeview Drive  
Sebring FL 33870  
Phone: 1-800-344-2666

#### ALZHEIMER'S DISEASE

Alzheimer's Association – Florida Gulf Coast Chapter  
Address: Crown Pointe  
Sun 'N Lake, Sebring FL  
Hours: Thursday, 1:00 PM  
Purpose: Support group open to the public and free of charge.

Address: Southern Living  
3600 Commerce Center Dr.,  
Sebring  
Phone: 863-382-7779  
Contact: Phil Raymond  
Hours: 6:00 P.M. Wednesday

Alzheimer's Caregivers  
Address: First Presbyterian Church  
118 N. Oak Ave.  
Lake Placid FL  
Phone: 863-465-2742  
Contact Linda DeYoung  
Hours: 2:00 p.m. 2<sup>nd</sup> Wednesday each month

Address: Crown Pointe Assisted Living  
5005 Sun 'N Lake Blvd, Sebring,  
Phone: 863-402-0464  
Contact: Lyn or Bill Roche  
Hours: 1:00 p.m. Thursday

Address: Hardee Manor Care  
Orange Ave., Wauchula  
Phone: 863-385-3444  
Hours: Third Wednesday of the month at 2:00 P.M.

Address: Oaks of Avon  
1010 US 27 N.  
Avon Park, FL 33825  
Phone: 863-385-3444  
Hours: 2:00 p.m.

#### **AMPUTEE GROUP OF HIGHLANDS COUNTY**

Address: H.A.L.L.O., P. O. Box 7082  
112 Medical Center Way  
Sebring, FL 33872  
Phone: 863-385-1196; 863-655-6233  
Hours: every third Thursday during  
September through April at 12:30 at 112  
Medical Center Avenue

Purpose: Give Support, encouragement and  
exchange information and product knowledge for the  
recent and experienced amputee.

Email: [hallo@tnni.net](mailto:hallo@tnni.net)

#### **APHASIA SUPPORT GROUP**

Address: Winter Haven Hospital  
Swann 7 Mid-Florida Rehab Dining Room  
Phone: 863-293-2212, ext.2726

#### **ARTHRITIS FOUNDATION – AQUACISE PROGRAM**

Address: Jacaranda Hotel, Avon Park, FL 33825  
Phone: 800-741-4008  
Hours: 1:00 and 2:00 p.m. Tuesday & Thursday;  
Tuesday & Friday 4:00 p.m.  
Therapy Center of Sebring.

Purpose: Warm water exercises for those having  
pain and stiffness due to fibromyalgia, osteoarthritis,  
rheumatoid arthritis or any rheumatic disease.

#### **ASPERGERS / HIGH FUNCTIONING AUTISM**

Phone: 863-385-4744  
Contact: Phyllis Reff  
Purpose: Support group for parents, grandparents  
and guardians of school children with high  
functioning autism.  
Email: [pere158@earthlink.net](mailto:pere158@earthlink.net)

#### **BARIATRIC SUPPORT GROUP**

Beginning February 2007?  
Phone: 863-382-9280, Marcia Lao

#### **BEHAVIORAL HEALTH DIVISION**

Address: 1201 1<sup>st</sup> St. S., Winter Haven, FL  
Phone: 863-297-1702  
Purpose: Support group for those with mentally ill  
relatives.

#### **BETTER BREATHERS**

Phone: 863-471-6232  
Hours: Third Thursday of the month at 2:00 p.m. at  
HALLO.

Purpose: Support group designed for anyone with  
breathing problems such as chronic bronchitis,  
emphysema or asthma.

#### **BLIND, SUPPORT GROUP**

Address: Abiding Savior Lutheran Church  
Winter Haven, FL  
Phone: 863-293-6429  
Hours: 10 – 12:00 2<sup>nd</sup> and 4<sup>th</sup> Monday

#### **BLIND – LOW VISION INFORMATION GROUP**

Address: Sebring Village Clubhouse  
H.A.L.L.O.,  
P. O Box 7082,  
Sebring, FL 33872  
Phone: 863-471-0052; 863-385-1196  
Hours: 12:00 noon, third Thursday (October  
through March).

Purpose: To exchange information and product  
knowledge through demonstration to all people  
experiencing problems with low vision.

#### **BRAIN INJURY**

##### **BRAIN INJURY SUPPORT GROUP**

Address: Grace Lutheran Church  
327 Avenue C., SE,  
Winter Haven, FL  
Phone: 863-293-1121, ext. 3030  
Hours: 7:30 – 9:00 P.M. Fourth Tuesday of  
the month.

##### **NEW BEGINNINGS**

Address: Office of H.A.L.L.O.  
112 Medical Center Avenue  
Sebring FL 33870  
Phone: 863-385-1196  
Time: 1<sup>st</sup> Thursday of each month; 6:00 pm  
Purpose: Create a positive, supportive  
setting & experience in which the traumatic  
brain injured person can address  
psychosocial and adjustment issues related  
to injury.  
Email: [www.hallo@tnni.net](http://www.hallo@tnni.net)

#### **BREASTFEEDING**

##### **LaLECHE LEAGUE**

Address: Florida Hospital Heartland  
4200 Sun N Lake Blvd.  
Sebring, FL 33872  
Phone: 863-655-6617 or 863-638-3954  
Time: 3<sup>rd</sup> Monday of each month, 7:00 pm

#### **CANCER**

##### **General:**

*American Cancer Society National Office*  
Address: 1599 Clifton Road NE  
Atlanta, GA 30329  
Phone: 404-320-3333

*Cancer Information Center*  
Phone: 800-422-6237; 877-679-9045  
Purpose: Provides information on all aspects of cancer support, clinical trials for clients.

*Highlands County Cancer Society*  
Phone: 1-800-365-2858, ext. 30  
Purpose: Series of eight classes, "I Can Cope" for up to 10 cancer patients and/or families.

**Breast:**

*Breast Cancer Support Group*  
Address: Highlands Regional Medical Center;  
Address: U. S. Highway 27 South  
Sebring, FL 33870  
Phone: 863-471-5815  
Contact: Kathleen Border  
Hours: 3<sup>rd</sup> Friday of each month; 2:00 pm  
Purpose: To offer support and knowledge to newly diagnosed breast cancer patients, as well as to survivors for the continuation of good health.

*Reach for Recovery*  
Address: Highlands Regional Hospital  
US 27, Sebring, FL 33870  
Phone: 863-382-2828; 863-385-6858;  
863-382-1674  
Hours: Meets third Monday of the month at 7:00 p.m.  
Contact: Jo Ann Walter

**Prostate:**

**Man-to-Man Program**  
Address: Fairway Pines  
5959 Sun 'N Lakes Blvd.  
Sebring FL 33872  
Phone: 941-365-2858 x 37  
Hours: Meets 3<sup>rd</sup> Monday of each month, 9:30 – 10:30 a.m.  
Purpose: Provides information with guest speakers, regarding diagnosis, treatment, exercise, nutrition, recurrence, incontinence and sexual problems.

**C.A.R.E.** (Christ Centered Addiction Recovery)  
Address: Little Lambs, Inc. / 710 S. Eucalyptus St.  
Sebring, FL 33870  
Phone: 863-214-9683  
Purpose: 12-Steps recovery for anyone with drug and alcohol problems  
Hours: Tuesday's at 7:30 p.m.  
Nar-Anon Family Groups  
Address: First Baptist Church of Lake Josephine

111 Lake Josephine Dr., Sebring  
Phone: 863-202-2349  
Time: Tuesday's; 6:00 pm  
Purpose: Support group for family members or friends of someone with a drug problem or addiction, whether or not he/she has stopped using.

**CARDIPULMONARY REHABILITATION  
PULMONORY REHAB SUPPORT GROUP**

Address: 4635 Sun 'N Lake Boulevard  
Sebring FL 33872  
Phone: 863-386-7180  
FAX: 863-386-7198  
Contact: Patricia Scherer, CRT, CPET, Manager

**CAREGIVERS SUPPORT**

*Florida First Assembly*  
Address: 1397 South Florida Avenue  
Wauchula, FL 33873  
Phone: 863-382-8188 Arla  
863-773-0791 Marie Wiseman

*Palms*  
Address: 725 Pine Street,  
Sebring, FL 33875  
Phone: 863-385-4555

*Fairway Pines Assisted Living Facility*  
Address: 5959 Sun 'N Lake Blvd.  
Sebring, FL 33872,  
Phone: 863-227-0629 Virginia Winn  
863-385-5454 Michelle Dannels  
Time: 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month  
10:00 – 11:00  
Purpose: This group is free and open to all caregivers dealing with any caregiving issues.

*Hope Hospice*  
"Caring for Others, Caring for Self" group  
Hours: Tuesday  
Location: Royal Care of Avon Park  
1213 Stafford Road, Avon Park  
Phone: 453-6674

*Rosewood Assisted Living*  
Address: 517 US Highway 27 North  
Lake Placid, FL 33852  
Phone: 863-465-3411  
Hours: 2<sup>nd</sup> & 4<sup>th</sup> Tuesday  
7:30 – 8:30 pm  
Purpose: Caregiver support group.

## **DEPRESSION AND BIPOLAR SUPPORT ALLIANCE**

Phone: 863-382-6169

Hours: Every Wednesday 8-9:00 p.m.

Contact: Ronnie Daugherty

Web Support: Wednesdays 8-9 PM at

[www.dbsalliance.org/chat.html](http://www.dbsalliance.org/chat.html)

## **DIABETES**

Diabetes Support Group

Location: Conference Room 3

Florida Hospital Heartland

4200 Sun 'N Lake Blvd.

Sebring, FL 33872

Phone: 863-402-1077, call for meeting dates

Hours: 2nd and 4<sup>th</sup> Mondays 1:00-2:30 PM

Diabetes Education

Address: Boys & Girls Club of Sebring

7205 S. George Blvd.

Sebring FL

Phone: 863-382-7305

Hours: Monday, 7:00 PM

Diabetes Education

Address: Highlands County Health Dept.

816 S. Delaney Avenue,

Avon Park, FL

Phone: 863-382-7305

Hours: Tuesday, 10:00 AM

Insulin Pump Support Group

Florida Hospital Heartland

Location: Conference Room 3

Florida Hospital Heartland

Sebring, FL 33872

Phone: 863-402-1077, call for meeting date

Hours: 2<sup>nd</sup> Monday 3:00 – 4:30 p.m.

Diabetes Support Group

Location: Hardee County Health Dept.

115 K.D. Revell Road

Wauchula, FL 33873

Phone: 863-773-4161 x 157 or 217

Hours: English Speaking: Every

Wednesday for

Four consecutive weeks; 9:30 – 11:30 am

Spanish Speaking: Every

Wednesday for

Four consecutive weeks; 1:00 – 3:30 pm,

To participate in class, a referral form from

the participant's primary care physician is

needed. Call for next class.

Insulin Pump Support Group

Address: YMCA,

100 YMCA Lane

Sebring, FL 33872

Phone: Kathy, 385-8349

Diabetes Self Management Education

Address: Highlands County Health Dept.

7205 South George Blvd.

Sebring, FL 33870

Phone: 863-382-7228

Diabetes Support Group

Address: Groves at Victoria Park

2010 Village Grove Blvd.

Sebring, FL 33870

Phone: 385-8349

Purpose: To help people with diabetes, their

families or people who want to know more

optimizing diabetes control

Hours: Second Tuesday of each month 3-

4:30 p.m.

## **DISABLED SUPPORT GROUP**

Address: First United Methodist Church

Sebring, FL

Phone: 863-385-2137

Contact: Dick Beeler

Hours: 7:00 p.m. second Tuesday of the month

## **DIVORCE**

PARENTS / MINOR CHILDREN AND DIVORCE

Address: Florida Hospital Heartland

4200 Sun 'N Lake Blvd,

Sebring, FL 33872

Phone: 863-453-6661, ext. 7388 or 7392

Hours: Four hour course

Contact: Lauren or Doug

Address: First Baptist Church

Avon Park FL

Phone: 863-453-6681

Hours: Wednesday, 6 – 8 PM

Purpose: Weekly video support group for those

experiencing the pain of separation or divorce.

Workbook \$12. Supper available at 5PM for \$3.

## **DUAL RECOVERY ANONYMOUS**

Address: 100 West College Drive

Avon Park, FL 33825

Phone: 863-453-6834

Hours: 8:00 p.m. each Wednesday at the Florida

Center for Addictions & Dual Disorders Auditorium

## **EPILEPSY SUPPORT GROUPS:**

Address: Winter Haven Hospital

Winter Haven, FL

Phone: 863-686-5880

Hours: First Tuesday of the month at 2:00

p.m. in Classroom B

Address: Lake Wales Hospital  
Lake Wales, FL  
Phone: 863-676-0564  
Hours: 2:00 p.m. 1<sup>st</sup> Tuesday of month

### **FIBROMYALGIA RECOVERY SUPPORT GROUP**

Address: Union Congregational Church (library)  
106 North Butler Ave.  
Avon Park, FL 33825  
Phone: 386-5017  
Hours: 10 A.M., 1st & 3<sup>rd</sup> Wednesdays of each month. First-timers arrive at 9:15 AM.  
Purpose: Group is based on the book *What Your DR May Not Tell You About Fibromyalgia*, by Drs. St. Amand and Marek  
Email: julie56@strato.net

### **GRIEF**

Address: Florida Hospital Heartland Division  
Phone: 863-402-3370  
Date/Time: TBA  
Contact: Florida Hospital Chaplains

Bethany Center  
Operated by Good Shepherd Hospice  
Address: 105 Arneson Avenue  
Auburndale, FL 33823  
Phone: 863-297-1800  
Purpose: Provides individual and group counseling for children. Serves Polk, Highlands and Hardee Counties.

### **HOPE HOSPICE SUPPORT GROUPS**

Address: Reflections on Silver Lake  
Avon Park FL  
Phone: 836-370-0312  
Hours: Thursday, 2:00 PM

Woody's RV Resort Clubhouse  
4414 US 27 S, Sebring FL  
Hours: Thursday, 6:00 PM  
Phone: 863-370-0312

Hope Hospice  
Lake Placid Public Library  
205 W. Interlake Blvd  
Lake Placid FL  
Hours: Wednesday, 4:00 PM  
Purpose: Free grief support

Compassionate Friends For The Bereaved  
Phone: 863-382-4495 Kathy Parker  
863-471-3802 Vicki Floyd  
Purpose: Support and encouragement for those who have lost a loved one. Helpful management skills on how to cope with preparation and expectations. Also, methods of how to live life to the fullest.

Good Shepherd Hospice  
Address: Good Shepherd Sun Room  
Good Shepherd Hospice  
Sun 'n Lake Blvd.  
Sebring, FL 33872  
Phone: 863-402-1066, call for date/time  
Purpose: To provide emotional support and education on the grief process. Open to people in the community who grieve for a loved one.

Crown Point ALF, Sebring, FL 33872  
Phone: 386-1060  
Hours: Tuesdays 2:00 – 3:30  
Purpose: Six-part support group session

Union Congregation Church  
Address: Forest Avenue  
Avon Park, FL 33825  
Phone: 863-453-3345  
Hours: 2<sup>nd</sup> and 4<sup>th</sup> Thursday each month  
Purpose: Divorce, Loss of Child, dealing with life on life's terms.

### **GROWW**

Grief Recovery Online Widows & Widowers  
Email: [www.groww.org](http://www.groww.org)  
Purpose: Support community for all bereaved.

### **GRANDPARENTS RAISING GRANDCHILDREN**

Address: Wachovia Bank Building, 3<sup>rd</sup> Floor  
228 North Ridgewood Drive  
Sebring, FL 33870  
Phone: 385-1811 July Nicewicz;  
382-2134 Laurie Murphy  
Hours: 11:30 to 1: p.m.  
Purpose: Support for grandparents

### **HANDICAPPED AMERICANS LOVE OF LIVE ORGANIZATION (H.A.L.L.O.)**

Address: 109 Medical Center Avenue  
Sebring, FL 33870  
Phone: 863-385-1196  
Hours: Meets the second Wednesday of the month at 7:00 p.m.  
Purpose: Founded out of the need for people with disabilities to be able to associate with others who are physically disabled living in the community. Provides additional opportunities to each member to utilize resources available for people with disabilities

### **HEAD AND SPINAL CORD INJURIES SUPPORT GROUP**

Address: Lake Placid Health Care Facility  
Lake Placid, FL 33852  
Phone: 863-465-7200  
Hours: Third Monday of each month at 6:30 p.m.

Purpose: To create a positive setting and experience so the injured persons can address physiosocial adjustment issues related to their injury.

### **HEARTLAND AMPUTEE GROUP**

Address: 112 Medical Center Ave.  
Sebring, FL 33870

Hours: Meets the 2<sup>nd</sup> Thursday of each month  
Phone: 863-385-1196 or 863-655-6233  
Email: halloinc@embarqmail.com

### **HEPATITIS / LIVER DISEASE**

Address: Classroom #1, Bartow Memorial Hospital,  
2200 Osprey Blvd. Bartow, FL

Hours: 3<sup>rd</sup> Thursday of each month, 6:00 – 7:30 PM  
Phone: Jan Dalessandro RN (863) 640-4711  
Purpose: support group for people with hepatitis or liver disease, other interested individuals also welcome. Supported by American Liver Foundation

### **INSULIN PUMP SUPPORT GROUP**

Address: Florida Hospital Heartland  
4200 Sun-n-Lake Blvd., Sebring FL

Phone: 863-402-0177  
Hours: 3:30-5:00 p.m.  
Time: 2<sup>nd</sup> Monday of every month  
Medical Center Conference Room 3

### **LARYNGECTOMEE CLUB**

Ridge Area Nu/Voice  
Address: Wood Have Estates Clubhouse  
2122 Jacaranda Way,  
Sebring, FL 33870

Phone: 453-5921  
Hours: Meets the third Sunday of the month  
(November through April) at 2:00 p.m.  
Contact: Sylvia

### **LUPUS SUPPORT GROUP**

Address: Lake Placid Florida Hospital  
1210 U. S. Highway 27 North  
Lake Placid, FL 33852

Phone: 863-699-1952  
Purpose: Support for lupus disease

### **MEMORY DISORDERS SUPPORT GROUP (Also See Alzheimer Disease)**

Address: Valencia Mobile Home Park  
3801 Youth Care Lane,  
Sebring, FL 33875

Phone: 863-385-3444  
Hours: 6:00 p.m. every third Tuesday

### **MOMS CLUB**

Address: First United Methodist Church  
126 S. Pine Street,  
Sebring, FL 33872  
Phone: 863-699-0882 or 471-2725

Hours: 10:30 a.m. 1<sup>st</sup> Friday of each month

Address: 5310 Oak Rd.,  
Sebring, FL 33875

Phone: 863-385-9489; 863-465-4800;  
863-314-0290

Hours: 10: a.m.

Contact: President Doreen Diefendorf  
Purpose: A nonprofit national organization for at-home moms. Children are welcome.

Website: [www.geocities.com/momsclubpage](http://www.geocities.com/momsclubpage)  
Email: [juluvtom@aol.com](mailto:juluvtom@aol.com)

### **MULTIPLE SCLEROSIS**

Address: Highland Regional Medical Center  
U. S. 27 S.,  
Sebring, FL 33870

Phone: 863-465-3138  
Hours: 7:00 p.m. second Tuesday of each month  
Contact: Janet Terry

### **NATIONAL ALLIANCE FOR THE MENTALLY ILL At PEACE RIVER CENTER**

Address: 1124 N. Lake Parker Avenue  
Lakeland, FL

Phone: 863-413-2566  
Hours: Third Tuesday at 6:30 and 7:30 P.M.  
Purpose: Support Group for those with mentally ill relatives.

### **NARCOTICS ANONYMOUS**

Address: Lakeside House  
1513 S. Highlands Ave.,  
Avon Park, FL 33825

Phone: 24-hr hotline: 1-800-850-7347;  
914-616-0460

Hours: 8:00 p.m.  
Address: St. Francis Episcopal Church  
43 Lake June Road,  
Lake Placid, FL 33852

Phone: 863-465-0051  
Contact Judy Filler

### **NEUROPATHY GROUP**

Address: Florida Hospital  
Phone: 863-465-1863 Lt. Col. Eugene Richardson  
Hours: 6:30 – 8:00 p.m., Conference Room 1  
Starts April 10, 2008

Purpose: Lecture, discussion and question session on the challenges of and diagnosis of all peripheral neuropathies.

### **NEUROPATHY, PERIPHERAL**

Address: Founders Hall, Highland Ridge  
Phone: 863-386-1816 Donna Reuscher  
Hours: Meets 2<sup>nd</sup> Tuesday of the month, 1:30 PM.

Purpose: For persons with nerve damage due to surgery, over-medication, diabetes, or other causes. For the caretaker and the patient.

#### **OLDER WOMEN'S LIFETIME SHARING (OWLS)**

Phone: 465-7242 Pearl Carter  
Hours: At the discretion of the group  
Purpose: Sharing practical information and social support for those 80 years and older to know they are not alone in what they're experiencing.

#### **ORGAN DONOR SUPPORT GROUP**

Phone: 863-324-3186

#### **OSTOMY**

##### **OSTOMY SUPPORT GROUP**

Phone: 863-385-6101  
Hours: Meets first Thursday of the month at Homer's Smorgasbord.  
Phone: 863-471-0764 (Ed Baraga)

##### **OSTOMY CLUB**

Address: Winter Haven Hospital  
Winter Haven, FL  
Phone: 863-293-1121, ext. 1511  
Hours: Meets second Saturday October, November & December at 10:00 a.m.

##### **CENTRAL FLORIDA'S OSTOMY SUPPORT GROUP OF HIGHLANDS COUNTY**

Phone: 863-471-0764; 863-655-4887  
Hours: First Thursday of the month at Homers Restaurant (Must buy lunch to get in)  
Purpose: To provide help and support with speakers and exchange of members practical experiences. Supplies and new innovations are displayed and discussed.

##### **HIGHLANDS REGIONAL MEDICAL CENTER OSTOMY SUPPORT GROUP**

Address: U. S. 27 South,  
Sebring, FL 33870  
Phone: 863-471-5815  
Hours: 2:00-3:00 P.M. Wednesday on a quarterly basis in the 1<sup>st</sup> Floor Boardroom  
Contact: Kathleen Border

#### **PAIN**

Address: Florida Rehabilitation Center  
Phone: 8863-471-6303  
Purpose: Offers free hand pain screening

##### **Christians in Chronic Pain**

Hours: 1<sup>st</sup> Thursday of every month in a home  
6:30 PM  
Phone: 863-385-7871

Purpose: To support each other through prayer and practical means. Spouses are encouraged to attend.

#### **PANIC RELIEF SUPPORT GROUP**

Support for panic, anxiety and agoraphobia.  
Phone: 732-940-9658  
Website: [www.panicreliefinc.com](http://www.panicreliefinc.com)

#### **PARKINSONS DISEASE**

Address: Family Life Outreach center  
340 North Pine Street  
Sebring FL 33872  
Phone: 863-453-6589 or 452-2053  
Hours: Meets second Monday of the month at 1:00 p.m.  
Contact: Marva Turner

#### **PARKINSON'S DISEASE SUPPORT GROUP**

Address: Fellowship Hall of the  
First Baptist Church  
340 N. Pine Street  
Sebring FL  
Phone: 863-453-6589  
Hours: 2<sup>nd</sup> Monday of every month, 1:00 PM  
Purpose: For all people with Parkinson's disease and families.

#### **PULMONARY SUPPORT GROUP**

Address: Florida Hospital Cardiac Rehabilitation Department  
Phone: 863-386-7180  
Hours: Meets the second Wednesday of the month at 9:30 a.m.  
Purpose: Provides support, education and monthly guest speakers for those who have suffered from pulmonary illness and their families.

#### **SCLERODERMA FOUNDATION**

Address: Temple Terrace United Methodist Church  
5030 E. Busch Blvd., Room 33  
Temple Terrace, FL  
Phone: 813-988-4141; 813-681-9944  
Hours: Meets Wednesdays @ 7:00 p.m.  
Contact: Ginger Walseth  
Email: [jbradgun@aol.com](mailto:jbradgun@aol.com)

#### **SUICIDE GRIEF SUPPORT GROUP**

Offered by Daybreak Counseling Center and Good Shepherd Hospice  
Address: 4421 Sun 'N Lake Blvd, Suite A  
Sebring FL 33872  
Phone: 863-402-1066 (Kathy Wilde) or  
836-314-4357 (Charleen Stroup)  
Registration required.  
Purpose: To share your feelings with others and learn ways to work through your grief.  
Email: [www.goodshepherdhospice.org](http://www.goodshepherdhospice.org)

**THYROID DISORDER GROUP OF FLORIDA**

Address: Winter Haven Hospital, Classroom A  
 Phone: Okeechobee 863-357-7238  
 Hours: 7:00 –9:00 P.M. 2<sup>nd</sup> Tuesday between  
 September & November

**VISION**

Address: Oaks Village  
 751 W. Carey Lane  
 Avon Park FL 33825  
 Phone: 863-453-8444; 863-452-2424  
 Hours: Meets every other month on  
 Tuesday at 10:30 a.m.  
 Contact: Betty Jo or Ed Dowdy

Address: Sebring Village Clubhouse  
 US 27, Sebring, FL 33872  
 Hours: Meets the second Thursday of the  
 month at 12:00 noon, Oct. 2004 through  
 March 2005  
 Phone: 863-385-1196; 863-471-0052  
 (Dorothy Olson)  
 Purpose: For individuals with vision  
 problems

**WEIGHT LOSS SUPPORT**

**OVEREATERS ANONYMOUS**  
 Address: Conference Room 3  
 Florida Hospital Heartland  
 4200 Sun 'n Lake Blvd.  
 Sebring 33872  
 Phone: 863-385-4277 Melinda  
 Hours: 4 – 5 PM, Sundays  
 Website: www.aa.org

**OVEREATERS ANONYMOUS**  
 Address: First Presbyterian Church  
 117 N. Oak Street,  
 Lake Placid, FL 33852  
 Phone: 863-465-2824; 863-382-1821  
 Hours: Meets each Saturday at 10:30 a.m.  
 Contact: Eleanor or Betty

**OVEREATERS ANONYMOUS**  
 Address: Walker Memorial Seventh-Day  
 Adventist Church  
 1410 W. Avon Boulevard  
 Avon Park  
 Phone: 863-385-4277

**FOOD ADDICTS ANONYMOUS**  
 Address: Southern Lifestyle Assisted  
 Living (conference room to the right  
 of the front entrance)  
 1297 US 27, Lake Placid  
 Phone: 863-465-0254  
 Hours: Thursday, 10:30 AM

Purpose: 12-step fellowship

**TAKE OFF POUNDS SENSIBLY  
(T.O.P.S.):**

**ATONEMENT ELCA LUTERAN CHURCH**  
 Address: 1744 SE Lakeview Drive  
 Sebring, FL 33872  
 Phone: 863-655-1967; 863-382-0331  
 Meets: Tuesday's  
 Hours: Weigh-in 5:30/ Meeting: 6:00 p.m.

**CRYSTAL LAKE VILLAGE - CLUBHOUSE**  
 Address: Wauchula  
 Phone: 863-767-1077  
 Meets: Tuesday's  
 Hours: Weigh-in 5:15 pm / Meeting 6:00  
**FIRST PRESBYTERIAN CHURCH**  
 Address: 215 East Circle St.  
 Avon Park, FL 33825  
 Phone: 863-452-1093  
 Meets: Tuesday's  
 Hours: Weigh-in 4:00 pm / Meeting: 5:00

**FIRST CHRISTIAN CHURCH**  
 Address: 2241 Hwy 630 W  
 Frostproof FL 33843  
 Meets: Thursday's  
 Time: Weigh-in 7:30 am / Meeting 8:00 am

**LAKE JOSEPHINE BAPTIST CHURCH**  
 Address: Lake Placid, FL 33852  
 Phone: 863-655-3673  
 Hours; 2:30 p.m. in the Fellowship Hall

**OAK VILLAGE CLUBHOUSE**  
 Address: North Florida Avenue  
 Phone: 863-382-1346; 863-453-7509  
 Meets: Tuesday's  
 Hours: 4:45 pm.  
 Contact: Martha Cabot

**TANGLEWOOD CLUBHOUSE**  
 Address: Tanglewood Clubhouse  
 Sebring, FL 33872  
 Phone: 863-314-9754  
 Meets: Tuesday's  
 Hours: 7:30 a.m.

**VENUS UNITED METHODIST CHURCH**  
 Address: 962 Co. Road 731  
 Venus FL  
 Phone: 863-465-9165

**WHISPER LAKE CLUBHOUSE**  
 Address: 1195 Whisper Lake Blvd.  
 Sebring FL 33870  
 Phone: 863-471-2193

Meets: Thursday's  
Time: Weigh-in 7:30 am / Meeting 8:00 am

**WHISPERING PINES BAPTIST CHURCH**

Address: 303 White Pine Drive  
Sebring, FL 33872  
Phone: 863-385-3155; 863-314-9485  
Meets: Wednesday's  
Hours: Weigh-in 8:30 am / Meeting: 9:00

**WISDOM OF WOMEN (WOW)**

Address: Sebring - Salvation Army  
120 North Ridgewood Avenue,  
Sebring, FL  
Hours: Monday 5:20 – 7:30 p.m.

Bartow – Tri-County Human Services  
Current Clients Only  
Wauchula – Florida Hospital  
Address: 533 Carlton St., Wauchula, FL  
Hours: Thursdays 5:30 – 7:30 p.m.

Winter Haven – Regency Women's  
Hospital  
Address: 101 Avenue O, S. E.  
Winter Haven, FL  
Hours: Tuesdays 6:30 – 8:30 p.m.  
Contact: Sharon Slaving 863-452-3858  
Email: [Sslavin@tchonline.com](mailto:Sslavin@tchonline.com)  
Anita Cape 863-944-4173  
Email: [Familyptsdnet@aol.com](mailto:Familyptsdnet@aol.com)  
Purpose: A gathering of women  
who share their experience,  
strength, and hope with each other  
and find support and understanding  
in a variety of issues.

## SECTION 3: STATE AND NATIONAL INFORMATION

### Agency for Health Care Administration

Phone: 888-419-3456

Purpose: Offers a variety of consumer resources to assist all Floridians in obtaining accessible, affordable quality health care. Information about the quality of nursing homes, "Gold Seal", by county.

### Aging with Dignity

Phone: 888-594-7437

Purpose: Provides families and elders with practical information, advice and tools to improve quality of care for the sick, aging and dying.

### Agency for Health Care Administration

Address: 2727 Mahan Dr.

Tallahassee, FL 32308

Phone: 850-488-1295; 888-419-3456

Website: [www.fdhc.state.fl.us](http://www.fdhc.state.fl.us).

Purpose: For problems or questions about hospitals; Medicaid programs; medical or nursing homes

### Alzheimer's Association

Phone: 800-272-3900

Purpose: 24-hour hotline with information on dementia. Can provide information on local chapters.

### Alzheimer's Caregiver Support Online

Phone: 866-260-2466

Purpose: Provides caregivers of elders with Alzheimer's and other dementias with caregiver education in a supportive classroom environment

### Alzheimer Information

Suncoast Gerontology Center

Phone: 800-633-4563

Purpose: Information on latest treatments

### American Heart Association

Phone: 800-275-0448

District Office in St. Petersburg

### Association of Brain Injury

Phone: 866-875-5660 / 850-245-4045

Purpose: Assists individuals with brain injuries, their families and professionals with information, education, training, support services and other assistance.

### Attention Deficit Information Network, Inc.

475 Hillside Ave.,

Needham, MA 02194

Phone: 781-455-9895

### Banking & Finance

Office of the Comptroller

Address: The Capitol, Ste 2102

Tallahassee, FL 32399-0350

Phone: 800-848-3792

Website: [www.dbf.state.fl.us](http://www.dbf.state.fl.us)

Purpose: For problems or questions regarding banking; cemeteries, credit; credit union; finance companies; loan companies; mortgage brokers or security brokers.

### Cancer Information Center

Phone: 800-422-6237

Purpose: Provides information on all aspects of cancer. Support, clinical trials for clients, families and medical professionals.

### Community Affairs Department

Address: 2555 Shumard Oak Blvd

Tallahassee, FL 32399-2100

Phone: 877-352-3222

Website: [www.dca.state.fl.us](http://www.dca.state.fl.us).

Purpose: For problems or questions about elderly; elderly abuse; energy efficiency or land planning.

### Elder Affairs

Address: 4040 Esplanade Way, Bldg. B,  
Suite 152,

Tallahassee, FL 32399-7000

Phone: 850-414-2000 / 800-963-5337

Website: [state.fl.us/doea/doea.html](http://state.fl.us/doea/doea.html)

Purpose: For problems or questions about aging; elderly abuse, neglect and exploitation or hotels and motels.

### Elder Helpline Information & Referral

Phone: 800-963-5337

Purpose: Provides consumer information about all elder programs and services. 1-800-96-ELDER can also provide elder helpline number for each of Florida's 67 counties.

### Florida Advocacy Council (FAC)

Phone: 1-800-342-0825

Purpose: Advocate for the welfare of individuals who receive services from the State of Florida. Investigates complaints of abuse and deprivations of human and constitutional rights.

### Florida Department of Children & Families

Address: 1317 Winewood Blvd., Bldg. #1,

Tallahassee, FL 32399-2000

Phone: 850-488-4855; 800-962-2873 Abuse

Registry

Purpose: For problems or questions about adult abuse; child abuse; food stamp program; youth services.

**Florida Department of Environmental Protection**

Phone: 1-877-822-5208

Purpose: Lead agency for environmental management and stewardship. The agency manages the Florida Park Service and provides information about discount programs for recreational activities at state parks.

**Florida Department of Health HIV/AIDS**

Phone: 850-245-4432

1-800-FLA-AIDS (352-2437) (Toll Free Hepatitis C Hotline)

**Florida Department of Health**

Address: 1317 Winewood Blvd,  
Tallahassee, FL 32399-0700

Phone: 850-487-3160

Website: [www.doh.state.fl.us](http://www.doh.state.fl.us)

Purpose: For problems or questions about acupuncturists; chiropractors; dentists and hygienists; dietitians and nutritionists; hearing specialists; immunization; marriage and family therapists; mental health counselors; medical; opticians or optometrists; pharmacists; physical therapists; physicians or nurses or social workers.

**Florida Department of Insurance Consumer Services**

Address: Larson Bldg., 200 E. Gaines St.,  
Tallahassee, FL 32399-0322

Phone: 800-342-2762, Option 2

Website: [www.doi.state.fl.us](http://www.doi.state.fl.us)

Purpose: For problems or questions about fire safety or insurance.

CONSUMER PROTECTION

**Florida Consumer Protection/Department of Agriculture & Customer Services**

Phone: 800-435-7352, Option 1  
850-488-2221

Purpose: Consumer complaints, questions, helpful brochures. Also offers help in removing name from solicitation lists and landlord disputes.

**Florida Comptrollers Consumer Hotline**

Phone: 1-800-848-3792, Option 1

Purpose: Concerns involving investments, banking, and fraud.

**Florida Division on Consumer Services**

Phone: 1-800-435-7352  
850-488-2221

Purpose: Clearinghouse for consumer information, protection and complaints. Handles product recalls, inspections and investigations.

HOUSING

**USDA Federal Home Repair Programs**

Phone: 863-763-5507

Purpose: Rural home repair loans and grants.

INSURANCE

**Florida Department of Elder Affairs Serving Health Insurance Needs of Seniors (SHINE)**

Phone: 1-800-963-5337

Purpose: Provides free Medicare and health insurance education, counseling and assistance to Medicare customers, their families and caregivers.

**Florida Department of Insurance Consumer Helpline**

Phone: 1-800-342-2762

Purpose: Provides proper registration and licensing of an insurance company and agent. Cannot provide financial rating information. Callers should consult local library for rating information.

**Florida Department of Insurance Consumer Outreach & Education**

Phone: 1-800-342-7762

Purpose: Provides education, information and assistance to consumers about insurance.

LEGAL

**Family Law Issues**

Phone: 1-800-370-4114

Purpose: Specializes in family issues. Generally only handles divorce if abuse or children are involved. Must be at or below poverty guidelines. No fee if accepted.

**Florida Bar Lawyer Referral Service**

Phone: 1-800-342-8011

Purpose: Provides referral based on needs and geographic location. May provide reduced or pro-bono services to persons identified as seniors/low income. Caller should understand terms as may involve a fee – free or half price. Ask for Elder Panel.

**Florida Rural Legal Services**

Phone: 1-800-277-7680; 1-800-476-1837

Purpose: Specializes in appealing/denial of government benefits, immigration, end of life issues, etc. May help in other areas or arrange for *pro-bono assistance* from private attorneys. Can provide power of attorneys, wills, etc. No fee for most seniors, non-seniors qualify based on income.

## MEDICAL ASSISTANCE

### **Florida Injury Prevention Program**

Phone: 239-332-9571

Purpose: Provides educational materials to agencies who serve Florida's seniors on the topic of injury prevention, particularly falls prevention, fire safety and poison and medication safety.

### **Florida Poison Information Center**

Phone: 800-226-2604

850-226-2604

Website: [www.poisoncentertampa.org](http://www.poisoncentertampa.org)

Purpose: Provides emergency services 24 hours a day by offering poison prevention and management information through a nationwide toll free hotline. 24 crisis line 1-800-222-1222.

### **Medicaid Customer Service Line**

Phone: 1-800-226-2316

Purpose: Answers questions on coverage of services and listings of licensed providers.

## MEDICAL INFORMATION

### **National Cancer Institute Cancer Information Service**

Address: P. O. Box 1133, Washington, DC 20013

Phone: 800-422-6237

Purpose: Offers the latest information on cancer for patients, families, professionals and the public.

### **National Diabetes Information Clearinghouse**

Phone: 800-891-5389

Email: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

Purpose: Distributes free and low-cost publications and videos. It also does limited research on request.

### **National Health Information Center**

Address: P. O, Box 1133,  
Washington, DC 20013-1122

Phone: 800-336-4797; 301-565-4167

Email: [nhicinfo@health.org](mailto:nhicinfo@health.org); [nhic-nt.health.org](mailto:nhic-nt.health.org).

Purpose: Federally funded service that refers people with health and medical questions to appropriate organizations.

### **Wheaton Regional Library's Health Information Center**

Address: 11701 Georgia Ave.  
Wheaton, MD 20902

Phone: 240-777-0678

Purpose: Has one of the area's best collections of books, journals, pamphlets, newsletters, medical texts and videos. The center will do health-reference searches over the phone and offers a 24-hour message service for senior citizens and caregivers who have health questions.

## PHONE

### **Florida Public Service Consumer Assistance/Lifeline Assistance & Linkup**

Phone: 1-800-342-3552

Purpose: Assistance to needs residential telephone customers so that basic telephone service remains affordable. Provides credit on qualified residential customer's monthly bills and *Linkup Florida* provides a reduction in hookup charges.

### **Lifeline/Linkup**

Phone: 800-540-7039

Purpose: Provides credit on phone bill of up to \$13.00 per month to qualified customers. Persons may qualify if they received any of the following types of assistance: TANF, Food Stamps, Medicaid, SSI, Federal Public Housing, or LIHEAP. Contact Customer Care Center (Sprint). May also have phone connection charge discounted.

## QUALITY OF CARE ISSUES/ASSISTED LIVING FACILITY OR NEW HOMES

### **Florida Medical Quality Assurance Inc.**

Phone: 850-245-4224

Purpose: Call for Peer Review to prevent premature hospital release/report poor quality of care.

### **Florida Ombudsman**

Phone: 1-888-831-0404

Purpose: Will help resolve care issues. Can provide information on inspections of licensed facilities.

## RUNAWAYS

### **National Runaway Switchboard**

Address: 3080 N. Lincoln Avenue  
Chicago, IL 60657

Phone: 773-880-9860 Fax: 773-929-5150

Crisis Line: 1-800-621-4000

TDD: 1-800-621-0394

Purpose: Information; referrals; home free transportation; education & outreach; message service; conference calls.

Website: [www.nrscrisisline.org](http://www.nrscrisisline.org) Email:  
[info@nrscrisisline.org](mailto:info@nrscrisisline.org)

## SENIOR RESOURCE CENTER

### **The Florida Department of Financial Services**

Phone: 1-800-342-2762

Purpose: Information regarding issues on long-term care or Medicare supplements, investments, financial scams and gaining access to discounts on prescription drugs, also hurricane assistance.

Website: [www.flseniors.net](http://www.flseniors.net)

## TAXES

### **Florida Department on Revenue Tax Information Services**

Phone: 800-352-3671 / 850-488-6800

Purpose: Information and education about taxes and provides free tax seminars for citizens

### **AARP Tax Aide**

Purpose: Provides FREE tax preparation to any moderate or low income tax payer (AARP membership not required). Please bring last year's tax return, all W-2's, 1099's, receipts, social security cards for all tax payers and dependents and picture ID.

Tax Aide Sites (open from February 1 – April 15).

### AVON PARK:

First Baptist Church, 100 N. Lake Ave., Avon Park FL. Tuesday & Thursday's 12:00 – 4:00.  
Contact: Joanna 452-0267.

### SEBRING

St. John's United Methodist Church, 3214 Grand Prix Drive, Sebring, FL. Monday & Thursday, 1:00 – 4:00. Contact: Sam Whitman 385-1957.

### LAKE PLACID

St. Francis Episcopal Church, 43 Lake June Road, Lake Placid, FL. Tuesday & Saturday; 9:00 am – 1:00 pm. Contact: Church Chase 465-9791.

## VISION

### **Bureau of Braille and Talking Book Library Services**

For Florida residents who cannot use regular print due to a visual, physical or reading disability.  
Phone: 1-800-226-6075

### **National Eye Care Project (NECP)**

Offers medical eye exams for eligible seniors for no out-of-pocket cost through the National Eye Care Project (NECP). More info at:

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

Phone: 1-800-222-3937

## INFOLINES – WHERE TO FIND HEALTH INFORMATION

### ALCOHOL

#### **National Clearinghouse for Alcohol and Drug**

Information, 800-729-6686

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

American Council on Alcoholism  
800-527-5344

## ALLERGIES AND ASTHMA

### **Allergy and Asthma Network**

800-878-4403

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

### **American Academy of Allergy, Asthma and Immunology**

800-822-2762

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

## CANCER PREVENTION AND MANAGEMENT

### **Alliance for Lung Cancer Advocacy**

800-298-2436

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

### **American Cancer Society**

800-227-2345

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

### **American Lung Association**

800-LUNGUSA (586-4872)

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

### **American Society of Clinical Oncology (ASCO)**

888-651-3038

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

### **Cancer Care, Inc.**

800-813-HOPE (4673)

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

### **It's Time To Focus on Lung Cancer**

877-646-LUNG (5864)

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

### **National Alliance of Breast Cancer Organizations (NABCO)**

800-4-A-BCR (422-2227)

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

### **National Cancer Institute**

800-CANCER (422-6237)

[www.nci.nih.gov](http://www.nci.nih.gov)

### **OncoLink**

Abramson Cancer Center  
University of Pennsylvania  
215-349-5445

[www.oncolink.upenn.edu](http://www.oncolink.upenn.edu)

## DEPRESSION

### **National Institute of Mental Health**

800-421-4211

[www.nimh.nih.gov](http://www.nimh.nih.gov)

## DIABETES

### **American Diabetes Association**

800-232-3472

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

## EARS AND HEARING

### **Better Hearing Institute – Hearing Help Line**

800-327-9355

### **Better Hearing Program**

#### **Educational Division of PHAC**

Address: 3303 Parkway Center Court, Orlando FL

Phone: 407-293-1155

Purpose: A free community services provided by Miracle Ear Corporation and is intended to raise the awareness of the general public and person of 50+ years the importance of any annual hearing checkup.

## EYE HEALTH AND SAFETY

### **American Optometric Association**

314-991-4100

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

### **Prevent Blindness America**

800-331-2020

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

## FAMILY HEALTH

### **American Academy of Family Physicians**

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

## FOOD SAFETY

### **Food and Nutrition Information Center**

[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

### **USDA Meat and Poultry Hotline**

800-535-4555

## HEADACHES

### **National Headache Foundation**

800-843-2256

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

## GLAUCOMA

### **Prevent Blindness America**

800-331-2020

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

## HEART HEALTH

### **American Heart Association**

800-242-8721

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

## **National Heart, Lung and Blood Institute**

800-575-WELL (575-9355)

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## MEDICATION

### **National Library of Medicine's Medline Plus**

[www.nlm.nih.gov/medlineplus/druginformation.html](http://www.nlm.nih.gov/medlineplus/druginformation.html)

## NUTRITION AND WEIGHT CONTROL

### **American Dietetic Association**

800-366-1655

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

### **Tufts University Nutrition Navigator**

[www.navigator.tufts.edu](http://www.navigator.tufts.edu)

## OSTEOPOROSIS

### **National Osteoporosis Foundation**

800-223-9994

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

## POISON PREVENTION

### **American Association of Poison Control Centers**

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

## SLEEP

### **National Sleep Foundation**

888-673-7533

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

## SMOKING CESSATION

### **Great American Smoke-Out**

### **American Cancer Society**

800-227-2345

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

### **Quitnet**

617-437-1500

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

**Note:** You can find hundreds of toll-free health information hotlines in the National Library of Medicine's "Health Hotlines" database. Just go to [sis.nlm.nih.gov/hotlines](http://sis.nlm.nih.gov/hotlines).