

# CaPSS Resource Manual



***Morton Plant Mease Cancer Patient Supports Services (CaPSS) presents this booklet of information about community resources.***

# Cancer Resources & Services Index

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***All information in this manual is subject to change without notice.***

***Last updated: 04/18/2019***

# Cancer Patient Support Services (CaPSS)

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You are not alone on your journey. We're here to help.

## Support

Cancer Patient Support Services (CaPSS) helps cancer patients and their families cope more effectively with the emotional and physical changes resulting from a cancer diagnosis. This innovative program is the first and only one of its kind in Pinellas County. CaPSS offers targeted support groups for patients and caregivers and is committed to treating the whole person — body, mind and spirit. Each group is led by qualified, licensed (or license-eligible) counselors. Spanish-speaking cancer counseling and support groups are also available.

- *Women's Cancer Support Group* (for women of any age and any type of cancer)
- *Luna de Pinellas* (a support group in Spanish for cancer patients, survivors, their immediate family and close friends)
- *Men's Cancer/Caregiver Support Group* (for men who are cancer patients and men who are caregivers)
- *Prostate Cancer Discussion Group* (for male patients only)
- CaPSS also offers individual and family counseling to Morton Plant Mease cancer patients, their families and their significant others that focuses on coping with and adjusting to living with cancer. All services are free of charge.

## Education

The *Community Cancer Education* lectures feature cancer-related information provided by physicians and other health care professionals. All cancer patients, family members and friends in the community are welcome to attend.

Knowledge is power. The *Breast Cancer Patient Handbook* was designed to provide information on what patients need to know when they are first diagnosed. The handbook includes educational information about breast cancer, Web sites and community resources.

Cancer-related books and material are available to patients, families and the community at no charge in the Evelyn R. Simmers *Oncology Resource Libraries*, at the Axelrod Pavilion, 2<sup>nd</sup> floor, at Morton Plant Hospital and at Mease Countryside Hospital, Shaffer Tower, 4<sup>th</sup> floor. CaPSS offices are located on the 2<sup>nd</sup> floor of the Axelrod Pavilion and the 4<sup>th</sup> floor at the Mease Countryside Hospital.

## Patient Navigation for Breast and Prostate Care

After a patient is diagnosed with breast cancer at Morton Plant Hospital, the CaPSS breast cancer navigator, **Agnes Jastrzebski, RN, CBHN**, Breast Care Nurse Navigator (727) 298-6800, provides individualized guidance. She follows patients throughout every aspect of the treatment and coordinates their care, including any necessary tests, treatment and follow-up care prescribed by the patient's team of specialists.

## Cancer Patient Support Services (CaPSS) – Continuing

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Prostate cancer patients who are diagnosed through **Morton Plant Mease** community screenings are also provided with a navigator. Bi-lingual (English-Spanish) navigators are available.

### CaPSS regularly sponsors special programs and events free of charge:

- Weekend retreat for adult cancer survivors – **Camp Living Springs**
- A fun day at the park sponsored by Mease Hospitals Volunteer Resources – **Celebration Picnic**
- Family friendly 5K, 10K, and Kids Dash race – **Miles For Men Prostate Cancer Awareness Race**
- Annual CaPSS “Tree of Hope” event – **Holiday Celebration**
- Morton Plant Mease physicians provide free skin cancer screenings – **Melanoma Monday**
- Morton Plant Mease and the American Cancer Society’s Relay for Life – **Clearwater Relay For Life**
- Annual walk/run to benefit the Florida Suncoast affiliate of Susan G. Komen – **Race for the Cure®**

### Locations

**Axelrod Pavilion at Morton Plant Hospital**  
400 Pinellas St., Clearwater

**Mease Countryside Hospital**  
3231 McMullen Booth Road, Safety Harbor

### Contacts

Cancer Patient Support Services (CaPSS) offers individual counseling and support services to all **Morton Plant Mease** cancer patients, their families and friends. Services are absolutely free. Call the CaPSS office or contact one of the following CaPSS staff members:

#### CaPSS Office

**(727) 462-2125**

Lisa Stout, Manager, Lykes, CaPSS, Ambulatory Care	(727) 462-7220
Ken Bliznick, MSW, LCSW, OSW-C, Counselor	(727) 462-2149
Alma Flores, MSW, ACSW, Social Services Specialist	(727) 462-3314
Agnes Jastrzebski, RN, CBHN, Breast Care Nurse Navigator	(727) 298-6800
John Llauget, MA, EdS, LMHC, Counselor	(727) 462-2141
Jennifer Scrivens, LMHC, NCC, Counselor	(727) 725-6016
Debra Wolf, BSW, Social Services Specialist/Event Coordinator	(727) 462-2145
Alana Touns, MSW, LCSW, Counselor	(727) 462-7153

To stay on top of CaPSS activities, click on the new website: [BayCareCaPSS.org](http://BayCareCaPSS.org). For more information about Cancer Patient Support Services, call **(727) 462-2125**

# Breast Cancer Health Services

## Pinellas County

### Comprehensive Breast Cancer Care Center of Tampa Bay

The Comprehensive Breast Cancer Center of Tampa Bay coordinates the broad spectrum of health services available at Morton Plant Hospital. The Breast Cancer Center is committed to offering the most advanced diagnostic and treatment techniques in the Tampa Bay area. Their depth of knowledge allows them to incorporate the latest advances of treatment into each patient’s plan of care. For more information, call **(727) 462-2131** | [breastcarecentertampabay.com](http://breastcarecentertampabay.com)

## Breast Services Programs for Uninsured/Low-income Women

### The Mammography Voucher Program (MVP)

The Mammography Voucher Program is a community breast health services program provided by the Florida Department of Health in Pinellas County to serve uninsured and low-income women ages 40–49. Women ages 30–39 may be assisted if they meet additional program criteria. For program eligibility requirements and the application, call **(727) 820-4117**.

### Florida Breast and Cervical Cancer Early Detection Program

The Early Detection Program is a federally funded breast and cervical services program for uninsured and low-income women ages 50–64. For additional information and program criteria/eligibility, call **(727) 824-6917**. (Must have legal status)

An application can be found online now.  
[pinellas.floridahealth.gov](http://pinellas.floridahealth.gov)

### Pinellas County Community Clinics

Florida Department of Health – Pinellas County .....	(727) 524-4410
Bayfront Family Health .....	(727) 893-6166
Clearwater Free Clinic .....	(727) 447-3041
La Clinica Guadalupana .....	(727) 461-7730
Turley Family Health Center.....	(727) 467-2400
Willa Carson Health Resource Center .....	(727) 467-9411

# Breast Cancer Health Providers Outside Pinellas County – Uninsured

## Hillsborough County

**Project TOUCH** (Together as One Unified to Champion Health care access) is a community breast health services program serving uninsured and low-income women ages 40-49. Women outside this age range may be assisted if they meet additional program criteria. For an application and program eligibility, call St. Joseph’s Women’s Hospital– **Project TOUCH**..... (813) 356-7117  
Moffitt Cancer Center ..... (813) 745-6769  
Florida Breast and Cervical Cancer Early Detection Program (*for ages 50–64*) ..... (813) 307-8015, ext. 3502

## Community Clinics

Brandon Outreach Clinic ..... (813) 654-1388  
CMA (Centro Medicas Las Americas) ..... (813) 933-2880  
Judeo Christian Clinic ..... (813) 870-0395  
Meditech Medical Center ..... (813) 915-9000  
Red Crescent Clinic ..... (813) 246-5006  
St. Joseph’s Community Care ..... (813) 886-8899

## Manatee County

We Care Manatee Breast Program ..... (941) 755-3952, ext. 2  
Florida Breast and Cervical Cancer Early Detection Program.....(941) 861-2676

## Pasco County

Florida Breast and Cervical Cancer Early Detection Program/  
Healthy Women Today (*ages 50–64*) ..... (727) 619-0369

## Polk, Highland, Hardee Counties

Think Pink/We Care of Polk County (ages 40–49) ..... (863) 646-3436  
Florida Breast and Cervical Cancer Early Detection Program  
(*ages 50–64; Can be a resident of any of the above 3 counties*) ..... (813) 307-8015, ext. 3502

## Sarasota County

Sarasota Memorial Hospital ..... (941) 917-7642  
Sarasota County Health Department ..... (941) 861-2900  
Florida Breast and Cervical Cancer Early Detection Program (*ages 50–64*)..... (941) 861-2676

***For additional information about medical assistance look under Health and Medical Providers***

# Breast Cancer Supplies

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## Pre/Post-Mastectomy/Lumpectomy – Wigs

- Call your insurance company to find out if they cover wigs for chemotherapy. If the insurance does not, contact the American Cancer Society for a wig voucher.
- Have your oncologist write a prescription for “one wig for chemotherapy induced alopecia.”
- You can sign up for the “**Look Good Feel Better**” class by calling **(800) 227-2345**. It is a free program that teaches beauty techniques to women in active cancer treatment. Sponsored by the American Cancer Society.
- “**tlc**” (tender loving care) is catalogue of products for women with cancer. It is affiliated with the American Cancer Society. **(800) 850-9445** | [www.tlcdirect.org](http://www.tlcdirect.org)

### American Cancer Society

*Provides wig vouchers to patients; voucher can be requested through the 24 hour ACS line.*

**24 hour line (800) 227-2345**

### A Place for Her – BayCare HomeCare

*Breast prostheses, mastectomy bras, post-surgical camisoles, breast partials, shapers and balancers, swimsuits, wigs, etc. Contact: Deborah McNicol, RN, BSN, CFS*

#### Clearwater, FL 33756

(Across from Morton Plant Heart & Vascular Pavilion)

1245 S. Ft. Harrison Ave

**(727) 447-1146 | (866) 860-0146**

**Fax: (727) 461-3762**

#### Lakeland, FL 33804

(At the Lakeland Regional Cancer Center)

3525 Lakeland Hills Blvd, Rm 421/422

**(863) 904-1854**

**(866) 860-0146**

### Custom Hair

*(Clearwater Mall behind David’s Bridal)*

2643 Gulf-to-Bay, Suite 1530

Clearwater, FL 33759

**(727) 725-1052**

### Good Hair Days

*(Corner of Tampa Rd. and Race Track Rd.)*

13986 W. Hillsborough Ave.

Tampa, FL 33635

**(813) 855-4393**

### Ladies First Choice

*A boutique specializing in post mastectomy products*

2337 Bellair Rd.

Clearwater, FL 33764

**(727) 535-4446 | (888) 301-4404**

### Wig Villa

*(Downtown St. Petersburg)*

575 Central Avenue

St. Petersburg, FL 33701

**(727) 823-3100**

### Wigs by Abby

*(Largo Mall)*

12031 Indian Rocks Rd., Largo, FL 33774

**(727) 501-9447**

# Breast Cancer – Genetic Testing/Counseling

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## Who is at risk for breast cancer?

All women are at risk for breast cancer. While men also get the disease, it is about 100 times more common in women than in men. A woman's risk of breast cancer also increases as she gets older.

Women with a family history of breast or ovarian cancer are also at a higher risk of developing the disease. The more blood relatives you have with breast or ovarian cancer, the stronger your family history and the greater your risk.

Sometimes a very strong family history is caused by a genetic mutation. While the majority of breast cancers are not caused by inherited risk, research has shown that about seven percent of breast cancer cases are hereditary.

- Talk to your family members to learn your family health history
- Talk to your doctor about your personal risk of breast cancer
- Ask your doctor which screening tests are right for you if you are at a higher risk

## How is this risk inherited?

We're all born with two copies of about 30,000 different genes, one copy of each gene from our mother and one copy from our father. Two genes in particular, BRCA1 and BRCA2, normally work to prevent breast cancer. But in some cases, we can inherit a BRCA1 or BRCA2 alteration from either parent. This alteration or mutation interferes with the normal activity of the gene, making us more susceptible to breast cancer.

## How do I know if I have inherited an altered gene?

To find out if you have inherited an altered BRCA1 or BRCA2 gene, you can undergo BRACAnalysis®. By analyzing a sample of your blood or saliva, scientists can determine any mutations in the BRAC1 and BRAC2 genes. A mutated gene indicates a genetic predisposition to hereditary breast cancer.

**It is important to note that the presence of a BRAC1 or BRAC2 gene mutation is NOT a breast cancer diagnosis nor does it mean that a breast cancer diagnosis is inevitable.**

## If I have an altered gene, what are my options?

Identifying your inherited risk can help you and your doctor make the most informed decisions about your future health care. For example, a woman who knows she carries a BRCA mutation may start breast cancer screening at an earlier age. She may also choose to take risk-reducing medications or have preventive surgery.



## Breast Cancer – Genetic Testing/Counseling – Continuing

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### Genetic Counseling Resources:

#### **informedDNA**

*Genetic counselors are experts in hereditary cancer who will help you find out if your cancer or the cancer in your family is hereditary. InformedDNA is a nationwide network of genetics experts available by telephone.*  
**(800) 975-4819 | [informeddna.com](http://informeddna.com)**

#### **Facing Our Risk of Cancer Empowered (FORCE)**

*FORCE is the only national nonprofit organization devoted to hereditary breast and ovarian cancer. Their mission includes support, education, advocacy, awareness, and research specific to hereditary breast and ovarian cancer. Their programs serve anyone with a BRCA mutation or a family history of cancer.*  
**(866) 288-RISK (7475) | [www.facingourrisk.org](http://www.facingourrisk.org)**

#### **National Society of Genetic Counselors (NSGC)**

*The National Society of Genetic Counselors advances the various roles of genetic counselors in health care by fostering education, research, and public policy to ensure the availability of quality genetic services. NSGC's Find a Genetic Counselor directory has been developed to assist physicians, patients and other genetic counselors in locating genetic counseling services.*  
**(312) 321-6834 | [www.nsgc.org](http://www.nsgc.org)**

### Genetic Testing Facilities and Costs:

*Testing for abnormal BRCA1, BRCA2, and PALB2 genes is usually done on a blood sample taken in your doctor's office and sent to a commercial laboratory or a research testing facility.*

*Several laboratories perform commercial BRCA1, BRCA2, and PALB2 testing, including Myriad Genetics, Ambry Genetics, and Quest Diagnostics. They report results within 2 to 4 weeks. Abnormalities in other genes have also been associated with breast cancer risk. The cost of testing ranges from approximately \$300 to \$5,000, depending on whether you are being tested for only a specific area(s) of a gene known to be abnormal or if hundreds of areas are examined within multiple genes.*

#### **BRCAVantage**

*Quest Diagnostics offers genetic testing for hereditary Breast and Ovarian cancer (HBOC); insurance preauthorization recommended*  
**(888) 277-8772 | [questdiagnostics.com](http://questdiagnostics.com)**

#### **Myriad Genetic Laboratories, Inc. – Financial Assistance Program**

*Offers testing at no charge to uninsured patients who meet specific financial and medical criteria (BRCA1/BRCA2).*  
**(800) 469-7423 | [myriad.com](http://myriad.com)**

# Breast Cancer Online Resources

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## **ABCD: After Breast Cancer Diagnosis**

*ABCD provides free, personalized information and one-to-one support to people affected by breast cancer – patients, families and friends. Teamed up with Y-ME in 2012.*

**(414) 977-1780 | (800) 977-4121 | Helpline Mentors | [www.abcdbreastcancersupport.org](http://www.abcdbreastcancersupport.org)**

## **Advanced Breast Cancer Community**

*Information and resources for those living with metastatic breast cancer.*

**[www.advancedbreastcancercommunity.org](http://www.advancedbreastcancercommunity.org)**

## **African American Breast Cancer Alliance (AABCA)**

*Dedicated to building and sharing awareness, connections, education, resources and support for African American/Black women, men, families and communities affected by breast cancer.*

**(612) 462-6813**

## **American Breast Cancer Foundation (ABCF)**

*The American Breast Cancer Foundation's mission is to provide financial assistance for breast cancer screenings and diagnostic tests for uninsured and underserved individuals, regardless of age or gender.*

**(410) 730-5105 | [abcf.org](http://abcf.org)**

## **AVON BHOP**

*The mission of the Avon Foundation for Women Breast Health Outreach Program is to link medically underserved women to breast health education and screening services.*

**(212) 244-5368 | [www.avonfoundation.org](http://www.avonfoundation.org)**

## **Breastcancer.org**

*A nonprofit organization dedicated to providing the most reliable, complete, and up-to-date information about breast cancer.*

**(610) 642-6550 | [www.breastcancer.org](http://www.breastcancer.org)**

## **Breast Cancer Alliance**

*The mission of the Breast Cancer Alliance is to improve survival rates and quality of life for those impacted by breast cancer through better prevention, early detection, treatment and cure.*

**(203) 861-0014 | [breastcanceralliance.org](http://breastcanceralliance.org)**

## **Breast Cancer: Medline Plus**

*Produced by the National Library of Medicine, MedlinePlus offers reliable, up-to-date health information in understandable language.*

**[medlineplus.gov/breastcancer.html](http://medlineplus.gov/breastcancer.html)**

## **Breast Cancer Trials.org**

*The nonprofit clinical trials matching service.*

**(415) 476-5777 | [breastcancertrials.org](http://breastcancertrials.org)**

## Breast Cancer Online Resources – Continuing

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### **The Breast Cancer Research Foundation (BCRF)**

*The mission is to achieve prevention and a cure for breast cancer in our lifetime by providing critical funding for innovative clinical and translational research at leading medical centers worldwide, as well as increasing public awareness about good breast health.*

**(646) 497-2600 or (866) FIND-A-CURE | [www.bcrfcure.org](http://www.bcrfcure.org)**

### **Casting for Recovery**

*The mission of Casting for Recovery is to enhance the quality of life of women with breast cancer through a unique program that combines breast cancer education and peer support with the therapeutic sport of fly fishing.*

**(888) 553-3500 | [castingforrecovery.org](http://castingforrecovery.org)**

### **Dr. Susan Love Research Foundation (DSLRF)**

*Dr. Susan Love Research Foundation is dedicated to achieving a future without breast cancer by engaging the public and the scientific communities in innovative research on cause and prevention.*

**(310) 828-0060 | [www.drsusanloveresearch.org](http://www.drsusanloveresearch.org)**

### **Facing our Risk of Cancer Empowered (FORCE)**

*The only national nonprofit organization devoted to hereditary breast and ovarian cancer support, education, advocacy, awareness and research.*

**Toll-free Helpline (866) 288-RISK (7475) | [www.facingourrisk.org](http://www.facingourrisk.org)**

### **Inflammatory Breast Cancer Research Foundation**

*Dedicated to researching the cause of Inflammatory Breast Cancer (IBC), an advanced and accelerated form of breast cancer usually not detected by mammograms or ultrasounds.*

**(877) STOP-IBC (786-7422) | [www.ibcresearch.org](http://www.ibcresearch.org)**

### **Linda Creed Breast Cancer Foundation**

*The mission of Linda Creed is to fight breast cancer through community-based education and referral, support, advocacy and direct service for those in need.*

**(215) 564-3700 or (877)-99-CREED (27333) | [lindacreed.org](http://lindacreed.org)**

### **Living Beyond Breast Cancer**

*Assists women at all stages of diagnosis, treatment and recovery with education and support.*

**(855) 807-6386 | [www.lbbc.org](http://www.lbbc.org)**

### **MBCAlliance**

*This is a new alliance to increase knowledge, build understanding and advance research in Metastatic Breast Cancer.*

**[www.mbcalliance.org/](http://www.mbcalliance.org/)**

## Breast Cancer Online Resources – Continuing

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### **Metastatic Breast Cancer Network**

*Information and resources for those living with metastatic breast cancer.*

**(888) 500-0370** Voicemail returned within 24 hours | [www.mbcalliance.org/project/mbcn](http://www.mbcalliance.org/project/mbcn)

### **METAVIVOR**

*METAvivor is dedicated to the specific fight of women and men living with stage 4 metastatic breast cancer.*

**(818) 860-1226** | [www.metavivor.org](http://www.metavivor.org)

### **Men Against Breast Cancer (MABC)**

*The first and only national nonprofit organization designed to provide targeted support services that educate and empower men to be effective caregivers when cancer strikes.*

**(866) 547-6222** | [www.menagainstbreastcancer.org](http://www.menagainstbreastcancer.org)

### **Mothers Supporting Daughters with Breast Cancer**

*The support services provided by this organization are free and are designed to help mothers who have daughters battling breast cancer.*

**(410) 778-1982** | [www.mothersdaughters.org](http://www.mothersdaughters.org)

### **National Breast Cancer Coalition**

*A grassroots advocacy organization that seeks to improve public policies surrounding breast cancer research, diagnosis and treatment.*

**(800) 622-2838** | [www.breastcancerdeadline2020.org](http://www.breastcancerdeadline2020.org)

### **National Breast Cancer Foundation**

*NBCF's mission is to help women now by providing help and inspiring hope to those affected by breast cancer through early detection, education and support services.*

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

### **Pink-Link**

*An online breast cancer support group which uses its online database to create a personal link between breast cancer patients and survivors.*

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

### **SHARE: Dedicated experienced support for women facing breast or ovarian cancer**

*A supportive network and community of women affected by breast or ovarian cancer.*

**(212) 719-0364** | **(844) ASK-SHARE** Toll-free helpline | [www.sharecancersupport.org](http://www.sharecancersupport.org)

### **Sharsheret: Your Jewish Community Facing Breast Cancer**

*A national not-for-profit organization supporting young women and their families, of all Jewish backgrounds, facing breast cancer.*

**(866) 474-2774** | [sharsheret.org](http://sharsheret.org)

## Breast Cancer Online Resources – Continuing

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### **Sisters Network Inc.**

*A national African American breast cancer survivorship organization committed to increasing local and national attention to the devastating impact that breast cancer has in the African American community.*

**(866) 781-1808** | [www.sistersnetworkinc.org](http://www.sistersnetworkinc.org)

### **Susan G. Komen®**

*Komen works to end breast cancer in the U.S. and throughout the world through ground-breaking research, community health outreach, advocacy and programs in more than 50 countries.*

**(877) GO-KOMEN (465-6636)** | [www.komen.org](http://www.komen.org)

### **The Sister Study**

*An ongoing research study of the environmental and genetic risk factors for breast cancer based on more than 50,000 women whose sister had breast cancer.*

**(877) 4SISTER (474-7837)** | [www.sisterstudy.org](http://www.sisterstudy.org)

### **Tigerlily Foundation; Beauty, Strength, Transformation**

*Educating, advocating for, empowering and supporting young women affected by breast cancer.*

**(888) 580-6253** | [www.tigerlilyfoundation.org](http://www.tigerlilyfoundation.org)

### **Triple Negative Breast Cancer Foundation**

*Dedicated to the advancement of research for triple negative breast cancer.*

**(877) 880-TNBC (8622)** | [tnbcfoundation.org](http://tnbcfoundation.org)

### **Viva Las Chicas**

*Assists individuals and families after a breast cancer diagnosis by providing services such as laundry, support, even supplying meals.*

**(727) 238-7488**

### **Young Survival Coalition**

*Young people facing cancer together (YSC) is the premier global organization dedicated to the critical issues unique to young women who are diagnosed with breast cancer.*

**(877) 972-1011** | [www.youngsurvival.org](http://www.youngsurvival.org)

# Breast Cancer – Reconstruction

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## **American Cancer Society – Breast Reconstruction After Mastectomy**

*Breast reconstruction is a type of surgery for women who have had a breast removed. Here you can find information to help you better understand your options if you are considering breast reconstruction.*

[www.cancer.org/cancer/breast-cancer/reconstruction-surgery](http://www.cancer.org/cancer/breast-cancer/reconstruction-surgery)

## **BREASTCANCER.ORG – Breast Reconstruction**

*This section of Breastcancer.org helps you understand your options AND sort through the medical and personal issues around breast reconstruction that you should consider.*

[www.breastcancer.org/treatment/surgery/reconstruction](http://www.breastcancer.org/treatment/surgery/reconstruction)

**BreastReconstruction.org** – *A comprehensive resource for breast reconstruction, BreastReconstruction.org was created to help empower women to make informed choices about breast reconstruction.*

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

## **My Hope Chest; Funding Reconstruction for Breast Cancer Survivors**

*My Hope Chest is the only nonprofit organization focusing on the need of breast reconstruction for uninsured and underprivileged women.*

(727) 488-0320 | [www.myhopechest.org](http://www.myhopechest.org)

## **National Cancer Institute - Breast Reconstruction After Mastectomy**

*Visit this page to have your questions about reconstruction answered.*

(800) 4CANCER | [www.cancer.gov/cancertopics/factsheet/Therapy/breast-reconstruction](http://www.cancer.gov/cancertopics/factsheet/Therapy/breast-reconstruction)

## **RealSelf**

*RealSelf is the website of a private company where patients considering breast reconstruction can view before and after photos, read reviews and find plastic surgeons.*

[www.realself.com/breast-reconstruction](http://www.realself.com/breast-reconstruction)

## **Susan G. Komen – Breast Reconstruction**

*The who, what, where, when and sometimes, why of breast reconstruction. The pros and cons of reconstruction: timing, benefits, choices and types of reconstruction.*

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

## **Women’s Health and Cancer Rights Act (U.S. Department of Labor)**

*Find information on federal laws requiring insurance coverage of breast reconstruction after mastectomy.*

[www.cms.gov](http://www.cms.gov)

# Cancer Agencies

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## **American Cancer Society**

*Leading cancer nonprofit organization providing information, education, programs, resources and support.*

**(800) ACS-2345** | [www.cancer.org](http://www.cancer.org)

## **American Cancer Fund**

*The American Cancer Fund® (ACF) is an organization dedicated to the education, support and empowerment of those diagnosed with Cancer by organizing and clarifying information.*

**(908) 431-9800** | [www.americancancerfund.org](http://www.americancancerfund.org)

## **American Institute for Cancer Research**

*This not-for-profit health charity funds research and sponsors educational programs relating to the link between diet, nutrition and cancer prevention and treatment. Offers free educational brochures and nutrition hotline.*

**(800) 843-8114** | [www.aicr.org](http://www.aicr.org)

## **Bloch Cancer Hotline; R.A. Bloch Cancer Foundation**

*A totally free service (cash donations are never solicited) operated by volunteers who have had cancer. The goal is to match the newly diagnosed patient with an individual who has recovered from the same type of cancer.*

**(800) 433-0464** | [blochcancer.org](http://blochcancer.org)

## **CancerCare**

*A national nonprofit organization providing free professional counseling, educational programs, practical help and financial assistance.*

**(800) 813-HOPE (4673)** | [www.cancercare.org](http://www.cancercare.org)

## **Cancer Support Community**

*In July 2009, The Wellness Community and Gilda's Club Worldwide joined forces to become the Cancer Support Community. The CSC is an international nonprofit dedicated to providing support, education and hope to people affected by cancer. CSC offers personalized services and education for all people affected by cancer.*

**(888) 793-9355** | [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

## **CenterWatch**

*The leading source of clinical trials information for both clinical research professionals and patients.*

10 Winthrop Square, Fifth Floor, Boston, MA 02110.

**(866) 219-3440** | [www.centerwatch.com](http://www.centerwatch.com)

## **LIVESTRONG Fertility**

*A national LIVESTRONG initiative dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility.*

**(855) 844-7777** | [www.livestrong.org/we-can-help/livestrong-fertility](http://www.livestrong.org/we-can-help/livestrong-fertility)

## Cancer Agencies – Continuing

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### **Mautner Project**

*The Mautner Project of Whitman-Walker Health is committed to providing direct client services to LGBT people with cancer, health education and workshops to the community, and educating health care professionals about the unique health needs of the LGBT community.*

**(202) 797-3570** | [www.whitman-walker.org/care-program/cancer-navigation](http://www.whitman-walker.org/care-program/cancer-navigation)

### **National Comprehensive Cancer Network (NCCN)**

*NCCN is a not-for-profit alliance of 23 of the world's leading cancer centers and is dedicated to improving the quality and effectiveness of care provided to patients with cancer. Through the leadership and expertise of clinical professionals at NCCN member institutions, NCCN develops resources that present valuable information to the numerous stakeholders in the health care delivery system.*

**(215) 690-0300** | [www.nccn.org/patients](http://www.nccn.org/patients)

### **National Cancer Institute (NCI) [at the National Institutes of Health (NIH)]**

*The NCI coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients.*

**(800) 4-CANCER (422-6237)** | [www.cancer.gov](http://www.cancer.gov)

### **The National Lymphedema Network (NLN)**

*Founded in 1988 to provide education and guidance to lymphedema patients, health care professionals and the general public by disseminating information on management of primary/secondary lymphedema and related disorders, and providing education in risk reduction practices for all individuals at risk for or affected by lymphedema.*

**(800) 541-3259** | [www.lymphnet.org](http://www.lymphnet.org)

## Bladder Cancer

### **Bladder Cancer Advocacy Network**

*BCAN provides thousands of patients, caregivers and the medical community with the educational resources and support services they need to navigate their bladder cancer journey. BCAN works collaboratively with the medical and research professionals who are dedicated to the prevention, diagnosis and treatment of bladder cancer and empowers the patient community by allowing them to share experiences with others, and to participate in building awareness of the need for a cure.*

**(888) 901-BCAN (2226)** | [www.bcan.org/](http://www.bcan.org/)



## Cancer Agencies – Continuing

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### Brain Cancer

#### **American Brain Tumor Association**

*Provides information about all types of brain tumors, including those that are malignant, nonmalignant, primary or metastatic; also includes information on new treatments and help with many aspects of living with a brain tumor.*

**(800) 886-2282 | [www.abta.org](http://www.abta.org)**

#### **National Brain Tumor Society**

*NBTS is committed to finding better treatments, and ultimately a cure, for people living with a brain tumor today and anyone who will be diagnosed tomorrow.*

**(617) 924-9997 | [www.braintumor.org](http://www.braintumor.org)**

### Colon Cancer

#### **Colon Cancer Alliance**

*Through patient support, education, research and advocacy, this national not-for-profit organization is committed to increasing screening rates and survivorship for those affected by colon cancer.*

**(877) 422-2030 | [www.ccalliance.org](http://www.ccalliance.org)**

### Kidney Cancer

#### **Kidney Cancer Association**

*The Kidney Cancer Association (KCA) is a charitable organization made up of patients, family members, physicians, researchers, and other health professionals globally. It is the world's first international charity dedicated specifically to the eradication of death and suffering from renal cancers.*

**(800) 850-9132 | [www.kidneycancer.org/](http://www.kidneycancer.org/)**

### Leukemia, Lymphoma, & Myeloma

#### **International Myeloma Foundation**

*An international organization committed to finding better treatments and a cure. They offer a patient guide, handbooks, a hotline and a quarterly newsletter.*

**(800) 452-CURE (2873) | [www.myeloma.org](http://www.myeloma.org)**

#### **Multiple Myeloma Research Foundation**

*MMRF is the world's number one private funder of multiple myeloma research, using a new medical research model and committed to finding a cure.*

**(866) 603-MMCT (6628) | [themmrf.org](http://themmrf.org)**

## Cancer Agencies – Continuing

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### **Leukemia & Lymphoma Society**

*Offering a variety of services to patients and families touched by blood cancers, including leukemia, lymphoma and myeloma. Services include peer support, education, financial assistance and an information resource center.*

**(800) 955-4572 | [www.lls.org](http://www.lls.org)**

## Lung Cancer

### **Lung Cancer Alliance**

*This national nonprofit organization offers education and support programs, dedicated to patient support and advocacy for people living with or at risk for lung cancer.*

**(800) 298-2436 | [lungcanceralliance.org](http://lungcanceralliance.org)**

## Oral, Head and Neck Cancer

### **Support for People with Oral and Head and Neck Cancer (SPOHNC)**

*SPOHNC is dedicated to raising awareness and meeting the needs of oral and head and neck cancer patients through its resources and publications.*

**(800) 337-0928 | [www.spohnc.org](http://www.spohnc.org)**

## Melanoma

### **Melanoma Research Foundation**

*The MRF's mission is to support medical RESEARCH for finding effective treatments and eventually a cure for melanoma. To EDUCATE patients and physicians about the prevention, diagnosis and treatment of melanoma. To act as an ADVOCATE for the melanoma community to raise awareness of this disease and the need for a cure.*

**(800) 673-1290 | [www.melanoma.org](http://www.melanoma.org)**

### **American Melanoma Foundation**

*The AMF (formerly The Merlin Foundation) supports research for new melanoma treatments, and provides education and awareness through support groups and events.*

**(858) 412-3271 | [www.myamf.org](http://www.myamf.org)**

### **Impact Melanoma**

*A national non-profit organization dedicated to working to reduce the incidence of melanoma. Committed to skin cancer prevention and early detection, by providing a variety of programs which aim to raise awareness and educate the public about skin cancer, as well as support services for those with the disease.*

**(800) 557-6352 | [impactmelanoma.org](http://impactmelanoma.org)**

## Cancer Agencies – Continuing

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### Cervical Cancer

#### **The National Cervical Cancer Coalition (NCCC)**

*The National Cervical Cancer Coalition (NCCC) was founded in 1996 as a grassroots nonprofit organization dedicated to serving women with, or at risk for, cervical cancer and HPV disease.*

**(800) 685-5531 | [www.nccc-online.org](http://www.nccc-online.org)**

#### **Foundation for Women’s Cancer**

*The Foundation for Women’s Cancer (FWC) supports research, education and public awareness of gynecologic cancer, with the vision of eradicating gynecologic cancers through awareness, diversity and inclusion, education, leadership, partnership, and research.*

**(312) 578-1439 | [www.foundationforwomenscancer.org](http://www.foundationforwomenscancer.org)**

### Ovarian Cancer

#### **Celma Mastry Ovarian Cancer Foundation (CMOCF)**

*The Celma Mastry Ovarian Cancer Foundation was started in 2003 by family and friends of Celma to help other women who were also suffering with this “silent killer.” In 2015 Ovacome merged with CMOCF.*

**(863) 381-2034 | [www.ovariancancerfoundation.org](http://www.ovariancancerfoundation.org)**

**SHARE: Dedicated experienced support for women facing breast or ovarian cancer — A supportive network and community of women affected by breast or ovarian cancer.**

**(866) 891-2392 | (844) ASK-SHARE Toll-free helpline | [www.sharecancersupport.org](http://www.sharecancersupport.org)**

#### **National Ovarian Cancer Coalition**

*The largest ovarian cancer organization raises awareness about ovarian cancer and promotes early detection and education. The Coalition is committed to improving the overall survival rate and quality of life for women and families living with the disease.*

**(888) OVARIAN (682-7426) | [www.ovarian.org](http://www.ovarian.org)**

#### **Facing our Risk of Cancer Empowered (FORCE)**

*The only national nonprofit organization devoted to hereditary breast and ovarian cancer support, education, advocacy, awareness and research.*

**(866) 288-RISK (7475) | [www.facingourrisk.org](http://www.facingourrisk.org)**

#### **Ovarian Cancer Research Fund Alliance**

*Ovarian Cancer Research Fund (OCRF) and the Ovarian Cancer National Alliance (OCNA) have led the way in research, advocacy and support for patients and their families for over 22 years. In January 2016, OCRF announced it joined the National Ovarian Cancer Alliance (NOCA) together to form Ovarian Cancer Research Fund Alliance (OCRFA). Its mission is to fund scientific research that leads to more effective identification, treatment, and ultimately a cure for ovarian cancer.*

**(866) 399-6262 | [www.ocrfa.org](http://www.ocrfa.org)**

## Cancer Agencies – Continuing

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### Pancreatic Cancer

#### **Pancreatic Cancer Action Network**

*This national nonprofit organization includes a nationwide network of people dedicated to working together to advance research, support patients, and create hope for those affected by pancreatic cancer.*

**(877) 573-9971 | [www.pancan.org](http://www.pancan.org)**

### Prostate Cancer

#### **Prostate Cancer Foundation**

*Firmly committed to curing prostate cancer, the Prostate Cancer Foundation is the leading philanthropic organization funding and accelerating research globally.*

**(800) 757-CURE (2873) | [www.pcf.org](http://www.pcf.org)**

### Testicular Cancer

#### **Testicular Cancer Foundation**

*Provides education and support to young adult males to raise awareness about testicular cancer, the most commonly diagnosed cancer among males age 15-34.*

**(855) 390-8231 | [testicularcancer.org](http://testicularcancer.org)**

#### **Testicular Cancer Awareness Foundation**

*A nonprofit dedicated in the fight against testicular cancer through awareness and outreach, promoting the importance of monthly self-exams for early detection, support and guidance to patients and families, providing a resource for the medical community, and providing financial assistance to those in need.*

**[www.testicularcancerawarenessfoundation.org](http://www.testicularcancerawarenessfoundation.org)**

## Online Resources in Spanish – Recursos en Español

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**American Cancer Society | [www.cancer.org/es](http://www.cancer.org/es)**

**Breastcancer.org | [www.breastcancer.org/es](http://www.breastcancer.org/es)**

**CancerCare | [www.cancercare.org/espanol](http://www.cancercare.org/espanol)**

**The Susan G. Komen Breast Cancer Foundation | [www.komen.org/espanol](http://www.komen.org/espanol)**

# Cancer Blogs and Forums

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Many of the major websites for breast cancer and other cancers also host discussion boards, blogs and online support via Facebook pages and other social media. Always check the toolbars, menus and sidebars for additional links.

## **BreastCancer.org** — Discussion Boards

*Forum: Information and resources for new patients and new members. Create an account and participate in a forum, discussion chat room on numerous breast cancer topics.*

[community.breastcancer.org](http://community.breastcancer.org)

## **Breast Cancer Support** — Online Support Group and Chat

*This forum is for patients with breast cancer and helps those who need support. Learn what to expect from surgery, radiation and chemotherapy. It is an online support group using “Meeting Place” software to connect breast cancer patients.*

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

## **Cancer Survivor Network (American Cancer Society)** — Discussion Boards

*A public forum with discussion boards for all types of cancer.*

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

## **Nancy’s List**

*A nonprofit organization committed to helping cancer patients find the resources they need so that no one will ever go through cancer alone. Nancy links readers to up-to-date articles and resources. Rich with information, inspiration and a free newsletter.*

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

# Complementary Therapies

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## Exercise for Cancer Patients/Survivors

### **LIVESTRONG at the YMCA**

*A free strength/fitness program for cancer patients and survivors based on the curriculum developed by Stanford University. Locations throughout Pinellas, Pasco, and Hillsborough Counties — call your local YMCA center for information.*

[www.livestrong.org/what-we-do/program/livestrong-at-the-ymca](http://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca)

### **Morton Plant Mease Wellness Centers**

*State-of-the-art Wellness Centers that go beyond aerobics and weight lifting to encompass total wellness — body, mind and spirit; membership required.*

[baycare.org/services/fitness-centers](http://baycare.org/services/fitness-centers)

### **POWER: Program of Wellness Recovery**

*Specially designed for cancer patients, the POWER program includes a physical therapy component, if needed, followed by six weeks of twice weekly small group training sessions, led by a personal trainer with special training in cancer treatment and rehabilitation. The program focuses on stamina, flexibility and range of motion to improve overall quality of life. Offered at three of the BayCare Wellness Centers: Oncologist referral required.*

## Mind/Body Connection

### **Deep-breathing Exercises**

*Yoga, Qi-Gong and many other traditions teach breathing exercises to bring more oxygen to the body to calm and rejuvenate it as well as to sharpen one's mental focus and reduce stress. For example:*

[www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises](http://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises)

### **Mindfulness Meditation Class**

*Mindfulness Meditation is a mind/body connection program for Morton Plant Mease cancer patients and family members. It is all about moment-to-moment awareness. Through Mindfulness Meditation you can learn how to take better care of yourself and live a healthier life. It is a technique to help people cope with stress, anxiety, pain and illness. It meets once a week for four weeks with each session building on the previous week's practice. For more information and to register, contact John Llauguet, CaPSS, at **(727) 462-2141***

### **Guided Imagery**

*Guided imagery has been shown to help increase one's hope and motivation, decrease depression and fatigue and reduce the perception of pain. CaPSS counselors are available to provide guided imagery to Morton Plant Mease cancer patients and families who are interested in learning this technique. For additional information, please contact a CaPSS counselor.*

**(727) 462-2125**

## Complementary Therapies – Continuing

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### Qi-Gong

*This is a training program to introduce Morton Plant Mease cancer patients to the practice of qi gong (pronounced CHEE GOONG). Qi gong is an exercise that originated in China and has been practiced for thousands of years. This exercise method stresses mind/body awareness through breathing, proper posture and slow, gentle movement. For more information and to register, please contact John Llauget, CaPSS, at (727) 462-2141*

### Oasis Yoga

*Yoga relieves stress, calms the mind and allows the body to heal. CaPSS is proud to announce that Morton Plant Mease cancer patients/survivors can take a free yoga class, weekly. For more information, contact Morton Plant Mease Wellness Centers. Other forms of yoga and exercise classes are available at the Morton Plant Mease Wellness Centers for both members and non-members (fee-based).*

[baycare.org/services/fitness-centers](http://baycare.org/services/fitness-centers)

## Nutrition

### Dietitians

*Management of cancer treatment side effects, weight loss, altered taste, and credible nutrition information are essential in the cancer battle. The American Cancer Society offers personalized nutrition counseling. Call (800)-227-2345 and ask to speak with a dietitian. Monday-Friday, 8am–5pm.*

[www.cancer.org/healthy/eathealthygetactive/getactive/app/meet-our-virtual-dietitian.aspx](http://www.cancer.org/healthy/eathealthygetactive/getactive/app/meet-our-virtual-dietitian.aspx)

### Dietary Supplements

*Cancer patients need to be aware that the use of dietary supplements is often based on anecdotal evidence, i.e., people's (even doctors') personal experiences or opinions rather than objective, controlled research studies. It is always safest to talk with your doctor about the type and amount of each supplement you want to try.*

**Eating Hints** - The National Cancer Institute has created a free booklet titled: **Eating Hints: Before, During, and After Cancer Treatment**. This booklet has hints about common types of eating problems, along with ways to manage them. Obtain it for free online.

[www.cancer.gov/Publications/patient-education/eating-hints](http://www.cancer.gov/Publications/patient-education/eating-hints)

## Psychosocial-Spiritual Support

### CaPSS Counselors/Social Workers

*The Cancer Patient Support Services (CaPSS) team is guided by a simple mission: "Enhancing the quality of life of people touched by cancer and those who care for them." With offices at Morton Plant and Mease Countryside hospitals, CaPSS counselors provide services to cancer patients in the hospital and in outpatient settings. All services are offered at no charge.*

**(727) 462-2125 | [baycarecapss.org](http://baycarecapss.org)**

# Cremation/Burial/Memorial Services

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## **A Life Tribute**

Largo Chapel

716 Seminole Boulevard, Largo, FL 33770

(727) 559-7793 or toll free (800) 853-3353 | [alifetribute.com](http://alifetribute.com)

## **Abbey Affordable Cremation and Funeral Services**

12514 Ulmerton Rd., Largo, Florida 33774

877-517-2340 | [www.abbeyaffordable.com](http://www.abbeyaffordable.com)

## **Anderson McQueen Funeral Home**

4 locations in St. Petersburg

(727) 822-2059 | [andersonmcqueen.com](http://andersonmcqueen.com)

## **Dignity Memorial**

7950 131 St. North, Seminole, FL 33776

1-800-343-4464 | [www.dignitymemorial.com](http://www.dignitymemorial.com)

## **Suncoast Hospice | empath health**

Suncoast Hospice | Empath Health staff and community members hold memorial services throughout the year to remember friends and loved ones.

(727) HOSPICE | [suncoasthospice.org](http://suncoasthospice.org) or [empathhealth.org](http://empathhealth.org)

## **National Cremation Society**

4945 East Bay Drive, Clearwater, FL 33764

(727) 536-0494 | [www.nationalcremation.com](http://www.nationalcremation.com)

## **Neptune Society Cremation**

2560 Tampa Road, Palm Harbor, FL 34684

(727) 619-1411 | [www.neptunesociety.com](http://www.neptunesociety.com)



# Emotional Support/Counseling Services

## CaPSS – Cancer Patient Support Services

*Cancer Patient Support Services (CaPSS) offers individual counseling and support services by licensed or authorized professionals to all **Morton Plant Mease** cancer patients, their families and friends. Services are absolutely free. Call the CaPSS office or contact one of the following CaPSS staff members:*

<b>CaPSS Office</b>	<b>(727) 462-2125</b>
<b>Ken Bliznick, MSW, LCSW, OSW-C, Counselor</b>	(727) 462-2149
<b>Alma Flores, MSW, ACSW, Social Services Specialist</b>	(727) 462-3314
<b>Agnes Jastrzebski, RN, CBHN, Breast Care Nurse Navigator</b>	(727) 298-6800
<b>John Llauget, MA, EdS, LMHC, Counselor</b>	(727) 462-2141
<b>Jennifer Scrivens, LMHC, NCC</b>	(727) 725-6016
<b>Alana Touns, MSW, LCSW, Counselor</b>	(727) 462-7153
<b>Debra Wolf, BSW, Social Services Specialist</b>	(727) 462-2145

### Locations:

Axelrod Pavilion at Morton Plant Hospital  
400 Pinellas St., Clearwater

Mease Countryside Hospital  
3231 McMullen Booth Road, Safety Harbor

## Telephone Support Services

### Cancer Hope Network - Getting Matched

*Call and talk with a Patient Services Coordinators (PSC), who will discuss your diagnosis, treatment, side effects and other cancer-related issues. The PSC will also inquire about your preferred times to communicate. The PSC will then match you with a Support Volunteer who will contact you within 48 hours. There is never a charge for Cancer Hope Network services.*

**(800) 552-4366** | [www.cancerhopenetwork.org](http://www.cancerhopenetwork.org)

### Imerman Angels

*Imerman Angels can put you in touch with someone just like you who's already been through your cancer experience, helping create a supportive relationship.*

**(877) 274-5529** | [imermanangels.org](http://imermanangels.org)

## Community Services

### Directions for Living

*Organization serves children and families in mid- and upper-Pinellas County. Medicaid, sliding scale, insurance. Services: Individual and group therapy; psychiatric services including evaluation, medication and follow-up. Free, stop and talk with them about services available. Referrals for therapy as needed.*

**(727) 524-4464** | [directionsforliving.org](http://directionsforliving.org)

## Emotional Support/Counseling Services – Continuing

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### Directions for Living Locations

*Behavioral health services for adults include individual and group counseling, psychiatry and medication management, substance abuse treatment, and recovery-based psychosocial rehabilitation services.*

#### **Clearwater Center**

*Outpatient Counseling & Psychiatric Services, Adults*  
1437 South Belcher Road, Clearwater, FL 33764  
**(727) 524-4464**

#### **Largo Center (Oakwoods Industrial Park)**

*Children's Specialty Center*  
8823 115th Ave. North, Largo, 33773  
**(727) 547-4566**

#### **Dependency Case Management (Starkey Lakes Facility)**

8550 Ulmerton Road, Ste. 130, Largo, FL 33771  
**(727) 456-0600**

#### **Diversion Services (Starkey Lakes Facility)**

8550 Ulmerton Road, Ste. 145, Largo  
**(727) 524-4464**

### Co-Locations with Community Partners

- Clearwater Health Department
- Pinellas Park Health Department
- Catholic Charities – Pinellas HOPE
- Homeless Empowerment Program
- St. Pete Health Department
- Mid-County Health Department
- Clearwater Free Clinic
- Safe Harbor Shelter
- Lighthouse Group Home
- Bayside Lakeview Group Home
- St. Vincent DePaul Shelter

### **Suncoast Center, Inc.**

*Services include mental health, substance abuse, family counseling, trauma assessment, and counseling/therapy services.*

Central Office: 2960 Roosevelt Blvd, Clearwater

Consumer Access & Program Information: **(727) 327-7656** | **(727) 388-1220** | [www.suncoastcenter.org](http://www.suncoastcenter.org)

### **Family Emergency Walk-In (PEMHS)**

*Personal Enrichment through Mental Health Services (PEMHS) has been committed to providing care in crisis since 1981.*

400 15th St. S., St. Petersburg

Crisis Line **(727) 791-3131** | **(727) 552-1053** | [pemhs.org](http://pemhs.org)

## Emotional Support/Counseling Services – Continuing

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### **BayCare Behavioral Health - Life Management**

*The Life Management Center in Clearwater provides cost-effective mental health services to promote a positive well-being for people that will help decrease risk of disease, illness and injury to being more productive and contributing to their communities. Accepts Medicaid.*

1106 Druid Rd. S Ste. 201, Clearwater, (727) 584-6266

## **Bereavement Survivorship Support Groups & Counseling**

### **Suncoast Hospice | empath health**

*Suncoast Hospice provides supportive counseling services for anyone experiencing the loss of a loved one or during times of serious illness. These services are available as early as the time of diagnosis, through the duration of the illness and the grieving process.*

- Individual Grief Counseling
- Grief Support Groups
- Children and Families

To register for a support group, please call the group registration line (727) 523-3455  
(727) HOSPICE | (727) 467-7423 | [suncoasthospice.org](http://suncoasthospice.org)

# Health and Medical Providers – Uninsured/Insured

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## National & State Programs

### HealthCare.gov

Affordable Health Care Act insurance options including changes in PCIP.

[www.healthcare.gov/index.html](http://www.healthcare.gov/index.html)

### Medicaid

[ahca.myflorida.com/Medicaid](http://ahca.myflorida.com/Medicaid)

**ACCESS Florida (Automated Community Connection Economic Self-Sufficiency)** One stop to “access” the entire range of Florida financial services: Medicaid, Social Security, ACHA, WIC, etc.

The ACCESS automated information line is open 24 hours, 7 days a week, and can be reached by dialing 1-866-762-2237.

[www.myflorida.com/accessflorida/links.html](http://www.myflorida.com/accessflorida/links.html)

**IN PERSON:** The following ACCESS Community Partners will allow for use of computers regarding ACCESS benefits/on-line account. They will also fax required documentation to the Florida Department of Children and Families (DCF). The general public can be served at these locations:

#### Clearwater

- A Spiritual Change: (727) 831-4398
- Foundation Village Neighborhood Center: (866) 762-2237
- High Point Center: (727) 533-0730
- Homeless Emergency Project: (727) 442-9041

#### St. Petersburg

- Breaking Free by Faith: (727) 687-9518
- Daystar Life Center: (727) 825-0442
- Leahman Family Center: (727) 825-7891
- Salvation Army: (727) 894-6015

#### North County

- F.E.A.S.T. Inc.: (727) 789-5275
- Safety Harbor Center: (727) 791-8255
- Union Academy Center: (727) 934-5881

#### Mid-County

- Pinellas County Housing Authority: (727) 443-7684
- Suncoast Haven of Rest: (727) 545-8282

### Pinellas County Health Department

*The Florida Department of Health has five locations throughout Pinellas County. They provide services and information in all areas of public health that can affect the community ranging from controlling infectious diseases to safe drinking water to disaster preparedness. Services include dental services for children up to 18 years (Medicaid: to age 21), family planning for teens and adults, immunizations for adults and children (free for children).*

[pinellas.floridahealth.gov](http://pinellas.floridahealth.gov)

- **St. Petersburg Center - Pinellas County Health Dept.**  
205 Dr. M.L. King St. North, St. Petersburg, FL 33701  
**(727) 824-6900**
- **Clearwater Center - Pinellas County Health Dept.**  
310 North Myrtle Ave., Clearwater, FL 33755  
**(727) 469-5800**
- **Pinellas Park Health Department**  
6350 76<sup>th</sup> Ave. N, Pinellas Park, FL 33781  
**(727) 547-7780**
- **Tarpon Springs Health Department**  
301 South Disston Ave., Tarpon Springs, FL 34689  
**(727) 942-5457**
- **Mid-County**  
8751 Ulmerton Road, Largo, FL 33771  
**(727) 524-4410**
- **Largo Health Department - WIC only**  
12420 130th Avenue North, Largo, FL 33774  
**(727) 588-4040**

### Community Clinics

- **Bayfront Family Health Center**  
St. Petersburg – 701 6<sup>th</sup> St. South, St. Petersburg, FL 33701  
**(727) 893-6198**
- **Clearwater Free Clinic (Urgent care/walk-ins)**  
Clearwater – 707 N. Fort Harrison Ave., Clearwater, FL 33755  
**(727) 447-3041**

## Health and Medical Providers – Uninsured/Insured – Continuing

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- **La Clinica Guadalupana** (By appointment only)  
Clearwater – 1000 Lakeview Road, Ste. 4, Clearwater, FL 33755  
**(727) 461-7730**
- **St. Petersburg Free Clinic**  
863 3rd Ave N, St Petersburg, FL 33701  
**(727) 821-1200**
- **Turley Family Health Center (Primary care/OB-Gyn)**  
Clearwater – 807 Myrtle Ave., Clearwater, FL 33755  
**(727) 467-2550**
- **Willa Carson Health Center** (*Primary care, pediatrics, dermatology and acupuncture*)  
Clearwater – 1108 N. Dr. Martin Luther King Jr., Clearwater, FL 33755  
**(727) 467-9411**

## Community Health Centers

**Primary Care Services:** *Community Health Centers of Pinellas, Inc., a not-for-profit health care organization, has been providing affordable, quality primary health care services to the residents of Pinellas County for more than 25 years. Services include: family practice, pediatrics, obstetrics and gynecology, and dental care.*  
**(727) 824-8181 | [www.chcpinellas.org](http://www.chcpinellas.org)**

- **Community Health Centers of Pinellas at Johnnie Ruth Clarke**  
*Family Practice, Pediatrics, Women’s Health, Pharmacy*  
1344 22nd St. South, St Petersburg, FL 33712  
**Dental: (727) 824-8177 | Medical: (727) 821-6701**
- **Community Health Centers of Pinellas at Clearwater**  
*Family Practice, Pediatrics, Women’s Health, Pharmacy*  
707 Druid Road East, Clearwater, Florida 33756  
**(727) 461-1439**
- **Community Health Centers of Pinellas at Bayfront**  
*Family Practice, Podiatry, Behavioral Health & Substance Abuse*  
700 6th St. South St. Petersburg, FL 33701  
**(727) 824-8181**
- **Community Health Centers of Pinellas at Dunedin**  
*Family Medicine*  
1721 Main Street Dunedin, FL 34698  
**(727) 824-8181**

## Health and Medical Providers – Uninsured/Insured – Continuing

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- **Community Health Centers of Pinellas at Largo**  
*Family Practice, Pediatrics*  
12420 130th Ave. North Largo, FL 33774  
**(727) 587-7729**
- **Community Health Centers of Pinellas at Pinellas Park**  
*Pediatrics, Family Practice, Registered Dietician, Women’s Health*  
7550 43rd St. North, Pinellas Park, FL 33781  
**(727) 844-2284**
- **Community Health Centers at Tarpon Springs**  
*Family Practice, Pediatrics, Women’s Health*  
247 S. Huey Ave., Tarpon Springs, FL 34689  
**(727) 944-3828**

# Financial Services and Assistance Programs/Agencies

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## DCF – Florida Department of Children and Families

### **ACCESS Florida (Automated Community Connection Economic Self-Sufficiency)**

*One stop to “access” the entire range of Florida financial services: Medicaid, Social Security, ACHA, WIC etc. Food, Medical Assistance, Cash;*

The ACCESS automated information line is open 24 hours, 7 days a week, and can be reached by dialing (866)762-2237 | [www.myflorida.com/accessflorida/links.html](http://www.myflorida.com/accessflorida/links.html)

*Apply online at the above website, or patients can also go in person to apply for Medicaid & Food Stamps:*

- **North Pinellas Service Center**  
Mary Grizzle Building  
11351 Ulmerton Rd., #130, Largo, FL 33778  
**(727) 588-7017**
- **South Pinellas Service Center**  
Sebring Building  
525 Mirror Lake Dr. #201, St. Petersburg, FL 33701  
**(727) 552-2535**

## BayCare Health System – Financial Assistance Department

*BayCare Health System will provide charity care to hospital patients who are determined, as part of an application process, unable to pay for services due to financial hardship. The application can be found online at the website listed below. Two programs are used to qualify patients for charity:*

- AHCA Charity meets guidelines established by the State of Florida (See Medicaid)
- Hardship Charity meets guidelines established by BayCare Health System and extends beyond AHCA charity limits.

**(855) 233-1555** | [www.baycare.org/billing-and-insurance/financial-assistance](http://www.baycare.org/billing-and-insurance/financial-assistance)

## Pinellas County Assistance – Health and Human Services

[www.pinellascounty.org/humanservices](http://www.pinellascounty.org/humanservices)

- **Clearwater** – (727) 464-8400, 2189 Cleveland St., Ste. 230, Clearwater, FL 33765
- **Largo** – (727) 524-4410, 8751 Ulmerton Road, Largo, FL 33771
- **St. Petersburg** – (727) 582-7781, 647 1st Ave. N., St. Petersburg, FL 33701
- **Tarpon Springs** – (727) 942-5457, 301 South Disston Ave., Tarpon Springs, FL 34689



## Financial Services and Assistance Programs/Agencies – Continuing

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### **Pinellas Opportunity Council Programs – Emergency Services Program**

*Provides limited financial assistance on a one-time basis to alleviate utility, fuel oil, rent/mortgage, food, clothing, and other emergency situations.*

- 1035 Burlington Ave. N., St. Petersburg 33701: **(727) 894-5176**
- 1111 18<sup>th</sup> Ave. S. St., Petersburg 33705: **(727) 822-4492**
- 6051 78<sup>th</sup> Ave. N., Pinellas Park 33781: **(727) 541-0896**
- 218 Lemonstreet Village, Tarpon Springs: **(727) 937-9393**

[www.poc-inc.org](http://www.poc-inc.org)

### **Veterans Services**

*Honorably discharged veterans may qualify to receive medical care from:*

**Main Office:** Bay Pines VA in Pinellas County: **(727) 398-6661**

James A. Haley VA in Hillsborough County: **(813) 972-2000**

Clearwater Office: 2189 Cleveland St., Ste. 230, Clearwater, FL 33765; **(727) 464-8460**

St Petersburg Office: 647 1st Ave. N., St. Petersburg, FL 33701; **(727) 582-7828**

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

### **Vocational Rehabilitation Services**

*Provides vocation evaluation, employment assistance, on-the-job training, transportation, and physical aids to reduce vocational impediments. Must have a disability that impacts your ability to get or keep a job.*

- 11351 Ulmerton Rd, Ste. 123, Largo: **(727) 518-3454**
- 701 94th Ave. N. Ste 107, North St. Petersburg: **(727) 217-7930**
- 525 Mirror Lake Dr. Ste 100, Central St Petersburg (Sebring Bldg): **(727) 552-1589**

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

# Employment

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## **CareerSource Pinellas (formerly WorkNet)**

*CareerSource Pinellas offers a full range of career planning services for professional and entry level candidates, including career orientation; resource centers that assist in the candidate's job search; career fairs; interviewing techniques; labor market information specific to occupations and industries in demand as well as resume building tips, salary and wage information and more; and professional networking.*

**(800) 625-2257 | [www.careersourcepinellas.org](http://www.careersourcepinellas.org)**

### **WorkNet Pinellas One-Stop Centers**

(727) 524-4344; TTY contact for the following offices: 711 (Florida Relay Service)

#### **CareerSource Pinellas center on Gulf-to-Bay**

2312 Gulf to Bay Boulevard  
Clearwater, FL 33765  
Tel: (727) 524-4344

**Hours:** Monday, Tuesday, Thursday, & Friday 8:00 AM - 5:00 PM; Wednesdays 8:00 AM - 7:00 PM  
Business Services, Universal Services (Career Resources/ Employment Resources), Veterans Services and Targeted/ Economic Services

#### **CareerSource Pinellas center in South Clearwater**

16432 US Highway 19 N.  
Clearwater, FL 33764  
Tel: (727) 524-4344

**Hours:** Monday - Friday 8:00 AM - 5:00 PM  
Universal Services/Targeted Services

#### **CareerSource Pinellas center in St. Petersburg**

3420 8th Avenue South  
St. Petersburg, FL 33711  
Tel: (727) 524-4344

**Hours:** Monday, Tuesday, Thursday, & Friday 8:00 AM - 5:00 PM; Wednesdays 8:00 AM - 7:00 PM  
Universal Services (Career Resources/Employment Resources)

#### **CareerSource Pinellas center at Tyrone**

7701 22nd Ave North  
St. Petersburg, FL 33710  
Tel: (727) 524-4344

**Hours:** Monday - Friday 8:00 AM - 5:00 PM  
Business Services, Universal Services (Career Resources / Employment Resources), Veterans Services, Youth Services and Targeted/Economic Services

#### **CareerSource Pinellas center in Tarpon Springs**

St. Petersburg College Campus - Bilirakis Building  
682 E. Klosterman Road  
Tarpon Springs, FL 34689  
Tel: (727) 524-4344

**Hours:** Monday-Friday: 8am-5pm  
Business Services, Universal Services (Career Resources/ Employment Resources), Veterans Services, Youth Services and Targeted/Economic Services

## Employment – Continuing

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### **Lighthouse of Pinellas**

*Provides vocational counseling and job placement to visually impaired individuals.*

6925 112th Circle N., Ste. 103, Largo, FL

**(727) 544-4433** | [lhpfl.org/](http://lhpfl.org/)

### **Pinellas County Urban League**

*Provides job counseling, placement services and job referrals.*

St. Petersburg: **(727) 327-2081** | [www.pcul.org/](http://www.pcul.org/)

### **Service Source (formerly Abilities)**

*Provides job training and placement to individuals with disabilities.*

2735 Whitney Road, Clearwater, FL

**(727) 538-7370** | [www.servicesource.org](http://www.servicesource.org)

### **STARS – Strive of Pinellas County Inc.**

*Provides a 20-day employment readiness training program and provides placement services to its graduates.*

300 31<sup>st</sup> St N. Ste. 100, St Petersburg, FL

**(727) 451-8850**

### **Vocational Rehabilitation Services**

*Provides vocation evaluation, employment assistance, on-the-job training, transportation, and physical aids to reduce vocational impediments. Must have a disability that impacts your ability to get or keep a job.*

11351 Ulmerton Rd, Ste. 123, Largo: **(727) 518-3454**

701 94th Ave. N. Ste 107, North St. Petersburg: **(727) 217-7930**

525 Mirror Lake Dr. Ste 100, Central St Petersburg (Sebring Bldg): **(727) 552-1589**

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

## Cancer Patients Assistance

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*Provides limited financial assistance to help with the costs of treatment-related transportation, child care and home care for all types of cancer.*

**(800) 813-4673 | [www.cancercare.org/financial\\_assistance](http://www.cancercare.org/financial_assistance)**

#### **Celma Mastry Ovarian Cancer Foundation**

*The CMOCF strives to financially assist Tampa Bay Area women who are in treatment and struggling to meet the needs of their home and family.*

**[www.ovariancancerfoundation.org/resources/](http://www.ovariancancerfoundation.org/resources/)**

#### **Florida Cancer Specialists Foundation**

*Florida Cancer Specialists Foundation is a nonprofit organization that helps cancer patients in need with their living expenses while undergoing treatment. It enables those fighting cancer to concentrate on recovery rather than their overdue rent, mortgage, electric, or water bill.*

**(855) 585-5433 | [foundation.flcancer.com](http://foundation.flcancer.com)**

#### **Nurses House**

*Nurses House is a nurse-managed, nonprofit organization dedicated to helping registered nurses in need.*

**(518) 456-7858 | [nurseshouse.org](http://nurseshouse.org)**

#### **Cancer Recovery Foundation International**

*Administrator of the Women's Cancer Fund, which pays for select non-medical expenses associated with cancer. Contact for additional assistance programs, such as the Help Now Fund.*

**(717) 545-7600 | [www.cancerrecovery.org](http://www.cancerrecovery.org)**

#### **Bikers Against Breast Cancer, Inc.**

*BABC's mission is to provide temporary financial assistance to people who are directly or indirectly affected and who are struggling to pay their common living expenses. Assistance is available to men, women, and caregivers; any type of cancer.*

**(973) 819-3519 | [www.bikersagainstbreastcancer.com](http://www.bikersagainstbreastcancer.com)**

#### **Remember Betty**

*Their mission is to help minimize the financial burden associated with breast cancer for patients & survivors by providing direct financial support to them so that they can focus on recovery & quality of life. Applications are accepted on the 1<sup>st</sup> through the 7<sup>th</sup> of each month only.*

**[rememberbetty.com](http://rememberbetty.com)**

#### **My Hope Chest**

*Breast cancer only; financial assistance for reconstructive surgery for uninsured women 69 years of age or younger. Call or check website for eligibility requirements.*

**(727) 488-0320 | [www.myhopechest.org](http://www.myhopechest.org)**

## **Cancer Patients Assistance – Continuing**

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#### **21<sup>st</sup> Century C.A.R.E.**

*A not-for-profit charitable foundation dedicated to cancer patients. All cancer types; no cash assistance.*

*Services offered during active treatment: transportation, childcare, cosmetic & hygiene products, temporary*

housing if treatment is out of town, food, medical supplies, cancer screenings, other supplies related to cancer treatment.

(239) 938-9301 | [21stcenturycare.org](http://21stcenturycare.org) | info@21stcenturycare.org

#### **Pink Daisy Project**

*Their goals are simple: to help young women cope with the hardships of breast cancer treatment by providing care and comfort. They assist breast cancer patients with groceries, meals, gas, and prescription costs.*

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

#### **The Pink Fund**

*Breast cancer only; assistance for household bills; only for patients who were working prior to diagnosis and lost their jobs due to the cancer diagnosis and treatment. Call or check website for eligibility requirements.*

(877) 234-7465 | [www.thepinkfund.org](http://www.thepinkfund.org)

#### **The 2<sup>nd</sup> Basemen, Inc.**

*Breast cancer only; assistance for medical bills: co-pays, prescriptions and tests. Assistance for family bills: utilities, food, gas and rent/mortgage.*

(720) 263-2273 | [www.the2ndbasemen.org](http://www.the2ndbasemen.org)

#### **Sharsheret: Your Jewish Community Facing Breast Cancer**

*Learn how to address your concerns and better navigate the complicated health care and financial systems with critical information and resources shared by experts at Sharsheret's "Taking Control of Your Financial Health During and After a Health Crisis." Download a free Financial Wellness Brochure and Tool Kit.*

[sharsheret.org/product/financial-wellness](http://sharsheret.org/product/financial-wellness)

#### **Sisters Network Inc.**

*The Breast Cancer Assistance Program (BCAP) provides services to African American women facing financial challenges. The BCAP program provides financial assistance for but not limited to: medical related lodging, co-pay, office visits and prosthesis.*

(866) 781-1808 | [www.sistersnetworkinc.org/programs.html](http://www.sistersnetworkinc.org/programs.html)

## Cancer Patients Assistance – Continuing

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#### **Smiley Wiley**

*Smiley Wiley provides financial assistance to women and men with breast cancer who cannot meet their own costly health insurance deductibles. Applications must be received by June 1st in order to be eligible for the current year grants.*

(561) 632- 8631 | [smileywiley.org](http://smileywiley.org)

### **The Sonia Plotnick Health Fund**

*Women who live in the Tampa Bay area. Covers 100 percent of preventive care for well woman exams, paps, mammograms, and preventative dental exams. Check website for eligibility.*

**(727) 482-0216 | [soniplotnickhealthfund.org](http://soniplotnickhealthfund.org)**

### **Fight Club Survivor**

*Fight Club Survivor organization has an online boutique for new and hand-me-down breast cancer items. You can find lightly used wigs, scarves, breast forms and mastectomy/lumpectomy bras. All items are available on a first come first served basis and inventory changes constantly. Everything is FREE (you just have to pay shipping).*

**[www.fightclubsurvivor.org/boutique.html](http://www.fightclubsurvivor.org/boutique.html)**

### **The L.Y.N Fund (Love Your Neighbor)**

*The LYN Fund is a not-for-profit organization providing limited financial assistance to patients battling women's cancers in Pinellas and Pasco counties in Florida.*

**(727) 697-7366 | [www.thelynfund.org](http://www.thelynfund.org)**

### **Cancer Financial Assistance Coalition**

*CFAC is a coalition of financial assistance organizations joining forces to help cancer patients experience better health and well-being by limiting financial challenges.*

**[www.cancerfac.org](http://www.cancerfac.org)**

### **Hair to Stay**

*A nonprofit dedicated to increasing access to scalp cooling for patients with financial need while educating the public and health professionals about the benefits of scalp cooling. Scalp cooling is for the prevention of chemo-related hair loss.*

**(800) 270-1897 | [www.hairtostay.org](http://www.hairtostay.org)**

## **Drug/Co-Pay**

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### **Overview**

- *Many pharmacies have discount programs for generic drugs.*
- *Many major drug companies offer **lower income** individuals help with getting their prescribed medication through "patient assistance programs."*

- Many pharmaceutical companies run programs aimed to assist patients who have financial difficulties but are **not** eligible for Medicare, Medicaid or private insurance.

### **Axiom Healthcare Pharmacy**

A preferred provider pharmacy for the Chronic Disease Foundation; assists cancer patients in obtaining funding grants for oncology medications.

(888) 315-3395 | [www.axiumhealthcare.com](http://www.axiumhealthcare.com)

### **BenefitsCheckup**

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, D.C.

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

### **CancerCare Co-Pay Assistance Foundation**

Provides limited financial assistance to help with the costs of treatment-related transportation, child care and home care for all types of cancer.

(800) 813-4673 | [www.cancercares.org/financial](http://www.cancercares.org/financial)

### **Cancer Supportive Survivorship Care**

This website lists drug assistance programs from pharmaceutical companies. It is authored by Dr. Robert J. Ignoffo, Clinical Professor, UCSF and Jean Longtin, PharmD, UCSF. Companies, drug types and phone numbers are listed.

[www.cancersupportivecare.com/drug\\_assistance.html](http://www.cancersupportivecare.com/drug_assistance.html)

### **Florida Discount Drug Card Program**

All Floridians can sign up for the Florida Discount Drug Card to save on their prescription medications. In English & Spanish

(866) 341-8894 | [www.floridadiscountdrugcard.com](http://www.floridadiscountdrugcard.com)

### **NeedyMeds**

NeedyMeds is a 501(c)(3) nonprofit information resource devoted to helping people in need find assistance programs to help them afford their medications and costs related to health care.

(800) 503-6897 | [www.needymeds.org](http://www.needymeds.org)

### **RxAssist**

RxAssist is a resource center with information about patient assistance programs, Medicare Part D, programs for low cost medications and any other issues related to pharmaceutical access.

[www.rxassist.org](http://www.rxassist.org) | Email: [info@rxassist.org](mailto:info@rxassist.org)

## Drug/Co-Pay – Continuing

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### **Leukemia & Lymphoma Society**

*The Leukemia & Lymphoma Society Co-Pay Assistance Program helps you pay your insurance premiums and meet co-pay obligations. They'll also help you find additional sources of financial help.*

**Tampa (813) 963-6461 | (800) 955-4572**

[www.lls.org/diseaseinformation/getinformationsupport/financialmatters/copayassistance](http://www.lls.org/diseaseinformation/getinformationsupport/financialmatters/copayassistance)

### **MedNet<sup>®</sup>**

*Created in 2000, the MedNet program is a community-based initiative to increase access to prescription drug services for uninsured and medically needy residents in Hillsborough, Pinellas and Polk County.*

**(727) 217-7070 | [suncoasthealthcouncil.org/current-programs/mednet-prescription-assistance-program/](http://suncoasthealthcouncil.org/current-programs/mednet-prescription-assistance-program/)**

### **Partnership for Prescription Assistance**

*The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.*

**(888) 477-2669 | [www.pparx.org](http://www.pparx.org)**

### **Patient Advocate Foundation (PAF)**

*Patient Advocate Foundation seeks to inform and empower patients allowing them to take control of their healthcare. PAF case managers have compiled a list of valuable resources that address several topics that help patients find assistance with medical debt, insurance access, job retention and many other medical related issues.*

**(800) 532-5274 | [www.patientadvocate.org](http://www.patientadvocate.org)**

### **PSI Patient Services, Inc.**

*Patient Services evaluates an individual's financial, medical, and insurance situation to determine who is eligible for premium or co-payment assistance.*

**(800) 366-7741 | [www.patientservicesinc.org](http://www.patientservicesinc.org)**

### **Patient Access Network Foundation (PAN)**

*All cancer types; must have insurance. Offers co-pay, co-insurance and medication assistance help to people with chronic or life-threatening illnesses when pharmacy costs limit access to breakthrough medical treatments or continued compliance.*

**(866) 316-7263 | [www.panfoundation.org](http://www.panfoundation.org)**

### **HealthWell Foundation**

*When health insurance is not enough, HealthWell fills the gap. This organization helps patients living with chronic and life-altering illnesses pay their share of prescription drug copayments, deductibles, and health insurance premiums.*

**(800) 675-8416 | [www.healthwellfoundation.org](http://www.healthwellfoundation.org)**



# Food

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## Please be advised

- In most instances of food assistance, proof will need to be provided
- Address, income and Social Security number or birth certificate for each family member
- A referral may also be required
- Many churches/religious groups have food pantries/meals requiring no proof
- However, each denomination may have other requirements
- Call for days, hours, and additional requirements

### Food Pantries in Clearwater, Florida [www.foodpantries.org/ci/fl-clearwater](http://www.foodpantries.org/ci/fl-clearwater)

**Suncoast Haven of Rest Rescue Mission**  
1763 9<sup>th</sup> N., St Petersburg  
(727) 545-8282 | [www.havenofrest.com](http://www.havenofrest.com)

**Religious Community Services**  
700 Druid Road, Clearwater  
(727) 443-4031 | [rcspinellas.org/](http://rcspinellas.org/)

**Daystar Life Center**  
226 6<sup>th</sup> St. S., St. Petersburg  
(727) 825-0442 | [daystarlife.com/word](http://daystarlife.com/word)

**St. Giles Pinellas Emergency Pantry**  
8271 52<sup>nd</sup> St., Pinellas Park  
(727) 545-2664 | [www.foodpantries.org/li/st\\_giles\\_food\\_pantry](http://www.foodpantries.org/li/st_giles_food_pantry)

**Sylvan Abbey United Methodist Church**  
2817 Sunset Point Rd., Clearwater  
(727) 796-3057 | [www.sylvanabbeyumc.org/ministries/food-pantry.html](http://www.sylvanabbeyumc.org/ministries/food-pantry.html)

**Palm Harbor Food Pantry (F.E.A.S.T)**  
2255 Nebraska Ave., Palm Harbor  
(727) 789-5275 | [www.feastfoodpantry.com](http://www.feastfoodpantry.com)

**St. Vincent DePaul Soup Kitchen**  
1345 Park St., Clearwater, FL  
(727) 441-3790 | [svdpccsp.org/s\\_kitchens.htm](http://svdpccsp.org/s_kitchens.htm)

**Salvation Army Food Assistance  
Social Services Office**  
1400 4th St., St. Petersburg  
(727) 822-4954 | [www.salvationarmyflorida.org/stpetersburg/emergency-social-services](http://www.salvationarmyflorida.org/stpetersburg/emergency-social-services)

**Helping Hands**  
2565 Blackburn St, Clearwater  
(727) 724-1290 | [www.countrysidecares.com/helping-hands](http://www.countrysidecares.com/helping-hands)

**Operation Attack**  
1310 22nd Ave S., St Petersburg  
(727) 822-1187 | [www.operationattack.org](http://www.operationattack.org)

# Housing

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## **Clearwater Housing Authority (CHA)**

*Public housing for low income tenants.*

908 Cleveland St., Clearwater

**(727) 461-5777 x201** | [www.clearwaterhousingauth.org](http://www.clearwaterhousingauth.org)

## **Pinellas County Housing Authority**

*Established to provide decent, safe and sanitary rental housing for eligible low-income families, the elderly and persons with special needs. Tenants generally pay no more than 30 percent of their adjusted income.*

11479 Ulmerton Road, Largo

**(727) 443-7684** | [www.pinellashousing.com](http://www.pinellashousing.com)

## **St. Petersburg Housing Authority (SPHA)**

*Rental assistance to low income families in low rent public housing developments and in private sector through rental assistance programs. Rent is based on income and family size.*

2001 Gandy Blvd. N., St. Petersburg

**(727) 323-3171** | [stpeteha.org](http://stpeteha.org)

## **Tarpon Springs Housing Authority**

*Public housing for low income tenants.*

500 S. Walton Ave., Tarpon Springs

**(727) 937-4411** | [www.tarponspringshousing.com](http://www.tarponspringshousing.com)

## **Pinellas County Housing Finance Authority**

*Affordable housing for rent through HFA.*

**(727) 464-8210 or (800) 806-5141** | [www.pinellascounty.org/Community/hfa](http://www.pinellascounty.org/Community/hfa)

## **Florida Housing Search**

*This is an online housing service that allows people to locate available/affordable housing that best fits their individual and family needs.*

**(877) 428-8844** | Spanish Option 2 | [www.floridahousingsearch.org](http://www.floridahousingsearch.org)

## **Home Share Pinellas**

*Home Share Pinellas matches renters (people looking for a room to rent) with home providers (people who have a room to rent). Home sharing promotes living arrangements in which people share a residence based on common needs, interests and preferences. Services rendered and costs involved will vary.*

**(727) 937-8417** | [homesharepinellas.org](http://homesharepinellas.org)

## **Pinellas Hope (“Tent City”)**

*Pinellas Hope is a temporary emergency shelter for more than 250 homeless men and women, located in Clearwater. A program of Catholic Charities, the Diocese of St. Petersburg.*

5726 126<sup>th</sup> Ave. N., Clearwater

**(727) 556-6397** | [pinellashope.org/shelter-ministry](http://pinellashope.org/shelter-ministry)

# Legal

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## **Bay Area Legal Services (English & Spanish)**

*Our lawyers, paralegals, and support staff are dedicated to providing free civil legal services to qualified and low-income residents and nonprofits throughout the Tampa Bay area. Free interpreter services.*

**(813) 232-1343 | (800) 625-2257 | Spanish option 9 | [www.bals.org](http://www.bals.org)**

## **Gulf Coast Legal Services**

*Gulfcoast Legal Services is a regional, non-profit organization dedicated to providing energetic, comprehensive, direct legal advocacy, counselling and education for vulnerable and/or low income individuals.*

314 S. Missouri, Ste. 109, Clearwater: **(727) 443-0657** and 641 1st St. S., St. Petersburg: **(727) 821-0726**

**(800) 625-2257 for screening and appointment times | [gulfcoastlegal.org](http://gulfcoastlegal.org)**

## **National Cancer Legal Services Network (NCLSN)**

*The NCLSN promotes increased availability of free legal services programs so that people affected by cancer may focus on medical care and their quality of life.*

**[www.nclsn.org](http://www.nclsn.org)**

## **Pinellas County Clerk of the Circuit Court Legal Self Help Center**

*The Pinellas County Clerk of the Circuit Court Legal Self Help Center provides affordable legal services to the citizens of Pinellas County and assists them with filing small claims.*

**(727)-821-0726 | [www.pinellasclerk.org/self-Help](http://www.pinellasclerk.org/self-Help)**

# Phone & Utilities

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## **Assurance Wireless Lifeline Assistance - FREE Phone & 250 FREE Voice Minutes Each Month**

*Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify if you are on certain public assistance programs, like Medicaid or Supplemental Nutrition Assistance Program (SNAP). You can also qualify based on your household income. You must provide proof of program participation or proof of income.*

**(800) 395-2108** | [www.assurancewireless.com](http://www.assurancewireless.com)

## **Duke Energy Customer Assistance Programs**

### ***Energy Neighbor Fund***

*Duke Energy's Energy Neighbor Fund is an energy-assistance program. This program provides assistance to customers who are experiencing temporary financial difficulties, such as sudden illness, unexpected unemployment, or an emergency or personal crisis.*

[www.duke-energy.com/home/billing/special-assistance](http://www.duke-energy.com/home/billing/special-assistance)

### **Lifeline**

*Lifeline is a government benefit program that provides discounts on monthly telephone service for eligible low-income consumers to help ensure they have the opportunities and security that telephone service affords, including being able to connect to jobs, family, and **911** services.*

[www.fcc.gov/guides/lifeline-and-link-affordable-telephone-service-income-eligible-consumers](http://www.fcc.gov/guides/lifeline-and-link-affordable-telephone-service-income-eligible-consumers)

## **Pinellas County Urban League Low Income Home Energy Assistance Program (LIHEAP)**

*Provides assistance to pay a portion of home energy costs. Must meet income criteria, complete application and provide identification, proof of household income and assets. Assistance is limited to once a year.*

*333 31st St. N., St. Petersburg: (727) 327-0977 (must have appointment) Calls start at 8:15am.*

[www.pcul.org/liheap](http://www.pcul.org/liheap)

## **Pinellas County Opportunity Council - Energy Assistance Program**

*Provides financial assistance to low-income households with at least one member 60 years of age or older experiencing a heating or cooling emergency; the Program allows for the payment to utility companies, the purchase of blankets, portable heaters and fans, repairs of existing heating or cooling equipment, and the payment of reconnection fees. Persons seeking assistance should contact the office nearest to them for screening/set up an appointment. Hours for all locations: Mon.-Fri.: 8:30am-5pm.*

- **Admin Main Office:** 3443 1<sup>st</sup> Ave. N, St. Petersburg, **(727) 327-8690**
- **Pinellas Park:** Largo, Seminole, **(727) 541-0896**
- **St. Petersburg:** **(727) 894-5176**, Utilities only (no rental funds)
- **Tarpon Springs:** **(727) 937-9393**

[www.poc-inc.org](http://www.poc-inc.org)

## Phone and Utilities – Continuing

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### **Progress Energy Customer Assistance Programs – see Duke Energy**

#### **Safelink Wireless Phone Program**

*SAFELINK WIRELESS® service is a program for income-eligible households. In order to participate in the service, persons must meet certain eligibility requirements set by each State where the service is to be provided.*

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

#### **Salvation Army Financial Assistance – Social Services Office**

*Must show proof of residence, picture ID, income/expense info, eviction or shut-off notice. Service provided once per year.*

- 1521 East Druid Road, Clearwater: **(727) 446-4177**
- 24400 U.S. 19, Clearwater: **(727) 724-3913**
- 209 South Pinellas Ave., Tarpon Springs: **(727) 934-4476**
- 3800 9th Ave. North, St. Petersburg: **(727) 323-2222**
- 5321 4th St. North, St. Petersburg: **(727) 521-4208**
- 1446 South Missouri Ave., Clearwater: **(727) 447-1913**
- 1400 4<sup>th</sup> St. S., St. Petersburg: **(727) 822-4954**

[www.needhelppayingbills.com/html/pinellas\\_county\\_salvation\\_army.html](http://www.needhelppayingbills.com/html/pinellas_county_salvation_army.html)

#### **TECO (Tampa Electric)**

*Provides a list of organizations that may be able to help if you or someone you are caring for needs advice or financial assistance with their electric bills.*

[www.tampaelectric.com/residential/paymentsupport/paymentassistance](http://www.tampaelectric.com/residential/paymentsupport/paymentassistance)

#### **We Help Services - St. Petersburg Free Clinic**

*The mission of Free Clinic We Help Services is to assist individuals and families who are temporarily struggling to meet basic needs. Eligibility determined by a needs assessment of individual and family. Requires ID, verification of income and expenses. Temporary assistance and emergency only for last \$50 of water bill only when greater portion paid by client. Need proof of payment.*

863 3rd Ave. N., St. Petersburg

**(727) 821-1200 or (727) 823-3471** | [www.stpetersburgfreeclinic.org/our-services/we-help-services](http://www.stpetersburgfreeclinic.org/our-services/we-help-services)

#### **RCS Pinellas**

*RCS directs resources to people facing hunger, homelessness, domestic violence and the lack of basic needs.*

**(727) 443-4031** | [rcspinellas.org/help/](http://rcspinellas.org/help/)

# Transportation

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## Pinellas Suncoast Transit Authority (PSTA)

(727) 540-1900 | [www.psta.net/busfares.php](http://www.psta.net/busfares.php)

### PSTA Customer Service Centers:

- *Grand Central Terminal*: 3180 Central Ave, St Petersburg
- *Williams Park Terminal*: 340 2<sup>nd</sup> Ave N., Downtown St. Petersburg
- *Park St. Terminal*: 525 Park St., Downtown Clearwater
- *Pinellas Park Transit Center*: 3801 70th Ave. North, Pinellas Park

### PSTA – SPECIAL PROGRAMS

- **Demand Response Transportation (DART) Services**

*This program allows eligible individuals to ride PSTA's regular bus routes for a reduced fare by presenting a PSTA issued photo ID card upon boarding. Passengers wishing to take advantage of this program must fill out an application and have a doctor certify the disability.*

[www.psta.net/programs/dart-ada-paratransit](http://www.psta.net/programs/dart-ada-paratransit)

- **Transportation Disadvantaged (TD) Program**

*The Pinellas County Transportation Disadvantaged (TD) Program is a state-funded program that provides reduced cost transportation throughout the county to residents who qualify as "Transportation Disadvantaged."*

[www.psta.net/programs/td-transportation-disadvantaged](http://www.psta.net/programs/td-transportation-disadvantaged)

- **Disabled Special Citizen Program**

*This program allows eligible individuals to ride PSTA's regular bus routes for a reduced fare by presenting a PSTA issued photo ID card upon boarding. Passengers wishing to take advantage of this program must fill out an application and have a doctor certify the disability.*

[www.psta.net/programs/seniorsdisabled](http://www.psta.net/programs/seniorsdisabled)

## BayCare Health System Transportation Resources (non-emergency)

*Provides free transportation to and from home and the hospital or outpatient services within a designated geographical area. Most require an application or registration and at least three days' reservation notice for a ride.*

- Morton Plant Hospital CareLift: **(727) 461-8548**
- Mease Countryside and Mease Dunedin Hospitals CareLift: **(727) 734-6107**
- Morton Plant North Bay HealthRide: **(727) 859-4730**

## Transportation – Continued

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<b>American Cancer Society</b> ( <i>Road to Recovery</i> )	<b>(800) 227-2345</b>
<b>Care Ride: Pinellas County</b> <i>Provides wheelchair and limited services.</i>	<b>(727) 866-1193</b>
<b>Medicaid Community Transportation</b>	<b>(727) 545-2100</b>
<b>Neighborly Care Network</b>	<b>(727) 571-4384</b>
<b>Pasco County Public Transportation</b> ( <i>Medicaid accepted</i> )	
• <b>West</b>	<b>(727) 834-3456</b>
• <b>East</b>	<b>(813) 929-6059</b>
• <b>Central</b>	<b>(352) 521-4300</b>
<b>Wheelchair Limo</b> ( <i>Private and insurance</i> )	<b>(727) 944-3886</b>
<b>Wheelchair Transport Inc.</b> ( <i>Private and insurance</i> )	<b>(727) 586-2811</b>
<b>Yellow Cab</b>	<b>(727) 799-2222</b>