

Healthcare & Insurance

Florida Department of Health: (386) 758-1068, (386) 497-4899 (Ft. White), www.floridahealth.gov, Provides complete family health care, birth certificates, immunizations, care for sexually transmitted diseases, anonymous and confidential testing for HIV, and family planning.

Shands Lake Shore Regional Medical Center: (386) 292-8000, www.shandslakeshore.com, Shands Lake Shore is a 99-bed acute care hospital that provides a wide range of health care programs. These programs include but are not limited to: cardiology, obstetrics, orthopedics, pediatrics, physical therapy, radiology, surgery, and insurance navigation for residents of Lake City, Columbia County and surrounding counties. Provides Childbirth/Lamaze classes for a fee and has a IBCLC lactation consultant on staff.

Lake City Medical Center: (386) 719-9000, www.lakecitymedical.com, Medical Center serving Columbia county and surrounding area providing services such as emergency medicine, surgical, cardiovascular, imaging, rehabilitation, cancer care, and educational classes.

Lake City VA Hospital: (386) 755-3016, www.northflorida.va.gov/locations/lakecity.asp, Provides a full range of comprehensive health care, including: primary care, specialty care, and long term care to those who served in the active military, naval or air service and are separated under any condition other than dishonorable.

Children's Medical Services: (352) 334-1400, www.floridahealth.gov/alternatesites/cms-kids, Provides comprehensive care to children with chronic medical problems to families who cannot afford to pay for all needed treatment.

Haven (Hospice): (386) 752-9191, www.beyourhaven.org, Offers compassionate care and support to individuals with life-limiting illness and their families, advance care planning, palliative care, support to individuals and family members with advanced illness, support after the loss of a loved one, and volunteer opportunities for support to those who are ill and their families through different programs. Haven's team of medical providers and staff will expertly manage pain and symptoms at home or in a variety of settings including hospitals, nursing homes or assisted living facilities and is a benefit of Medicare/Medicaid - we serve this community regardless of ability to pay.

Palms Medical Group: (386) 755-4020, www.palmsmg.org, Provides comprehensive primary healthcare to residents accepting Medicare, Medicaid, and private insurance as well as a sliding fee scale for the uninsured.

Florida Kidcare: (888) 540-5437, www.floridakidcare.org, Provides affordable health insurance programs ages newborns to 18 for families with low to moderate income.

DCF Access Florida: (866) 762-2237, www.myflorida.com/accessflorida, Provides information and application for Medicaid, food assistance, and cash assistance. Also provides assistance with adoption, adult protective services, background screens, child care, child welfare, children's legal services, community based care, deaf and hard-of-hearing, domestic violence, foster care, homelessness, human trafficking, independent living services, interstate compact for the placement of children, mental health, public benefits integrity, refugee services, and substance abuse.

AHEC-Suwannee River Area Health Education Center: (386) 462-1551, www.srahec.org, Provides services that promote health and wellness, prevent disease, and build capacity through on line education, conference development, management, evaluation, program planning, and training. Healthy community programs include tobacco cessation, guidance for health insurance options, and workplace wellbeing.

Meridian Behavioral Healthcare: (352) 374-5600 or (844) 652-5981(Navigator), www.mbhci.org, Meridian provides mental health and substance abuse services to people of all ages struggling with mental illness and addiction through prevention, coordinated treatment, and supportive services. Counselors are available at schools and after school. Also, provides healthcare navigation services.

Food/Financial

W.I.C.: (386) 758-1068, www.columbia.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic, Provides the following at no cost to the participant: healthy foods, nutrition education, breastfeeding counseling and support and referrals for health care.

DCF Access Florida: (866) 762-2237, www.myflorida.com/accessflorida, Provides information and application for Medicaid, food assistance, and cash assistance. Also provides assistance with adoption, adult protective services, background screens, child care, child welfare, children's legal services, community based care, deaf and hard-of-hearing, domestic violence, foster care, homelessness, human trafficking, independent living services, interstate compact for the placement of children, mental health, public benefits integrity, refugee services, and substance abuse.

Lad: (386) 758-8438, (386) 758-2217, Provided food. No fee for food.

Bethlehem United Methodist Church: (352) 745-1826, Has food give away every Friday at the Ft. White community center. Offers preschool and after school program.

Ft. White United Methodist Church: (386) 497-1742, Has food pantry every Wednesday at 12:30. Please bring box or laundry basket for food.

Catholic Charities Bureau: (386) 754-9180, www.catholiccharitieslakecity.org, Emergency assistance with utility, rent, food, Life Enrichment classes, gas vouchers life sustaining prescriptions, SNAP applications, services to the homeless.

Christian Service Center: (386) 755-1770, www.cscfcc.org, Provides a food pantry, clothing assistance, utilities assistance, shelter assistance (women, children and the elderly only), propane and kerosene assistance, prescription assistance (no narcotics), transportation assistance, baby items, furniture and household items, and spiritual guidance. The food pantry: hours of operation are Mon - Fri / 10am-4pm.

Suwannee River Economic Council: (386) 362-4115 www.srecing.org, Provides assistance with utilities, food, housing, and medications. Provides information and referrals, family self- sufficiency, case management, and support services.

Clothing

Catholic Charities Bureau: (386) 754-9180, www.catholiccharitieslakecity.org, Emergency assistance with utility, rent, food, Life Enrichment classes, gas vouchers life sustaining prescriptions, SNAP applications, services to the homeless.

Christian Service Center: (386) 755-1770, www.cscocf.org, Provides a food pantry, clothing assistance, utilities assistance, shelter assistance (women, children and the elderly only), propane and kerosene assistance, prescription assistance (no narcotics), transportation assistance, baby items, furniture and household items, and spiritual guidance. The food pantry: hours of operation are Mon - Fri / 10am-4pm.

Suwannee Valley Rescue Mission Thrift Store: (386) 758-8438, Provided clothing. Nominal fee accepted for clothing, however, if unable to pay for clothing there is no cost.

Haven Attic Resale Shop: (386) 752-0230, Provides clothing for all ages, household items, baby items and more for a small fee.

Counseling/Support

Children's Home Society of Florida: (800) 300-9567 www.chsfl.org, Provides counseling services for adults, children, and families; strengthen/stabilize individuals and families; and find forever homes for children.

Resolutions Health Alliance: (386) 754-9005, www.rhapa.com, Provide parent classes, life skills classes, mental health counseling, couples therapy, family and relationship counseling, and anger and stress management counseling.

Tobacco Free Florida: (866) 341-2730, www.tobaccofreeflorida.com, Provides free nicotine replacement patches, gum, lozenges, and community, worksite, and clinic cessation groups.

AHEC-Suwannee River Area Health Education Center: (386) 462-1551 or (904) 796-7096(Navigator), www.srahec.org, Provides services that promote health and wellness, prevent disease, and build capacity through on line education, conference development, management, evaluation, program planning, and training. Healthy community programs include tobacco cessation, guidance for health insurance options, and workplace wellbeing.

Another Way, Inc: (386) 719-2700, (866) 875-7983(24hr), www.anotherwayinc.net, Provides counseling, emergency shelter and support for victims and survivors of domestic violence and/or sexual assault while providing a positive alternative to violence through community education.

Vivid Visions: Hotline (386) 364-2100 or (800) 500-1119, www.vividvisionsinc.org, Provides assistance to victims of domestic violence that includes shelter, crisis hotline, counseling, advocacy, court advocacy, support groups, information, referrals and other services as needed.

Meridian Behavioral Healthcare: (352) 374-5600 or (844) 652-5981(Navigator), www.mbhci.org, Meridian provides mental health and substance abuse services to people of all ages struggling with mental illness and addiction through prevention, coordinated treatment, and supportive services. Counselors are available at schools and after school. Also, provides healthcare navigation services.

Florida Coalition Against Domestic Violence: (800) 500-1119, www.fcadv.org, Provides public awareness and policy development towards ending violence, and provides support for Florida's domestic violence centers. Florida's toll-free domestic violence hotline links callers to the nearest domestic violence center and provides translation assistance when needed.

Florida Abuse Hotline: (800) 962-2873, www.myflfamilies.com/service-programs/abuse-hotline, Accepts reports 24 hours a day and 7 days a week of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult.

Suicide Prevention Lifeline: (800) 273-8255, www.floridasuicideprevention.org, Accepts calls 24 hours a day and 7 days a week of anyone who is in suicidal crisis or emotional distress. Offer help, hope, and resources to those experience issues related to suicide and to those who have had a loss to suicide.

Poison Control Hotline: (800) 222-1222, www.floridapoisontcontrol.org, Offering poison prevention and confidential management information 24 hours a day, 365 days a year. Calls are answered by specially trained physicians, nurses, pharmacists, physician assistants, toxicology fellows, and board-certified toxicologists who have immediate access to the latest, in-depth poison assessment and prevention techniques.

Chances for Children: (386) 752-4453, Provides services and support for abused and neglected children. Services include free clothing, counseling for children with allegations of abuse, therapist supervised visits (if court mandated free, if personal referral then income based fees).

Project Catch: (386) 755-8192, www.columbia.k12.fl.us, Coordinates referrals for family/student counseling services and teen parenting.

UF Health Shands Psychiatric Hospital: (352) 265-5497, www.ufhealth.org/shands-vista, Provides comprehensive treatment and assessment for mental health and substance abuse for all ages.

On Eagles' Wings: (386) 961-8371, Mentor-ship program offers transitional housing and supportive services including anger management, employment assistance, life skills, mental health assessment, and substance abuse intervention for ex-offenders.

Haven (Hospice): (386) 752-9191, www.beyourhaven.org, Offers compassionate care and support to individuals with life-limiting illness and their families, advance care planning, palliative care, support to individuals and family members with advanced illness, support after the loss of a loved one, and volunteer opportunities for support to those who are ill and their families through different programs. Haven's team of medical providers and staff will expertly manage pain and symptoms at home or in a variety of settings including hospitals, nursing homes or assisted living facilities and is a benefit of Medicare/Medicaid - we serve this community regardless of ability to pay.

Substance Use

Alcoholic Anonymous: (386) 758-4283, www.livingsobergroup.com, Support groups for persons experiencing difficulties due to alcohol. Call for meeting times.

GreenLeaf Center, Inc: (229) 588-8215, www.greenleafhospital.com, Provides treatment for adolescent, adult and seniors with emotional, substance, and alcohol problems.

Substance Abuse & Treatment Hotline: (800) 662-4357, www.samhsa.gov, Provides confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service also provides referrals to local treatment facilities, support groups, and community-based organizations.

Living Hope Recovery Center: (800) 413-2480 or (386) 365-4635, www.livinghoperecoveryflorida.com, Provide personalized treatment for alcohol, drug, steroid, and other addictions. Have inpatient and outpatient programs provided by medical and counseling staff. Celebrate Recovery every Friday at 7 pm at Hopeful Baptist.

Meridian Behavioral Healthcare: (352) 374-5600 or (844) 652-5981(Navigator), www.mbhci.org, Meridian provides mental health and substance abuse services to people of all ages struggling with mental illness and addiction through prevention, coordinated treatment, and supportive services. Counselors are available at schools and after school. Also, provides healthcare navigation services.

Narcotics Anonymous: (352) 376-8008, www.uncoastna.org, A fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet weekly to help each other stay clean.

UF Health Shands Psychiatric Hospital: (352) 265-5497, www.ufhealth.org/shands-vista, Provides comprehensive treatment and assessment for mental health and substance abuse for all ages.

Housing/Shelter

Columbia County Housing Authority: (386) 752-4227, A HUD, low-income public housing rental assistance program. Currently accepting public housing applications for families, senior citizens and disabled individuals.

Suwannee River Economic Council: (386) 362-4115 or (386) 792-1136 www.srecing.org, Provides assistance with utilities, food, housing, and medications. Provides information and referrals, family self-sufficiency, case management, and support services.

Section 8 - Northwest Florida Housing Authority: (850) 263-4442, www.nwfloridahousing.org, Provides rental assistance for section 8 housing.

VOA Cabins in the Woods: (727) 369-8500, www.voaflorida.org/lake-city/, Volunteers of America "Cabins in the Woods" is an affordable rental housing development with supportive services for veterans located in Lake City, Florida. The development was dedicated in honor of the military women and men who have served our country in times of peace and conflict.

Another Way, Inc: (386) 719-2700, www.anotherwayinc.net, Provides counseling, emergency shelter and support for victims and survivors of domestic violence and/or sexual assault while providing a positive alternative to violence through community education.

Vivid Visions: Hotline (386) 364-2100 or (800) 500-1119, www.vividvisionsinc.org, Provides assistance to victims of domestic violence that includes shelter, crisis hotline, counseling, advocacy, court advocacy, support groups, information, referrals and other services as needed.

Homeless Services of Suwannee Valley: (386) 752-5604, Brings together homeless service providers to coordinate services and position the community to receive grant funds in support of services for those who are homeless or at imminent risk of homelessness.

Education/Job Placement

Columbia Career and Adult Education: (386) 755-8190, www.adulted.columbia.k12.fl.us, Provides site-based instruction and testing for community members interested in high school completion, adult basic education, GED preparation/testing, and English as a second language.

Homeless Education: (386) 792-7807, Provides support to enable students who are identified as homeless to fully participate and be successful in their education.

CareerSource Florida Crown: (386) 755-9026, www.careersourcefloridacrown.com, Provides adult development centers, career counseling, comprehensive job assistance centers, job banks, veteran employment programs, veteran reintegration counseling, welfare to work programs.

Florida Gateway College: (386) 752-1822, www.fgc.edu, Provides higher education programs and lifelong learning opportunities.

Labor Finders of Lake City: (386) 758-2330, www.laborfinders.com, Provides assistance in for finding jobs in manufacturing, construction, property maintenance, electrical, carpentry, welding, office/clerical, waste management, light industrial, hospitality, and retail.

FL Department of Economic Opportunity: (850)921-3223, www.floridajobs.org, Provides information about workforce programs, community development opportunities, and economic development initiatives and programs.

Wal-Staf: (386) 755-1991, www.wal-staf.com, Hires and places employees in clerical, medical, light industrial, and technical positions. Placements include short term, long term, temp-to-permanent, and direct hire positions.

Job Corps: (800) 733-5627, www.gainesville.jobcorps.gov, Provides free GED program, English language learning program, college programs, and job training.

Transportation

Suwannee Valley Transit: (386) 362-5332 or (386) 362-7433, www.ridesvta.com, Providing a reliable, safe, efficient, accessible and convenient transportation system that meets the needs of our citizens. Provides transportation to Columbia and Hamilton county residents. May qualify for reduced rate of a \$1 per ride one way, if not on Medicaid. Private pay is \$3 for every 10 miles one way.

Medicaid Transportation: (855) 381-3778, Provides transportation to appointments for all Medicaid clients that qualify. Must call case manager of Medicaid plan to check eligibility for transportation under individual plan.

Nice & Clean: (386) 754-8889, Provides transportation to appointments for the residents of Columbia county. There is a flat rate fee of \$30 for a round trip of 10 miles. After 10 miles it is \$1.50 per mile.

Childcare

Suwannee Valley 4Cs Head Start / Early Head Start: (386) 754-2222, www.sv4cs.org, Free early childhood (birth to five) education and health services for: low income families, pregnant women, children with a diagnosed disability regardless of family income.

Early Learning Coalition of Florida's Gateway: (386) 752-9770, www.elcgateway.org We are committed to supporting parents and early learning programs that lead to children's educational success. ELCFG provides child care resource and referral and early learning services (school readiness and voluntary pre-kindergarten - VPK) in Columbia, Hamilton, Lafayette, Suwannee and Union counties.

Happy House: (386) 752-4736, www.happyhouselc.columbia21stcclc.com Nationally-accredited, year-round preschool offering state subsidies, free VPK and free 21st Century after-school programs. Scholarships may be available for children birth to age three.

Disability

Children's Medical Services: (352) 334-1400, www.floridahealth.gov/alternatesites/cms-kids, Provides comprehensive care to children with chronic medical problems to families who cannot afford to pay for all needed treatment.

CARC - Advocates for Citizens with Disabilities: (386) 752-1880 www.lakecity-carc.com Provides adult day training, in-home supports, employment services, residential services and employment opportunities to local citizens with disabilities.

Division of Blind Services: (352) 955-2075, www.dbs.myflorida.com, Offer to the blind and visually impaired from babies to senior citizens' services such as blind babies program, children's program, employer services, business enterprise program, independent living, rehabilitation, and braille and talking book library.

Florida Diagnostic & Learning Resource System (FDLRS): (386) 792-2877, www.fdlrs.org, Provides assistance to students with disabilities, families, and support agencies in location, identification, evaluation, and initiation of appropriate education or needed services to children and youth who have or are at risk of developing special or unique needs.

SEDNET (The Multi-Agency Network for Students with Emotional/Behavioral Disabilities): (386) 758-4954, www.sednetfl.info, Assisting in the provision of a quality system of care for students with or at risk of emotional and/or behavioral challenges.

The Arc North Florida: (386) 362-7143, www.arcnfl.com Provides advocacy and services for adults 21 and older with developmental disabilities. Vocational and employment skills training, residential option, transportation, recreation and support services.

Legal

Child Support Enforcement/Florida Department of Revenue: (800) 622-5437, www.myflorida.com/dor/childsupport, Offers proving paternity, child support, enforcement, and change orders.

Three Rivers Legal Services: (386) 752-5960, www.trls.org, Provides free civil legal assistance to low income families, high quality services to individuals, as well as legal information and education to groups. Concentration on housing law, family law and domestic violence prevention, elder law, education law, and public benefits issues.

Voices for Children/Guardian ad Litem: (386) 758-1170 or (386) 364-7720, www.guardianadlitem.org, Staff and volunteers advocating for the best interests of children who have been abused and involved in court to ensure safe, caring and permanent environments.

Information Assistance

United Way: (386) 754-2222 or 211, www.unitedwsv.org, Sponsors 2-1-1, which provides free and confidential information and referrals in addition to help with food, housing, employment, health care, counseling and more.

American Red Cross: (386) 752-0650, www.redcross.org, Local disaster response; provides CPR/first aid, water safety, and community preparedness education; and provides emergency communication service to members of the armed forces and families.

Prenatal Services

Healthy Start: (386) 758-1065, www.columbia.floridahealth.gov/programs-and-services/wellness-programs/healthy-start, All pregnant women regardless of their marital, economic or immigration status are eligible to participate in the Healthy Start program if they are at high risk for a poor pregnancy outcome. This includes post-partum women and their infants up to age three. Services provided include care coordination and outreach, breastfeeding education, childbirth education, parenting education and support, smoking cessation assistance, nutritional services and counseling, psychosocial counseling, and home visiting.

Children's Home Society of Florida: (866) 427-5451, www.chsfl.org, Provides counseling services for adults, children, and families; strengthen/stabilize individuals and families; and find forever homes for children.

Florida Department of Health: (386) 758-1068, (386) 497-4899 (Ft. White), <http://www.floridahealth.gov>, Provides complete family health care, birth certificates, immunizations, care for sexually transmitted diseases, anonymous and confidential testing for HIV, and family planning.

Pregnancy Care Centers: (386) 755-0058, www.northfloridapregnancy.com, The Centers offer: no cost pregnancy testing, no cost and confidential counseling, no cost non-diagnostic ultrasound, sexual Integrity options, pre-natal and post-natal training, parenting information and training, referrals for social services and resources, no cost maternity and infant items.

Caring Choices Pregnancy Services (Catholic Charities): (866) 901-9647, www.ccpregnancyservices.org, Provides free pregnancy test, pregnancy counseling, parenting education, adoption services and support, physician referrals, assistance with food and utilities, and baby items.

Suwannee Valley 4Cs Head Start / Early Head Start: (386) 754-2222, www.sv4cs.org, Free early childhood (birth to five) education and health services for: low income families, pregnant women, children with a diagnosed disability regardless of family income.

Project Catch: (386) 755-8192, www.columbia.k12.fl.us, Coordinates referrals for family/student counseling services and teen parenting.

Lake Shore OB/GYN: (386) 292-7844, www.shandslakeshore.com/shands-lake-shore/maternity-care.aspx, Provides prenatal care, high risk pregnancy care, labor and delivery care, breastfeeding support, and education to prepare mothers and families before and after birth.

All About Women: (386) 401-5651, www.allaboutwomenmd.com, A patient-centered practice for all stages of a women's life. Provides conception and family planning, fertility support, and pregnancy care.

Lake City OB/GYN: (386) 438-5095, www.obgynlakecity.com, Provides conception counseling, infertility management, pregnancy testing, prenatal care, 3D/4D ultrasounds, and lactation support.

Online/Apps - The Bump, Baby Center, LactMed: Provides education and resources for pregnant and breastfeeding moms.

Breastfeeding/Childbirth

Healthy Start: (386) 758-1065, www.columbia.floridahealth.gov/programs-and-services/wellness-programs/healthy-start, All pregnant women regardless of their marital, economic or immigration status are eligible to participate in the Healthy Start program if they are at high risk for a poor pregnancy outcome. This includes post-partum women and their infants up to age three. Services provided include care coordination and outreach, breastfeeding education, childbirth education, parenting education and support, smoking cessation assistance, nutritional services and counseling, psychosocial counseling, and home visiting.

Shands Lake Shore Regional Medical Center: (386) 292-8000, www.shandslakeshore.com, Shands Lake Shore is a 99-bed acute care hospital that provides a wide range of health care programs. These programs include but are not limited to: cardiology, obstetrics, orthopedics, pediatrics, physical therapy,

radiology and surgery for residents of Lake City, Columbia County and surrounding counties. Provides Childbirth/Lamaze classes for a fee and has a IBCLC lactation consultant on staff.

Lake Shore OB/GYN: (386) 292-7844, www.shandslakeshore.com/shands-lake-shore/maternity-care.aspx, Provides prenatal care, high risk pregnancy care, labor and delivery care, breastfeeding support, and education to prepare mothers and families before and after birth.

Lake City OB/GYN: (386) 438-5095, www.obgynlakecity.com, Provides conception counseling, infertility management, pregnancy testing, prenatal care, 3D/4D ultrasounds, and lactation support.

La Leche League: (877) 452-5324, www.llli.org, Provides online, telephone, and personal breastfeeding education and support. There are also local leagues in Ocala and Jacksonville that offer local contacts and classes.

Online/Apps - The Bump, Baby Center, LactMed: Provides education and resources for pregnant and breastfeeding moms.

Disease Services

American Cancer Society: (386) 755-0522, www.cancer.org, Provides information and guidance for cancer patients with referrals to services, community resources, educational program, patient support, transportation, and lodging. Community Cancer of North Florida offers a general support group that allows a cancer patient to connect with others who are facing similar challenges associated with cancer. The support group is held at Baya Pharmacy, Lake City, 2nd Mon of each month 5:30pm - 6:30pm.

Florida HIV Hotline: (800) 352-2437, www.floridahealth.gov/diseases-and-conditions/aids, Provides assistance for HIV Counseling, Testing, and Referral Sites.

CCHD HIV/STD: (386) 758-1068, Provides information and assistance for STD/HIV testing and education.

313HIV: (352) 334-7900 ext 3335, www.alachua.floridahealth.gov/programs-and-services/wellness-programs/www-313-hiv, Provides HIV education, prevention, treatment options, support groups, help find specialty care clinics, and other resources.

AIDS Drugs Assistance Program: (850) 245-4422, www.floridahealth.gov/diseases-and-conditions/aids/adap, Provides medications, disease management, training and information.

Diabetic Counseling: (386) 292-8120, Provides free monthly community diabetic counseling classes. The classes are open to all. Please call Jennifer at number of above for schedule and registration. The classes are provided by and held at Shands Lake Shore.

Dental Services

Florida Department of Health, Miles of Smiles: (386) 752-9914, Provides a mobile bus that travels to elementary schools in Columbia and Hamilton counties that provides dental exams, cleanings, fluoride treatments, sealants, and treatment of dental caries to children on Medicaid and Healthy Kid plans.

Appointments also available for 0-18 years of age on Medicaid and Healthy Kid plans. Also, offers a free sealant program for all 2nd and 5th graders through school visiting program.

Palms Dental: (386) 752-5904, www.palmsmg.org, Provides oral exams, fillings, dental cleanings, sealants, and extractions to age 3 to adults who are on Medicaid HMO's. Also, offer sliding fee program.

Florida Baptist Dental: (904) 396-2351, www.flbaptist.org/florida-baptist-mobile-dental-ministry/, Provides a yearly visit to both Columbia and Hamilton counties to provide fillings and extractions to children and adults 6 years and up.

Senior Services

Still Waters of Lake City: (386) 755-6560, www.stillwatersalf.org, An alternative for seniors who may require more support than would be available at an independent retirement community, but do not need the intensive medical and nursing care provided in a standard nursing facility.

Columbia County Senior Services, Inc: (386) 752-7717, www.ccseniors.com, Provides services which help senior adults maintain their independence. Services offered include housekeeping, personal hygiene, home delivered meals, Dementia day care, care management, transportation, respite care, caregiver support, recreation and support groups.

Experience Works: (386) 755-9026 x3139, www.experienceworks.org, Provides training, employment assistance, and local community service assignments to low-income seniors under the Senior Community Service Employment Program (SCSEP) which is funded under Title V of the Older Americans Act. Partners with local businesses for staffing needs.

Haven (Hospice): (386) 752-9191, www.beyourhaven.org, Offers compassionate care and support to individuals with life-limiting illness and their families, advance care planning, palliative care, support to individuals and family members with advanced illness, support after the loss of a loved one, and volunteer opportunities for support to those who are ill and their families through different programs. Haven's team of medical providers and staff will expertly manage pain and symptoms at home or in a variety of settings including hospitals, nursing homes or assisted living facilities and is a benefit of Medicare/Medicaid - we serve this community regardless of ability to pay.

Youth Services

CDS Family & Behavioral Health Services: (386) 487-0190, www.cdsfl.org, An Interface Youth Program that operates three shelters for runaway, truant and troubled youth. These shelters act as crisis stabilization centers where kids and their parents can take a break from one another and begin working on family issues. Interface provides shelter, a safe environment, food, clothing and counseling to each child. Services are available 24 hours a day.

Boys & Girls Club of Columbia County: (386) 752-4184 Offers social, cultural and recreational programs to the youth of our community.

Suwannee County Police Athletic League: (386) 208-1494, Provides safe, adult supervised after-school programs for local youth ages seven to 17. Programs include sports; summer camp; arts; crafts; swimming; and tutoring in math, writing and reading.

UF IFAS: (386) 752-5384, www.ifas.ufl.edu, Provide programs in agriculture, natural resources, family and consumer sciences, and youth development.