



Brevard Community Resource NEWSLETTER

TO
WRITE
LOVE
ON HER
ARMS.

Suicide Prevention
and
Awareness Resource

Feature Of The Week

TWLOHA has created an amazing database full of community and mental health resources that can be accessed by anyone in the United States! Use our [FIND HELP Tool](https://twloha.com/find-help/) to locate free or reduced cost counseling and other mental health resources in your community. Scroll down to "Connect to resources", put in what your looking for, then your zip code, and hit search!

Visit website at:

<https://twloha.com/find-help/>

TWLOHA also launched an amazing [SELF CARE](https://twloha.com/self-care/) page due to COVID-19! days after the announcement of social distancing in the United States. Within this page, you will find resources to online treatment options, blogs from TWLOHA, free downloads, past and present videos, podcasts, interviews, live events, and resources for creative ways to connect during this season.

Visit website at:

<https://twloha.com/self-care/>

If you have information you would like us to share in our newsletter please contact:

Jennifer Reaves

Community Resource Manager

JReaves@eckerd.org

Elizabeth Fears

Community Outreach Specialist

EFears@eckerd.org

Brevard
Eckerd Connects
Highlights

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Mental Health Awareness Month

1 in 4 people will suffer from some form of mental illness in any given year

Break the Silence
Break the Stigma

Not all pain is physical and not all wounds are visible

Out of the Ashes / PB

Awareness Month

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Kids Corner

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Parents Corner

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Come join our Virtual Fundraiser Event
on May 16th!

[SIGN UP HERE](https://give.twloha.com/campaign/2020-run-for-it-5k/c269957) or Visit:

<https://give.twloha.com/campaign/2020-run-for-it-5k/c269957>



Brevard Community Resource *Spotlight*

FREE FOOD DISTRIBUTION:**On Wednesday May 6th****YMCA (Partnered with Grove Church)****Time:** 11 AM until all the food is distributed.**Location:** 1450 Harrison St., Titusville
Fresh Fruits, Veggies, and Household Items**FREE FOOD DISTRIBUTION:****On Thursday May 7th****Representative Randy Fine's COVID-19 FarmShare****Time:** 10 AM until all the food is distributed.**Location:** 2539 Palm Bay Road NE., Palm Bay
DRIVE THROUGH ONLY
One package of food per car**FREE FOOD DISTRIBUTION:****On Saturday May 9th****Salvation Army of Melbourne****Time:** 19 AM until Noon**Location:** 1080 S. Hickory St., Melbourne
Fresh Fruits, Veggies, and Household Items**FREE Meals for Out-Of-Work****Hospitality Workers:****Hospitality For Life****MUST** Register at: hospitalitylife.org**Daily Pick Up Locations:**

Pizza Gallery (Viera)

PizzaVola (W. Melb, Cocoa Beach, Indian Harbour Bch)

Pappagallo's (Beachside)

Aunt Louise's Pizzeria (Sebastian)

FREE Restaurant Prepared Meals**Delivered for Seniors 65+ and****Disabled Adults:****Meals Of Love****MUST** complete a State Assessment form 701c at:mealsoflove.org**For assistance call:**Alzheimer's Foundation [321-253-4430](tel:321-253-4430)**Food Assistance**

- **Community Action Team:** 321-633-1951
- **Catholic Charities:** 321-338-2986
- **North and South Brevard Sharing Center:**
(N) 321-269-6555 (S) 321-727-8581
- **Central and South Salvation Army:**
(C) 321-632-6060 (S) 321-724-0494
- **Saint Vincent De Paul:** 321-799-3677

Hot Meals and Food Distribution

- **Evans Center**
Will serve kids under 18 years of age and seniors 65+.
Tuesday-Saturday 4 to 6pm.
1361 Florida Ave NE Palm Bay
- **Central Brevard Sharing Center**
113 Aurora Street, Cocoa 32924
Mon-Sat 11am-1pm
Sun 2pm-3pm
- **Daily Bread**
815 E. Fee Ave. Melbourne
Meals Daily 11-1
- **Cornerstone Church of God**
311 E Hibiscus Blvd. Melbourne 32901
Breakfast meals Saturday 9:30-10:30
- **My Community Cares**
1046 Dixon Blvd, Cocoa 32922
Dinner meals 4-6 pm Wed-Fri
- **Time Out Sports Bar Plus**
607 Florida Ave, Cocoa
Sundays 11am While Supplies Last
- **Pebbles Catering**
1046 Dixon Blvd, Cocoa
Wed-Fri 4-6pm
- **Salvation Army North**
1218 W. Main St. Titusville
Monday-Sat 11-11:30am
- **First Methodist Church**
110 E. New Haven Ave.
Mondays 2pm
- **Shiloh Christian Center**
3900 Sarno Rd.
Wednesdays 1-3pm
- **Islamic Society of Brevard County**
500 Florida Ave
Wednesdays 2pm
- **Mosaic Palm Bay**
2100 Port Malabar NE
Thursday 2-4pm

Brevard Public Schools:Distributing food for
kids between 10:30-
1:30pm

Coping with Emotions During COVID-19

WHAT ARE YOU FEELING?	WHY DO YOU FEEL THAT WAY?	HOW CAN YOU COPE WITH THOSE VALID FEELINGS?
Scared Overwhelmed Anxious Worried	Spread of COVID-19 & impact of quarantining	Shift your perspective to focus on the positives. Take advantage of time with your family. Get extra rest and enjoy relaxing hobbies or activities.
Lonely Restless Irritable Sad	Time away from friends & isolation in your home	Explore ways to socialize with friends digitally. Also, spend time with yourself, exploring interests or thinking about your wants for your future.
Stressed Frustrated Confused Anxious	Unaware of when things will return to normal	Practice living in the now and taking life one day at a time. Remember that you are not alone. Nearly everyone in the world shares these worries as well.
Bored Agitated Lethargic	Losing structure of school & your "normal" life	Try creating structure for yourself at home. Set your alarm to wake up early, have your meals at regular times, or write out an activity schedule for your day.

COVID-19 Tip of the Week

Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Dedique un tiempo a cada niño

Pueden ser 20 minutos o más, según le parezca. Si lo hace cada día a la misma hora, el niño o adolescente estará esperando ese momento.



STEP UP FOR STUDENTS

Providing scholarships to more than 60,000 underprivileged children in Florida

Step Up For Students is now accepting applications for income-based scholarships for the 2020-21 school year.

The scholarships help qualified families pay K-12 private school tuition or assist with transportation costs to a different public school.

Families can apply for income-based scholarships here:

<https://www.stepupforstudents.org/lower-income-scholarships-ftc-fes/>

For Amazing resources, activities and videos please Visit:

<https://www.stepupforstudents.org/for-parents/public-service-page-for-parents/>



Question Of The Week

Question: "I am still working during COVID-19 and I need childcare for my kids, but their regular center is closed. Who do I call?"

Answer: "Families are welcome to contact ELC's CCR&R Line at 321-637-7272 for a list of providers, in which we can advise them which centers have closed in response to COVID-19,"

– answer provided by Amy Gagnon, Family Services Specialist at ELC.

Kids Corner

GYMBOREE

PLAY & MUSIC

Melbourne

Come join our wonderful teachers in a wide range of virtual arts and crafts, songs, dancing and much more!

Videos can be found on our Facebook page below:

<https://www.facebook.com/melbournegymboree/videos/>

Join our lovely teachers in our Sing-a-long time via Zoom!

Mondays at 10am: Meeting ID 334917288

Mondays at 4pm: Meeting ID 547108464

Password for both meetings: Gymbomusic

(Please make sure your microphone is muted with a red slash)



Join all sessions via Facebook:
[facebook.com/palmbaylibrary](https://www.facebook.com/palmbaylibrary)

Watch previous sessions here:
<https://www.facebook.com/palmbaylibrary/vid>

Little Yogis: EVERY Friday at 11:00am Until Jul 31: FREE Kid-friendly yoga session on Facebook LIVE!

A Fable A Day: EVERY Day at 1:00pm Until May 8: Ms. Coco reads classic children's fables and follows with a craft!

Virtual Storytime: EVERY Tuesday at 11:00am Until Jul 28: Enjoy Books, Dancing, Music and Bilingual Activities with Ms. Coco LIVE!

KidsArt Lab: EVERY Monday at 11:00am Until Jun29: Journey through history and art! Class will focus on a different topic within history. Lesson will be followed by a craft.

Virtual STEAM Hour: EVERY Wednesday at 11:00am Until Jun 10: Each Monday, a list of needed materials will be posted both on the library's homepage and in the DISCUSSION AREA on this event page. Intended ages K-6th grade.

The Reading Cave: EVERY Thursday at 11:00am Until Jun 11: Follow along as Ms. Coco reads different novels on Facebook LIVE! First Book: "Deep and Dark and Dangerous" by Mary Downing Hahn Grade level: 4th-8th

Domestic Violence Shelters

ALL Hotlines are 24/7 Crisis Lines

- **Serene Harbor Palm Bay:**
321-726-8282
- **Womens Center Titusville:**
321-607-6811
- **Salvation Army Cocoa:**
321-631-2764

Shelters and Transitional Housing

- **CITA Rescue Mission:** 321-725-5160
Provides housing and food to homeless men.
- **Genesis House:** 321-723-3133
Temporary shelter for women 18 years of age or older who are pregnant and/or have children AND Transitional Housing for single women over 62.
- **Jimmie Smith Cottage:** 321-752-3170
Provides safe, stable housing for young women ages 18 to 23 who have exited foster care without families.
- **Sue Pridmore Center:** 321-724-0494
Transitional housing program for homeless women with and without minor children.
- **Transitional Housing for Women:** 321-242-3110
Transitional Housing for women and children.
- **Veterans Transitional Facility:** 321-409-8167
Temporary shelter for homeless veterans and their immediate families.
- **Patriot House:** 321-752-3217
Transitional housing for homeless and disabled veterans
- **Robert E. Lehton Shelter:** 321-452-0800 x 130
Emergency short-term residential Children's Shelter
- **Community of Hope:** Transitional Shelter
<http://www.hopeofbrevard.com/index.php/housing-application/>
- **Crosswinds Transitional Shelter:** 321-452-0800 x 130
Housing for homeless young adults age 16-21 years of age
- **Operation Center Focus:** 321-637-1866 x271
Transitional Housing for homeless female veterans and their children.

Utility Assistance

- **Community Action Team:** 321-633-1951
- **FPL/LIHEAP:** 321-633-1951

FPL COVID-19 Update:

While Florida will begin to re-open on Monday, May 4, we want to share that we will continue our crisis policies and are suspending electrical disconnections through May 31.

<http://newsroom.fpl.com/>

- **Eckerd Connects:** 321-735-7249
(Must have been approved for Rent assistance as well)
- **Project VetRelief:** 844-409-2025
- **Catholic Charities:** 321-338-2986
- **Sharing Center of Central Brevard:**
321-631-0306
- **North and South Brevard Sharing Center:**
(N) 321-269-6555 (S) 321-727-8581
- **North, Central and South Salvation Army:**
(N) 321-269-3110 (C) 321-632-6060
(S) 321-724-0494
- **Saint Vincent De Paul:** 321-799-3677

Rental Assistance

- **Community Action Team:** 321-633-1951
- **Eckerd Connects:** 321-735-7249
- **Project VetRelief:** 844-409-2025
- **Catholic Charities:** 321-338-2986
- **North and South Brevard Sharing Center:**
(N) 321-269-6555 (S) 321-727-8581
- **Central and South Salvation Army:**
(C) 321-632-6060 (S) 321-724-0494
- **Saint Vincent De Paul:** 321-799-3677

Brevard Eviction Update:

Eviction Moratorium expires on May 17th.

www.mynews13.com

Substance and Recovery

SMART Recovery Toolbox:

The SMART Recovery Toolbox provides a variety of methods, worksheets, and exercises to help you self-manage your addiction recovery and your life. Website also includes Encyclopedia of Rational Coping and 10 Rules of Happiness.

smartrecovery.org/smart-recovery-toolbox/

Free Sober Recovery Apps: Supporting People in Recovery During COVID-19 Outbreak.

<https://www.addictionpolicy.org/connections-app>



Transportation

Space Coast Area Transit:

ALL riders, both Fixed Route and Paratransit will be able to ride for **FREE**. All bus fares have been waived till April 30th. Check 321transit.com for updates.

NEW RIDER ALERT!

- Effective Saturday, April 11, 2020, we will run regular Saturday Service on Saturday and weekdays, with Routes 4 & 9 ending early at 8:15 PM. Sunday service will run as normal.
- If you need an ESSENTIAL RIDE home after the Fixed Routes end, up until 8:15 PM, call the **RideLine at 321-633-1878** by 2:00 PM the day before to request a ride. The same for an earlier ride in the morning.

Medical Assistance

- **Community Action Team:**
321-633-1951
- **North Brevard Sharing Center:**
321-269-6555
- **Brevard Health Alliance Mobile Clinic:**
Call for locations: 321-914-5864 M-F
Visit Website for calendar:
<https://www.bhachc.org/locations/mobile-clinic/>
- **Prescription cost relief:**
FamilyWise provides a free discount card to show to your pharmacist. You can download the card online:
<https://www.familywise.org/free-prescription-discount-card>, or text the word "SAVE" to "700700." Reply "YES" to the auto response, and the card will be downloaded to your phone.

Employment

- **Re-Employment Assistance Info:**
Pandemic Unemployment Assistance (PUA) is now available to all eligible Floridians. We have streamlined the claims process for all applicants in a one-stop shop, on our website at www.floridajobs.org. Floridians can click file a claim, and answer a few short questions that will lead them to the application for federal or state benefits. They may also call 1-833-FL-Apply (1-833-352-7759) for any questions they may have.
- **Employ Florida: Job Openings!**
Compass Group North America who is wanting to fill 20 Food Service Worker positions immediately.
Visit employflorida.com, Job Order # 11166399



Job Skills Training Orientation

Workshop will be **Thursday, May 7 at 3pm**. It will be on our online calendar shortly.

Here is the link for you to register:

<https://www.eventbrite.com/e/job-skills-training-tickets-104084020106>

List of Hot Jobs can be found at:

careersourcebrevard.com

Mental Health

Awareness Month

Topic of the Week: Anxiety

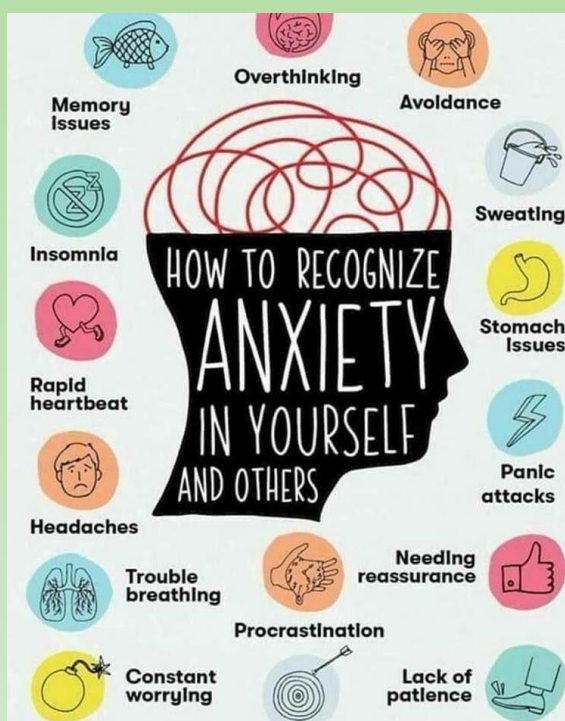
HOPE IS REAL. HELP IS REAL.
YOUR STORY IS IMPORTANT.
To Write Love on Her Arms.

Community Resources:

<https://twloha.com/find-help/>

Self-Care Resource:

<https://twloha.com/self-care/>



Having anxiety and depression is like being scared and tired at the same time. It's the fear of failure, but no urge to be productive. It's wanting friends, but hate socializing. It's wanting to be alone, but not wanting to be lonely. It's feeling everything at once then feeling paralyzingly numb.

Let me tell you, if you are ever with a person who has anxiety, and they ask you to order their food for them, or stand next to them when they buy something, or reassure them countless times exactly the time and place where you will be meeting them at, DO NOT ROLL YOUR EYES, DO NOT SIGH IN EXASPERATION, AND DO NOT TELL THEM TO STOP BEING SO SILLY. Sometimes its hard to do simple things like that, and when people help us out, it means the world to us.

Anxiety is like worrying that you forgot your car keys even though you're driving your car.

People with anxiety don't have a train of thought. We have seven trains on 4 tracks that narrowly avoid each other when paths cross, and all the conductors are screaming.

Anxiety is like a constant feeling of being unsettled. Unable to enjoy the here & now, and completely overthinking anything & everything.

Mental Health Resources

- **Mobile Response Team:**
Offers Brief Counseling for children and families. Please call: [321-213-0315](tel:321-213-0315)
- **Veterans Crisis Line:**
Connects veterans in crisis and their families with qualified responders. Call toll-free hotline at [800-273-8255](tel:800-273-8255)
- **Disaster Distress Hotline:**
If you find that you or someone you know needs help dealing with the stress of COVID-19 resources are available. The U.S. Department of Health and Human Service offers an [available 24/7 at 1-800-985-5990](tel:1-800-985-5990). Users can also text [TalkWithUs](https://www.samhsa.gov/find-help/disaster-distress-helpline) to 66746 for text-based support.
For more information: <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **Optum Public Crisis Line:**
[866-342-6892](tel:866-342-6892)
Emotional Support Help Line that is available to anyone, even if they are not a UMR or UnitedHealthcare plan member. The help line is staffed by professionally trained mental health experts and available free of charge.
- **Coping and Disaster Resources:**
liveandworkwell.com

Brevard Eckerd Connects Highlights



MAY YOUR
DAY BE FILLED
WITH GLITTER
THAT SOMEONE
ELSE CLEANS UP



Happy Mother's Day



GREAT JOB MOM.
I TURNED OUT
AWESOME.



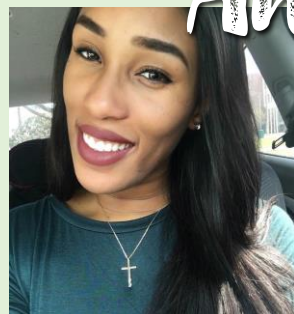
Just when you think you might be feeling good about your Mommy skills, a trip to the store with your kids can put you back in your place really quick.



Roy Howie and the housing team were able to accomplish re-house a client experiencing homelessness in the midst of the COVID-19 hecticness in April, while practicing social distancing and increased safety protocols. Despite the challenging odds, they were able to pull it off and the result is one truly thankful client!

Roy Howie,
you are one of this week's superstars! Thanks for all you are doing!

Anniversaries



**Laticia
Griffin**
1 Year!



**Gina
Iannone**
5 Years!



Our focus is on reducing substance abuse among youth and to promote positive life choices in the community. We will work to increase the protective factors and reduce risk factors for Brevard County youth and families through effective community coordination, collaboration, and action. Check us out by clicking Icon or visit:

<https://www.brevardprevention.org/>

**I CHOOSE
ME**

"I Choose ME" is a media campaign focused on promoting positive life choices as an alternative to substance abuse & misuse. Prevention is so much more than just saying no. We want to give you the tools, facts, and inspiration so you can make informed decisions for yourself. Check us out by clicking "I Choose Me" icon or visit: <https://www.ichooseme.net/>

No person shall, on the basis of race, color, religion, national origin, sex, age or disability be excluded from participation in, be denied the benefits of or be subjected to unlawful discrimination under any program or activity receiving or benefiting from federal financial assistance administered by Eckerd Connects. Foreign language and sign-language interpreters will be made available at no charge to the client. Eckerd Connects is a 501(c)(3) not-for-profit, equal opportunity employer.