

BREVARD Community Resource NEWSLETTER

YOUR NEXT STEP
BREVARD RECOVERY WORKS
GETTING BACK TO WORK



Call us now at (321) 504-7600
(Mention Brevard Recovery Works)

Email the BRW Team directly:
BRW@careersourcebrevard.com

Feature Of The Week

Brevard Recovery Works (BRW) is a FREE program specifically designed to help those impacted by substance use or addiction gain and maintain employment!

For The Jobseeker

If you, a family member, friend, or caregiver have been impacted by substance use or addiction, see if you qualify for this valuable employment and training program!

Through this program, Career Source Brevard has Career Counselors poised to help individuals discover their future, through resources like CareerScope and they offer the opportunity for training and credentialing leading to successful careers.

For More Information Visit:

www.careersourcebrevard.com/Restart

Benefits to business and community

Employers, discover trained, motivated employees for your business while helping people get back to work, creating community success stories and helping individuals return to leading productive lives.

CareerSource Brevard also provides, for anyone interested in making an impact, temporary jobs with agencies combating the crisis.

If you have information you would like us to share in our Newsletter, or if you would like to subscribe, please contact:

Jennifer Reaves

Community Resource Manager
JReaves@eckerd.org

Elizabeth Fears

Community Outreach Specialist
EFears@eckerd.org

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YOUR NEXT STEP
BREVARD RECOVERY WORKS
GETTING BACK TO WORK

For The Employer:

To learn about all the potential benefits to your business that you can receive by participating in this program please visit:

www.careersourcebrevard.com/BRW

EMAIL the BRW Team:

BRW@careersourcebrevard.com

Brevard Community Resource *Spotlight*

New!

11th Annual Brevard County

WEAAD Senior Event:

Friday June 12th • 8am-12pm

First 50 people will receive Hurricane Preparedness Kits

<https://www.oneseniorplace.com/osp-events/11th-annual-brevard-county-weaad-senior-event/>

This Event will be Drive-Up due to COVID19.

Event Locations:

4676 N. Wickham Rd. Melbourne
1053 Pinetree Dr. Indian Harbour Beach
130 Malabar Rd. S.E Palm bay
1250 Grumman Pl. Titusville

New!

Brevard Public School

Food Distribution Updates!

All of June Distribution Time 10:30am-12:30pm

Distribution Sites (Elementary Schools):

Atlantis • Cambridge • Cape View • Coquina •
Discovery • Golfview • Harbor City • Mila • Mims •
Oak Park • Palm Bay • Saturn • Sherwood • Turner •
University Park

Brevard County Parks Food Distribution

New!

Starting June 1st – August 31st

Breakfast served: 8 a.m. – 10 a.m.

Lunch served: 10:30am- 12:30pm

Free Breakfast and lunch for children who are under 18 years of age and to persons with disabilities over age 18, who participate in school programs for people who are mentally or physically disabled. Children MUST be present.

Distribution Sites (Community Centers):

Cuyler • Isaac Campbell • Port St. John • Walter Butler • Sandrift • Cocoa West • Joe Lee Smith • McLarty Park • Travis Park • Woody Simpson • Max K Rhodes • South Mainland

New!

Eviction Update!

NOTE: Governor Ron DeSantis' Executive Order 20-137 extends Executive Order 20-94 until July 1, 2020. The executive order bans evictions and foreclosures in the State of Florida. However, the eviction ban is **for financial issues only**.

Food Assistance

- **Community Action Team:** 321-633-1951
- **Catholic Charities:** 321-338-2986
- **North & South Brevard Sharing Center:**
(N) 321-269-6555 (S) 321-727-8581
- **Central & South Salvation Army:**
(C) 321-632-6060 (S) 321-724-0494
- **Saint Vincent De Paul:** 321-799-3677
- **SNAP Food Assistance:** M-F 8:30-4:30
You can apply online or by phone.
Phone: 407-295-2777

<https://www.myflorida.com/accessflorida/>

Food Distributions & Hot Meals

- **Club Esteem:** M-F 10am-1pm
3316 Monroe Street, Melbourne
- **Evans Center:** kids under 18 years of age and seniors 65+
Tue-Sat 4 to 6pm.
1361 Florida Ave NE Palm Bay
- **Central Brevard Sharing Center:**
Mon-Sat 11am-1pm, Sun 2pm-3pm
113 Aurora Street, Cocoa 32924
- **Daily Bread:** Meals Daily 11-1pm
815 E. Fee Ave. Melbourne
- **Cornerstone Church of God:** Sat 9:30-10:30 (Breakfast)
311 E Hibiscus Blvd. Melbourne
- **My Community Cares:** Dinner Wed-Fri 4-6pm
1046 Dixon Blvd, Cocoa 32922
- **Time Out Sports Bar Plus:** Sundays 11am
607 Florida Ave, Cocoa
- **Pebbles Catering:** Wed-Fri 4-6pm
1046 Dixon Blvd, Cocoa
- **Salvation Army (N):** Mon-Sat 11-11:30am
1218 W. Main St. Titusville
- **First Methodist Church:** Mon 2pm
110 E. New Haven Ave.
- **Shiloh Christian Center:** Wed 1-3pm
3900 Sarno Rd. Melbourne, FL
- **Islamic Society of Brevard:** Wed 2pm
500 Florida Ave
- **Mosaic Palm Bay:** Thursday 2-4pm
2100 Port Malabar NE
- **Church of Jesus Christ of Latter-day Saints:**
Wed & Friday 11:30am
3000 S. Street Titusville

Rental / Financial Assistance

- **Community Action Team:** 321-633-1951
- **Eckerd Connects:** 321-735-7249
- **Project VetRelief:** 844-409-2025
- **Catholic Charities:** 321-338-2986
- **North & South Brevard Sharing Center:**
(N) 321-269-6555 (S) 321-727-8581
- **Central & South Salvation Army:**
(C) 321-632-6060 (S) 321-724-0494
- **Saint Vincent De Paul:** 321-799-3677
- **Volunteers Of America:**
<https://voaflorida.org/>
Financial and Supportive services for Veterans and their families. Offer financial assistance with Rent, Hotel, Move In Cost, Case Management, Food, Car Repairs and more.

COVID19 Rental & Financial Assistance Help!

Family Promise: has funds available to assist families with minor children that have a valid lease. To see if you qualify please call 211. Income is NOT required at this time.

Brevard County Housing and Human Services Department: Now has funds available to income-eligible residents for Mortgage assistance, Rental assistance and Utility and Security deposit assistance for those financially impacted by COVID-19. Applications available online at: www.brevardfl.gov and at www.brevardfl.gov/HumanServices/Announcements. Paper applications also available at public libraries.

Statewide online affordable rental housing locator:

www.floridahousingsearch.org

**Operation Center Focus
Female-Veteran Housing**
321-637-1866 ext. 271

Transitional housing program for women veterans who are homeless. The program is designed to provide transitional housing and supportive services including medical evaluation, mental health counseling, psycho-social support, education/vocational training, and additional services that focus on the veteran's recovery and restoration of a healthy, responsible lifestyle.

New!

Shelter's & Transitional Housing

- **CITA Rescue Mission:** 321-725-5160
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.
 - Temporary Housing for single women over 62.
- **Jimmie Smith Cottage:** 321-752-3170
Safe 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 children.
- **Transitional Housing for Women:** 321-242-3110
Transitional housing for women and children.
- **Veterans Transitional Facility:** 321-409-8167
Temp. 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 x130
Emergency short-term residential Children's Shelter
- **Community of Hope:** 321-474-0966
 - SOS Emergency Shelter provides temporary short stay to families who are suddenly homeless.
 - Transitional housing provides temporary housing while transitioning into permanent housing.
 - Permanent Supportive housing is more long term stay housing.
- **Crosswinds Transitional Shelter:**
321-452-0800 x130
Housing for homeless young adults 16-21yrs of age.
- **Operation Center Focus:** 321-637-1866 x271
Transitional Housing for homeless female veterans and children.
- **New Life Mission:** 321-480-9100
Transitional Housing for homeless women and children.
- **Simply Health Care Housing Waiver:**
844-405-4296 • FLBHReferrals@anthem.com
The Florida Housing Program is a pilot program that provides additional behavioral health services and supportive housing assistance to eligible enrollees with severe mental illness or substance use disorders. The program will specifically support enrollees who are homeless or at risk of homelessness due to their conditions.



Medical Assistance

Medical/Dental/Prescription/Sensory Aids

- **Community Action Team:** 321-633-1951
- **Crippled Children's Aid Society:** 321-452-8106
Provides Orthopedic equipment to crippled children or adults w/out financial resources to obtain them.
- **Lions Club- Viera:** 321-617-7669
Provides Eyeglasses, sight related operations and hearing aids to those unable to afford them.
- **North Brevard Sharing Center:** 321-269-6555
Assist with Prescription cost and Dental
- **Brevard Health Alliance Mobile Clinic:** M-F
Call for locations: 321-914-5864
Visit Website for calendar:
<https://www.bhachc.org/locations/mobile-clinic/>
- **Prescription Cost Relief:** FamilyWize provides a free discount card to show to your pharmacist. You can text the word "SAVE" to "700700." Reply "YES" to the auto response, and the card will be downloaded to your phone. Or you can download the card online:
<https://www.familywize.org/free-prescription-discount-card>

New!

Covid-19 Testing Site

- **Eastern Florida State College Palm Bay:**
Appointment or Referral NOT required, Testing ALL patients, Drive-Thru
- **OMNI Healthcare Melbourne:** 321-724-1084
Appointment REQUIRED, Referral NOT required, Testing ALL patients, Drive-Thru. Note: Patients have to be pre-screened and will have to pre-register by calling: 321-802-5515.
- **Urgent care Sarno Rd Medfast:** 321-676-0558
Appointment REQUIRED IF you have symptoms, Referral NOT required, Testing ALL patients
- **Urgent care Viera Medfast:** 321-633-3278
Appointment REQUIRED IF you have symptoms, Referral NOT required, Testing ALL patients
- **Urgent care Medfast:** 321-676-0558
(Rockledge, Downtown Melbourne, Cocoa Beach, and Titusville) Appointment AND Referral REQUIRED, Testing ALL patients
- **Brevard Health Department Melbourne:**
Appointment REQUIRED, Referral NOT required, Testing ALL patients, Drive-Thru. Note: Must be pre-screened by calling 321-454-7141

Dental Hygiene Clinic (EFSC): 321-433-7570

BCC's Cocoa Campus Dental Hygiene Clinic is open to the community on an appointment basis. Services are provided by dental hygiene students under the supervision of the dental hygiene faculty. Services include: Teeth cleaning, fillings and x-rays ONLY!

\$15-\$30 cleaning; \$1-\$20 X-Rays, (Must have prescription from dentist for x-rays) Pit/Fissure Sealants, \$4/tooth, \$4/quadrant; \$7 Bite/ Wing Series; Fluoride-no charge, child cleaning \$10

Medical Assistance due to COVID-19

- **Health Care Coverage:** If you are in need of health coverage and you were laid off from a job due to COVID19 visit:
<https://www.coveringflorida.org/>
- **Health & Dental Coverage for Kids:**
For parents who have lost a job and need affordable health and dental coverage for your children, please visit: <https://www.floridakidcare.org/>

New!

Brevard County Residents:

Brevard County is still seeing an increase in Hepatitis A cases!

FREE Hepatitis A vaccines at ALL DOH-Brevard clinic sites at each of our Melbourne, Viera, and Titusville clinics on a walk-in basis

8am-4pm • Monday – Friday

SEE BELOW FOR TESTING SITES

New!

Department of Health COVID-19 and Hepatitis-A Testing Sites

- **Cocoa West Community Center:**
Tuesday, June 2- 9am to Noon
230 S. Burnett Rd, Cocoa Fl 32926
- **Woody Simpson Community Center:**
Thursday, June 4 – 9am to Noon
1590 Schoolhouse St, Merritt Island FL 32953
- **DOH-Brevard Melbourne Clinic:**
Saturday, June 6 – 9am to Noon
601 E. University Blvd, Melbourne, FL 32901
- **New Shiloh Christian Center:**
Tuesday, June 9 – 9am to Noon
3900 Sarno Rd. Melbourne, Fl 32934

New!

Business Owners

- **Business Damage Assessment Survey:**
businesses affected by COVID-19 are asked to complete this online survey at
<https://floridadisaster.biz>
- **Florida Small Business Emergency Loan:**
<https://floridadisasterloan.org/>
- **SBA's Economic Injury Disaster Loan**
<https://disasterloan.sba.gov/ela/Account/Login>

Deadline June 30th!

Paycheck Protection Program

Application can be found here:

<https://home.treasury.gov/system/files/136/Paycheck-Protection-Program-Application-3-30-2020-v3.pdf>

Transportation Assistance

Space Coast Area Transit: 321transit.com

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.

- **Women's Center Titusville:** 321-607-6811
- **Salvation Army Cocoa:** 321-631-2764

Salvation Army New Text/Web Chat Services available
Mon-Fri 9am-6pm • Text to: 321-450-4325

Chat at: www.rc.chat/tsadvp

- **Serene Harbor Palm Bay:** 321-726-8282
- Serene Harbor New 24/7 text Line: 321-236-3211**

Serene Harbor also offers the following Virtual Support Groups during COVID19:

Finding Your Destination Group: Mondays at 11am

Serene Girls Group: Wednesdays at 2pm

What I Deserve Group: Wednesdays at 2pm

Squad Goals Group: Fridays at 1pm

Utility Assistance

- **Community Action Team:** 321-633-1951
- **FPL/LIHEAP:** 321-633-1951
- **Eckerd Connects:** 321-735-7249
(Must have also been approved for rent assistance)
- **Project VetRelief:** 844-409-2025
- **Catholic Charities:** 321-338-2986
- **Sharing Center of Central Brevard:**
321-631-0306
- **North & South Brevard Sharing Center:**
(N) 321-269-6555 (S) 321-727-8581
- **North, Central & South Salvation Army:**
(N) 321-269-3110 (C) 321-632-6060
(S) 321-724-0494
- **Saint Vincent De Paul:** 321-799-3677

Utility Assistance FOR JUNE ONLY!

Volunteers of America has funds available to assist with late utility bills. A late notice is required to qualify. For more information and criteria, **call 211 and request assistance with a late notice on a utility bill.**

Domestic Violence Services

ALL Hotlines are 24/7 and Confidential

Address Confidentiality Program:

Allows victims of domestic violence to keep their address confidential and to utilize an alternate address for their I.D. and voter records as well. For Assistance please contact Serene Harbor: 321-726-8282

Employment Assistance



<https://careersourceflorida.com/> <https://floridajobs.org/> <https://employflorida.com/>

Re-Employment Assistance:

- Florida Department of Economic Opportunity (DEO): Please visit the DEO Official Website is listed below (Under Icon) for General information regarding Re-Employment Assistance. Or Call: 1-800-204-2418

For Important updates and information:

<http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants>

NEW Re-Employment Application Portal!

<http://www.floridajobs.org/RAApplication>

Step-by-step guide to claiming unemployment week's:

http://www.floridajobs.org/docs/default-source/reemployment-assistance-center/guide-for-reemployment-assistance-claiming-weeks.pdf?sfvrsn=928046b0_2

- **Pandemic Unemployment Assistance (PUA):** Provides unemployment benefits to those who may not be eligible for Reemployment Assistance: Self-employed, gig worker, etc. Apply for PUA at: www.floridajobs.org

Employment Search Info:

➤ Employ Florida:

Many employers are now hiring! To find featured job openings complete registration and start looking today at: www.employflorida.com

To receive TEXT ALERTS for Job Announcements:

Text JOBS321 to (321) 394-9603

Career Source Brevard

Career Services

CareerSource is the one-stop-shop with all the resources and tools to get you in or back to the workforce. All services are FREE! Career Source offers **Workshops, Class, Training, Career Counseling, Customized job search and job referrals, Job Fairs, and an Amazing and FREE [Resume Builder Tool!](#)**

During COVID19 – Virtual Services Available.

<https://careersourceflorida.com/career-services/>

Call: 321-504-7600

Free online learning classes through Career Source here:

<http://brevard.skillupamerica.org/job-seekers.cfm>

Senior Assistance

➤ **Helping Seniors of Brevard:**

Providing education, information and connections for seniors 55 and over residing in Brevard County. Call for Info: 321-473-7770

➤ **Sunflower House:** 321- 452-4341

Sunflower House at Merritt Square Mall helps find local resources, information and the support you need when you're caring for someone, (or when you could use some help yourself).

➤ **Community Care for the Elderly & Disabled Adult:** 800- 963-5337

Provides case management services to frail seniors age 60 and over including development of an individualized care plan and assistance in selecting community based support services. Shopping Assistance/errand running services.

AARP Foundation



New!

Back to Work 50+ Program

7 Smart Strategies Workshop
(FREE Virtual Event)

FREE online workshop that provides individual & group coaching, training, and career guidance services needed to compete for full-time, in-demand jobs for jobseekers 50 years of age and older.

Workshop participants can also apply for FREE Career Coaching to receive skills training, job search guidance and much more!

Interested participants may call 855-850-2525 toll free, or register online at:

www.aarpfoundation.org/register

Next week we will offer two workshops:

Monday, June 8th 9:30 – 10:30am

Tuesday June 9th 9:30 – 10:30am

Veteran Job Assistance



New!

Job search site just for Veterans!

<https://www.veteransjobexchange.com/>

Family Services

➤ **Grandparents Raising Grandchildren:**

Grandparents that are caregivers to their grandchildren can find support, parenting questions, legal and financial challenges, advocacy and provides seminars on crucial issues. Please call: 321-631-7776

➤ **Eckerd Connects Raising Hope Program:**

Offers clothing, hygiene items, shoes, socks, underwear, blankets, diapers, and limited school supplies for children entering the foster care system or in emergency need. Guardian Ad Litem's and child welfare case managers are welcome.

Please call for more information.

321-253-0032 x0

<https://eckerd.org/family-children-services/raising-hope/>

➤ **Kinship Care:**

Kinship Care is the full-time care, nurturing, and protection of children by relatives, members of their tribes or clans, godparents, stepparents, or any adult who has a kinship bond with a child. Financial and other Assistance may be available to you.

Please visit website below and speak with your caseworker about benefits:

<http://floridafapa.org/kinship-care/>



➤ **Parenting with Love and Limits Program:**

PLL is an alternative to Placement and Reentry program that is brief, effective, and free to families. The program teaches each youth and their family new skills, building on the strengths that each member already has. PLL will ultimately help caregivers establish both "Love and Limits" within their homes. PLL offers support groups, case management and family coaching. For more information contact: Brevard CARES 321-632-2737

➤ **Cribs for Kids: FREE PACK N' PLAY**

Brevard C.A.R.E.S offers a 30 minute education and awareness component about safe sleeping practices. By attending this education awareness training you'll qualify to receive a FREE Graco Pack & Play that will delivered via UPS directly to your home.

For Dates and Times, Please Contact:

Angie Levesque (321) 632-2737 x1000



Fl♥rida KidCare

New!

Free or Low-Cost Health Insurance

Through Florida KidCare, the state of Florida offers health insurance for children from birth through age 18, even if one or both parents are working. Florida KidCare includes free, subsidized and full-pay options based on family income and household size. (888) 540-5437.

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

Florida Child Abuse Hotline: 1-800-96-ABUSE

Parent Recourses

Pandemic EBT Program

New!

The Families First Coronavirus Response Act allows for states to issue P-EBT as a supplemental benefit for households with children who temporarily lost access to free and reduced-price school meals due to pandemic-related school closures. Families eligible to receive free or reduced-priced school meals will automatically receive this benefit during the month of June, no further action is needed from recipients at this time.

For more information and Frequently Asked Questions about the P-EBT benefit program, please visit:

<https://www.myflfamilies.com/covid19/access.shtml>

Car Seat Assistance

New!

- Palm Bay Police: 321-952-3456
- Rockledge Police: 321-690-3988
- Titusville Police: 321-383-5708 x 112
- UF Extension Center: 321-952-4536 x 21
- Yellow Umbrella: 321-433-3570 OR 321-723-2927

Child Care & Tuition Assistance

- Early Learning Coalition of Brevard: 321-637-7272
The school readiness financial assistance program helps eligible families with the cost of childcare. Application: <https://www.elcbrevards.org/>
- Step Up For Students: Is a scholarship to help eligible families pay for the cost of school tuition. You can apply for the income-based scholarship at: <https://www.stepupforstudents.org/lower-income-scholarships-ftc-fes/>

Summer Camps & Child Care

- **Cocoa Beach Summer Camps & Sports Camps:**
Camps begin June 1st. Must pre-register in person at 321 Ramp Rd, Cocoa Beach. For more information call: 321-868-3272.
<https://www.cityofcocoabeach.com/682/Camps>
- **Space Coast Junior Ocean Rescue Program Camps:**
Camps begin June 1st and Age requirement is 7-18yrs. For registration forms and detailed information please visit:
<https://www.swim-surf-run.com/junior-ocean-rescue-surf-camps>
- **Cape Canaveral Summer Day Camp:** 321-868-1226.
Camp begins June 1st-August 7th. Space limited to 50 children per week. To register please call.
https://www.cityofcapecanaveral.org/community/summer_camp.php
- **Melbourne Capoeira Summer Camp:** 321-345-1599
Space is limited. Summer Camp is currently working on expanding to accommodate more children. Please call for details and information.
<http://www.melbourneafterschool.com/>
- **Viera Children's Academy Summer Camp:**
Includes ages 6 weeks and up! There is a one time \$75 fee that covers field trips and activities. For more info call 321-433-2330
- **Wish-Upon-A-Star Summer Camp:** 321-726-1580
Ages are from 5-12 years old. Call for more details.
- **Brevard Zoo:** 321-254-9453
Offering a new virtual zoom camp! Some day camps may be available. For summer camp options please call. You can also register and see available options at:
<https://brevardzoo.org/education/zoo-camps/>
- **Mustard Seed Kidz:** 321-733-1733
Summer Camp for ages 6-12yrs now Available!
Daycare for Infant to 3yr available

Summer Camps

Swimming Lesson Locations

Tutoring / Homeschool

FREE Fun

Kids Eat Free and much more!

Click Icon or visit:

<https://fun4spacecoastkids.com>



Kids Corner

New!

PRESS RELEASE: June 1, 2020 **Brevard County Parks to Offer Limited Summer Camp For Parents Returning To Work**

The Brevard County Parks and Recreation Department will be offering summer camp to ages 6-11 at community centers throughout the county, starting June 15, **for parents who are returning to work.**

A note from an employer will be required to register.

- At this time no day registrations will be accepted, only weekly registrations. Those previously registered for Summer Camp this summer will be given priority registration.
- Camp will be offered from 7:30 a.m. - 5:30 p.m. on Monday through Friday, beginning June 15. Camps will include mandatory temperature checks for campers and staff members. Children will not be admitted to camp if their temperature is 100.4 degrees or higher. Activities will be restricted to abide by CDC recommendations and there will be no field trips. Children will be in groups less than nine with one counselor to each group and socially distanced.
- Camp fees will be \$90 per week or \$45 for neighborhood strategy areas.

Registrations will be accepted will be accepted online, phone and in person.

For more information please visit

www.brevardparks.com

Virtual Learning and Fun

- **Varsity Tutors:** Free educational virtual summer camp! Please visit link for details and information.
<https://www.varsitytutors.com/virtual-summer-camp-catalog>
- **Adventure Academy:** Full learning curriculum that's fun and engaging for Ages 8-13
<https://www.abcmouse.com/abt/homepage?8a08850bc2=T1672042603.1590510031.8348>
- **ABC Mouse:** Full learning curriculum that's fun and engaging for Ages 2-8
<https://www.abcmouse.com/abt/homepage?8a08850bc2=T1672042603.1590510031.8348>

Mental Health

THINGS TO REMEMBER

You are important and you matter.

You are so loved.

Your mistakes don't define you.

It's okay to ask for help.

You are allowed to say no.

Your wants and needs are valid.

Productivity doesn't define your worth.

Your boundaries are important & worth respect.

Disaster Distress Hotline: 800-985-5990

Offers help dealing with the stress of COVID-19

Optum Public Crisis Line: 866-342-6892

Emotional Support Help Line that is available to anyone, even if they are not a UMR or United Healthcare plan member. Available free of charge.

➤ **Coping and Disaster Resources:** liveandworkwell.com

➤ **To Write Love On Her Arms:**

Offers Suicide prevention and self-care resources.

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

Self-Care Resource: <https://twloha.com/self-care/>

➤ **Children's Home Society:** 888-733-6303

Offers a Family Support Warm Line for parents and teens feeling stressed and overwhelmed. Caller will be connected with a counselor and the service is free.

➤ **Mobile Response Team:** 321-213-0315

Offers Brief Counseling for children and families.

➤ **The U.S. Department of Health and Human Service:**

Offers an available 24/7 text line. Users can text TalkWithUs to 66746 for text-based support. *For more information:*

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

➤ **Behavior Basics:** 772-463-0444

Provides in home ABA therapy with a Board Certified Behavior Analyst in Brevard for children with Autism and/or MH Dx. <https://www.behaviorbasicsinc.com/>

➤ **Veterans Crisis Hotline:** 800-273-8255 Connects veterans in crisis and their families with qualified responders.

➤ **Space Coast Recovery:** 321-632-5958

Offers residential treatment options and outpatient programs.

<http://www.spacecoastrecovery.com/>

➤ **Peace Club:** 321-420-4656

Offer a men's recovery residence program, day and night treatment programs, intensive outpatient programs for adolescents, support groups and medication assisted treatment (MAT).

➤ **RASE:** 321-305-4397

Offers recovery support services and medication assisted treatment (MAT).

➤ **Circles of Care:** 321-726-2881

Offers inpatient rehabilitation services, detox services, support groups, medication assisted treatment (MAT).

➤ **STEPS:**

Offer residential treatment program for women, outpatient programs, medication assisted treatment (MAT). Melbourne: 321-775-1520, Palm Bay & Cocoa: 321-637-7730

Support groups:

➤ **Circles of Care** - Substance Abuse Education and Support Group (Thursdays from 6p-7:30p at Twin Rivers location 400 East Sheridan Rd, Melbourne Fl 32901)

➤ **Narcotics Anonymous** – www.na.org

Substance & Recovery



(407) 875-3700

Aspire offers many mental health services in Brevard county. Some include: Juvenile addictions receiving facility, Outpatient center, Transitional housing programs, Adult addictions receiving facility.

For a list of Services and contact info please visit:

<https://aspirehealthpartners.com/programs-and-services/>

Supporting People in Recovery During COVID-19 Outbreak.

➤ **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.

Visit: smartrecovery.org/smart-recovery-toolbox/

➤ **Free Sober Recovery Apps:**

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

Additional Free Recovery Apps for Android:

•COVID Coach (VA)

•Sober Tool

•In The Rooms

Brevard Eckerd Connects *Highlights*

Feliz Cumpleaños Diana Kundrotas and Claudia Egoroff!



Diana & Claudia are two of the many amazing Family Coach and Case Managers for Brevard Eckerd Connects Family Support Services. We all wish you both a very Happy Birthday!



Bring Positivity To Your Day

My happy
+ **THOUGHTS** .
will become my,
REALITY.

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