

**HIGHLANDS COUNTY  
CONDADO DE HIGHLANDS**

**QUICK GUIDE TO COMMUNITY RESOURCES  
GUIA DE RECURSOS EN LA COMUNIDAD**

**ABUSE: ALCOHOL & DRUGS**

**ABUSO, ALCOHOL Y DRUGAS**

Alcoholics Anonymous.....	465-2742
Alpha-Omega Crisis Center.....	465-7707
Florida Center for Addictions.....	452-3858
Narcotics Anonymous.....	800-477-0731
Tri-County Human Services.....	385-2662

**ABUSE: CHILD & SPOUSE**

**ABUSO: NIÑOS Y CÓNYUGE**

Florida Abuse Hotline.....	800-962-2873
Children's Advocacy Center.....	402-6845
Guardian Ad Litem Program.....	402-6969
Peace River Center.....	402-6853
Safe House.....	386-1167
Victim Advocate.....	402-6855
Heartland for Children.....	863-519-8900
Kids Hope United.....	863-773-2090

**ADOPTION  
ADOPCIÓN**



Alpha-Omega Crisis  
Center.....699-1685 or 465-7707  
Children’s Home Society Hanson Center.....382-0007  
Heartland for Children.....(863)-519-8900 ext. 264  
[www.Heartlandforchildren.com](http://www.Heartlandforchildren.com)

**AIDS AWARENESS  
CONOCIMIENTO DE SIDA**

Highlands County Public Health.....386-6040  
Nat’l Prevention Information Network.....800-458-5231  
Tri-County Women’s Unit.....863-533-5860

**CHILDREN’S HEALTH SERVICES  
SERVICIOS DE SALUDO PARA NIÑOS**

Department of Children & Families.....866-762-2237  
FL Healthy Kids Program & Kidcare.....800-367-3253  
USF Early Intervention Program.....863-655-6421  
WIC-Food & Nutrition Program..452-6411/386-6040 X256/465-1943  
Healthy Start.....386-6040 ext 233

**CLINIC-MULTI SERVICE  
SERVICIO MULTI-CLÍNICA**

Central Florida Health.....452-3000  
Highlands County Public Health.....386-6040/452-2252

Highlands Stay Well Clinic.....382-1234

**COUNSELING SERVICES**  
**SERVICIOS DE CONSEJERIA**  
**FAMILY/INDIVIDUAL/GROUP/**  
**MARRIAGE**



**FAMILIA/INDIVIDUAL/GROUP/MATRIMONIO**

Alpha-Omega Crisis Center.....699-1685  
Children's Home Society Hanson Center.....382-0007  
Epilepsy Services of West Central Florida.....(863)-686-5880  
Highlands County School Board.....452-4300/471-5555  
Marge Brewster Center.....385-5179  
Our Lady of Grace Counseling.....453-7537/453-4757  
Peace River Center.....402-6853  
Saint Vincent de Paul.....402-0900  
Social Solutions.....402-1088  
St. Francis of Assisi Episcopal .....465-0051  
Tri-County Human Services.....385-2662  
Youth & Family Alternatives.....452-6900  
Mid Florida Center for Mental Health.....452-6818  
Daybreak Behavioral Health.....314-4357  
Orange Blossom Pregnancy Care Center .....4.53-0307

**CRISIS INTERVENTION**  
**INTERVENCIÓN DE CRISIS**

Marge Brewster Center.....385-5179  
 Peace River Center Crisis Line.....(863)-519-3744  
 Toll calls accepted  
 Rape Crisis Hotline.....386-1169  
 We Care Hotline.....800-486-2358  
 ...A hotline for parents, relatives, friends & professionals  
 Domestic Violence Outreach .....402-6853

**DAY CARE-CHILDREN**

**...CUIDADO DE NIÑOS DURANTE EL DÍA**

Avon Park Community Child Development Center.....452-1069  
 Early Childhood Resources.....314-9213  
 RCMA.....386-6131

**DISABILITY SERVICES**

**...SERVICIOS PARA INCAPACIDAD**

Advocacy for Persons with Disabilities.....800-342-0823  
 Ridge Area Arc.....452-1295  
 Avon Park Cluster.....452-5141  
 Central Florida Speech & Hearing.....863-686-3189  
 Visions ADT.....402-0048  
 Department of Children & Families.....866-762-2237  
 Division of Blind Services.....800-751-7670  
 Toll Free .....800-500-6412  
 Epilepsy Services of West Central FL.....863-686-5880  
 USF Child Development Center/Part H.....863-701-1233  
 Heartland Horses & Handicapped.....452-0006

**DISASTER RELIEF**  
**ALVIVIO DE DESASTRE**

American Red Cross.....386-4440

**EDUCATION**  
**EDUCACIÓN**



FL Diagnostic & Learning Resource.....(863) 531-0426  
South FL Community College.....453-6661/382-6900  
Highlands County School Board.....471-5555

**ELDERLY SERVICES**  
**SERVICIOS PARA GENTE MAYORES**

Aging & Adult Services.....1-800-762-2237  
Alzheimer's Association.....385-3444  
Visions ADT.....402-0048  
Elder Help Line – Sebring.....382-1288  
Meals on Wheels.....402-1818  
Medicare Customer Service.....800-333-7586  
Nu-Hope of Highlands.....382-2134  
Victim Advocate.....402-6855  
West Central FL Agency on Aging.....800-336-2226

**EMPLOYMENT AND JOB TRAINING**  
**EMPLEO Y PREPARACIÓN DE TRABAJO**

Alpha-Omega Crisis Center.....669-1685

Build Your Professional Wardrobe.....	385-3672
Ridge Area Arc.....	452-1295
Florida Jobs & Benefits (Unemployment).....	385-3672
Job Corp.....	863-508-1100
Experience Works.....	(888)-859-1051
Vocational Rehabilitation.....	386-6077
Welfare Transition Services.....	385-3672

**FINANCIAL COUNSELING  
CONSEJERIA FINANCIERA**



Consumer Credit Counseling.....	1-800-720-9537
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**HEALTH SERVICES AND EDUCATION  
SERVICIOS DE SALUD Y EDUCACIÓN**

American Cancer Society.....	382-2828
American Red Cross.....	386-4440
Central Florida Health Care.....	452-3000
Central Florida Speech & Hearing.....	(863)-686-3189
Children Services Council.....	402-6626
Florida Hospital Diabetes Center.....	402-0177
Highlands County Public Health.....	386-6040/465-2252
Highlands Regional Medical Center.....	385-6101
Florida Hospital Heartland.....	314-4466
WIC-Food & Nutrition Program.....	452-6411/386-6040 X256/465-1943
Healthy Start.....	386-6040 X233

**HOME HEALTH SERVICES  
SERVICIOS DE SALUDO EN SU HOGAR**

Best Choice Home Health Care.....385-4325  
Gentiva Health Services.....382-8855  
Good Shepherd Hospice.....402-1066  
Lifeline Home Health.....471-3399  
Housecall Home Health Care.....471-6859  
Nu-Hope of Highlands County.....382-2134

**HOSPICE - HOSPICIO**  
Good Shepherd Hospice.....402-1066

**HOUSING/AFFORDABLE/CONSTRUCTION/  
LOANS-LOW INCOME  
VIVIENDA/BAJO COSTO/  
CONSTRUCCION/PRESTAMO-BAJO  
INGRESOS**



Florida Non-Profit Housing.....385-2519  
Habitat for Humanity.....453-9695  
Highlands County Ship Program.....402-6648  
Housing Authority, Avon Park.....452-4432  
Martin Luther King Terrace.....382-1467  
Highlands Emergency Recovery Operation.....402-6941

**HOUSING/TRANSITIONAL  
VIVIENDA/DE TRANSICIÓN**

Children's Home Society Hansen Center.....382-0007  
Safe House.....386-1167

**LEGAL SERVICES  
SERVICIOS LEGALES**

Heartland of Florida Legal.....800 370-4114  
Additional Numbers .....(863) 519-5663  
Florida Rural Legal Aid.....800-277-7680

**MEDICINE/FOOD/FINANCIAL AID  
MEDICINA/COMIDA/ASISTENCIA  
FINANCIERA**



Children's Medical Services.....(863) 701-1151  
Alpha-Omega Crisis Center.....699-1685  
Church Service Center.....452-6464  
Department of Children & Families.....866-762-2237  
Food Commodities.....402-6844  
Highlands County Human Services.....402-6626  
MANNA.....699-0093  
Meals on Wheels.....402-1818  
Nu-Hope of Highlands County.....382-2134  
Salvation Army.....385-7548  
SHARE Tampa Bay.....800-536-3379

Walker Memorial 7<sup>th</sup> Day Adventist Community Ctr....453-0177  
WIC-Food & Nutrition Program..452-6411/386-6040 X256/465-1943

**MENTAL HEALTH SERVICES**  
**SERVICIOS DE SALUD MENTAL**

Alliance for the Mentally Ill.....452-5991  
Florida Hospital-Lake Placid.....465-3777  
Marge Brewster Center.....385-5179  
Peace River Center.....402-6853  
Mid Florida Center for Mental Health.....452-6818  
Daybreak Behavioral Health.....314-4357

**PERSONAL DEVELOPMENT**  
**DESAROLLO PERSONAL**



Alpha-Omega Crisis Center.....699-1685  
American Red Cross.....386-4440  
Ridge Area Arc.....452-1295  
Florida Ridge Big Brothers/Big Sisters.....402-9001  
Boy Scouts, Gulf Ridge Council.....813-872-2691  
Florida Environmental Institute.....699-3785  
Girls Scouts, Heart of Florida.....800-321-4475  
YMCA.....382-9622  
Highlands County School Board.....471-5555  
Parks and Recreation Department.....402-6783

Heartland Career Connection System.....385-3672  
 Peace River Center.....402-6853  
 Salvation Army.....385-7548  
 South FL Community College.....453-6661/382-6900  
 Orange Blossom Pregnancy Care Center.....453-0307

**PREGNANCY/PARENTING**  
**ENBARAZO/PATROCINADO**



Alpha-Omega.....699-1685  
 Children’s Home Society Hansen Center.....382-0007  
 Florida Baptist Children’s Home.....863-688-4981  
 Healthy Start Program.....386-6040 ext 233  
 Highlands County Public Health.....386-6040/465-2252  
 Orange Blossom Pregnancy Care Center.....453-0307  
 Teen Pregnancy Prevention Alliance.....382-7277

**SPRITURAL GUIDANCE -**  
**DIRECCIÓN ESPIRTUAL**

24 hour prayer line.....452-1957

**TRANSPORTATION**  
**TRANSPORTACIÓN**



Community Transportation – ATC Paratransit  
 Avon Park.....452-0139

Lake Placid.....	699-0995
Sebring.....	382-0139
Driver's License.....	386-6053
Nu-Hope of Highlands County.....	382-2134
Tag Office, Sebring.....	402-6685

**TOLL FREE HELP LINES  
LLAMADAS GRATIS – PARA  
INFORMACIÓN DE AYUDA**



Alcohol 24-Hour Helpline.....	800-252-6465
Blind Children's Center.....	402-6623
Braille Library Services.....	800-226-6075
Cancer Answers.....	800-456-7121
Child Support Enforcement-Dept of Revenue.....	800-622-5437
Elder Helpline.....	800-262-2243
FDLE Missing Children.....	888-356-4774
Lupus Foundation of America.....	800-558-0121
National Accessible Apartment.....	800-421-1221
National Clearinghouse Alcohol/Drug.....	800-729-6686
TDD.....	800-735-2258 / 800-487-4889
The Family Source of Florida.....	800-352-5683
Social Security.....	800-772-1213
Substance Abuse Hotline.....	800-662-4357
We Care Hotline.....	800-486-2358

**VETERANS SERVICE  
SERVICIOS DE VETERANO**



Veterans Administration.....800-827-1000  
Veterans Service Office.....402-6623  
Sebring VA Clinic.....471-6227

**YOUTH SERVICES  
SERVICIOS DE JUVENTUD**

Avon Park Youth Academy.....452-3815  
Department of Juvenile Justice.....471-5300  
Youth and Family Alternatives.....452-6900  
We Care Hotline.....800-486-2358  
A hotline for parents, relatives, friends & professionals.  
Una línea para padres, familiares, amigos, & profesionales  
YMCA.....382-9622

**NATIONAL TOLL FREE/HOTLINE NUMBERS  
LLAMADAS GRATIS NACIONAL/  
NUMERO DE LINAS DE INFORMACION**



**Abuse Hotline - LINA DE ABUSO**  
(24 Hours).....(800) 962-2873

**AGING - LINA DE MADUREZ**

National Council on Aging.....800-424-9046  
American Association of Retired Persons.....800-424-2277  
National Institute of Aging Information Center.....800-222-2225  
West Central FL Area Agency on Aging.....800-336-2226

**AIDS - SIDA**

24 Hour FL Hotline.....800-FLA-Aids or 800-342-2437  
Spanish.....800-342-7432

**ALCOHOL/DRUG - ALCOHOL/DRUGA**

All Drug Hotline.....800-DRUGHELP  
24 Hours.....800-821-4357  
Al-non Family World Service.....800-356-9996  
National Drug Institute on Abuse.....800-662-4357  
American Council on Alcohol & Drug Dependence  
.....800-527-5344  
Children of Alcoholic Foundation.....800-359-2623

**ALZHEIMER'S DISEASE**

**ENFERMEDAD DE ALZHEIMER**

Alzheimer's Association .....800-272-3900  
Alzheimer's Info Line.....800-633-4563  
Alzheimer's Resource Center.....800-330-1910

**BIRTH DEFECTS**

**DEFECTOS DE NACIMIENTO**

Easter Seals.....800-221-6827

**BLIND/VISION IMPAIRED**

American Foundation for the Blind.....800-232-5463  
American Council of the Blind.....800-424-8666  
Division of Blind Services.....800-342-1828  
Guide Dog Foundation for the Blind.....800-548-4337  
National Association for Parents of Children with Visual Impairment.....800-562-6265

**CANCER**

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National Cancer Institute.....800-4-CANCER or 800-422-6237  
American Cancer Society Response Line.....800-227-2345  
National Marrow Donor Program.....800-627-7692  
Y-Me Breast Cancer Support Program.....800-221-2141  
American Institute for Cancer Research.....800-843-8114  
Cancer Research Institute.....800-223-7874  
Skin Cancer Foundation.....800-754-6490

**CEREBRAL PALSY**

**CEREBRAL PALSY**

United Cerebral Palsy Association, Inc.....800-872-5827

**CHEMICAL PRODUCTS/PESTICIDES**  
**PRODUCTO DE QUÍMICA/PESTICIDA**

Florida Poison Information Center.....800-222-1222

**CHILD ABUSE/MISSING CHILDREN**  
**ABUSO DE NINO/NINOS DESAPARECIDOS**

National Child Abuse Hotline.....800 422-4453  
National Center for Missing & Exploited Children.800-843-5678  
Child Find of America.....800-292-9688  
Covenant House Nineline.....800-999-9999  
National Child Watch Campaign.....800-222-1464  
National Clearing House on Child Abuse/Neglect...800-394-3366  
National Runaway Switchboard.....800-621-4000  
Missing Children Help Center.....800-872-5437  
Florida Abuse Hotline.....800-962-2873  
We Care Hotline.....800 486-2358

**CHILD DEVELOPMENT/EDUCATION**  
**DESAROLLO DE NINO/EDUCACIÓN**

Early Childhood Services.....800-654-4440

**CYSTIC FIBROSIS - FIBROSIS CÍSTICA**

Cystic Fibrosis Foundation.....800-344-4823

**DIABETES - DIABETES**

American Diabetes Association.....800-582-8823  
Juvenile Diabetes Foundation.....800-223-1138  
Diabetes Research Ins. Foundation.....800-321-3437

**DOWN SYNDROME**

National Down Syndrome Society.....800-221-4602

**EPILEPSY**

Epilepsy Foundation Information Center.....800-332-1000  
Epilepsy Information Service.....800-642-0500

**GAMBLING - JUEGO CON APUESTAS**



Florida Council of Compulsive Gambling.....800-426-7711

**GRIEF- DESCONSOLADO**

Grief Recovery Helpline.....800-445-4808

**HEAD INJURY/HEADACHE**

**DAÑO CEREBRAL/DOLOR DE CABEZA**

Brain Injury Association. Family Helpline.....800-444-6443

**HEALTH - SALUD**

Medic Alert Foundation.....800-432-5378

National Health Information Center.....800-336-4797  
Minority Health Resource Center.....800-444-6472  
Medicare Info Line.....800-MEDICAR (633-4227)  
Children’s Medical Services.....800-741-2250

**HEARING AND SPEECH  
OIR Y HABLAR**



American Speech-Language Hearing Association...800-638-8255  
Deafness Research Foundation.....800-535-3323  
Dial A Hearing Screening Test.....800-222-3277  
Ear Foundation.....800-545-4327  
Hear Now.....800-648-4327  
Better Hearing Institute.....800-327-9355  
National Hearing Aid Helpline .....800-521-5247 ext. 333  
Stuttering Foundation of America.....800-992-9392

**HEART (see also Stroke) - CORAZON**

American Heart Association.....800-242-8721

**HOSPITAL/HOSPICE CARE  
HOSPITAL/AYUDA DE HOSPICIO**

Children’s Hospice International.....800 242-4453

Hill-Burton Hospital Free Care.....800-638-0742  
HospiceLink.....800-331-1620  
Shriners Hospital Referral Line.....800-237-5055  
Hud Use (Housing).....800-245-2691

**HUNTINGTON'S DISEASE**

Huntington's Disease Society.....800-345-4372

**INSURANCE/MEDICARE/MEDICAID  
SEGUO/MEDICARE/MEDICAID**

DHHS Inspector General's Hotline.....800-447-8477  
Medicare Issue Hotline.....800-MEDICAR  
Florida Department of Insurance.....800-342-2762

**LEGAL ISSUES**

Child Support Enforcement.....800 622-5437

**LIVER DISEASE**

**ENFERMEDAD DE HÍGADO**

American Liver Foundation.....800 223-0179

**LUNG DISEASES**

**ENFERMEDAD DE PULMÓN**



American Lung Association.....800 LUNG-USA

**LUPUS**

Lupus Foundation.....800-558-0121

**MENTAL HEALTH - SALUD MENTAL**

National Foundation for Depression Illness.....800-615-6464

National Mental Health Association.....800-969-6642

**MULTIPLE SCLEROSIS**

**ESCLEROSIS MULTIPLE**

National Multiple Sclerosis Society.....800-FIGHT-MS

**PARALYSIS AND SPINAL CORD INJURY**

**PARÁLISIS Y DAÑO A LA MÉDULA ESPINAL**

Christopher Reeves Paralysis Foundation.....800-225-0292

**PARKINSON'S DISEASE**

**ENFERMEDAD DE PARKINSON**

American Parkinson Disease Association.....800-223-2732

National Parkinson Foundation.....800-327-4545

**PREGNANCY/PRENATAL CARE**

**EMBARAZO/ATENCIÓN PRENATAL**



Pregnancy Counseling Services Hotline.....800-542-4453

Family Health Line.....800-451-BABY

**RARE DISORDERS - DESAROLLOS RAROS**

National Org. for Rare Disorders.....800-999-6673

**STROKE - DAÑO AL CEBRO**

American Stroke Association.....800-553-6321

**SUDDEN INFANT DEATH SYNDROME**

**SÍNDROME DE REPENDE MUERTE DE INFANTES**

American SIDS Institute.....800-232-7437

SIDS Alliance.....800-221-7437

**COUNSELING – CONSEJERIA**

Avon Park First Assembly of God.....453-4453

Bethany Baptist Church.....452-6889 or 452-1136

Bible Fellowship Church .....385-1024

Calvary Church.....386-4900

Faith Lutheran Church.....385-7848

Sebring Church of the Brethren.....385-1597

**FOOD, CLOTHING & AID**

**COMIDA, ROPA, Y AYUDA**

Action Revival Center.....465-3032

Apostolic Church of Jesus.....	453-5988
Avon Park Lakes Baptist Church.....	452-6556
Avon Park First Assembly of God.....	453-4453
Bethel Pentecostal Holiness Church.....	453-2374
Calvary Church.....	386-4900
Christ Fellowship Church.....	386-4419
Christian Science Society.....	385-6550
Church of the Nazarene.....	385-0400
Community Bible Church Fellowship.....	452-5643
Community Christian Church.....	471-1236
East Side Christian Church.....	465-7065
Emmanuel United Church of Christ.....	471-1999
The Episcopal Church of the Redeemer.....	452-2661
Faith Lutheran Church.....	385-7848
First Baptist Church of Lake Josephine.....	655-1524
First Baptist Church of Sebring.....	385-5154
First Christian Church.....	453-5334
First United Methodist Church.....	385-5184
Florida Avenue Baptist Church.....	453-5339
Greater Bethel African Methodist Church.....	699-0032
Highlands Grace Reformed Church.....	385-3787
Iglesia Bautista.....	386-0008
Lorida Baptist Church.....	655-1878
Marantha Baptist Church.....	382-4301
New Life Assembly Church.....	465-9535
New Life Holiness Church.....	465-3099
New Testament Church & Mission.....	385-0035

Our Lady of Grace Catholic Church.....	453-4757
Restoration Church of the Highlands.....	402-2121
Sanctuary Church of God.....	453-4831
St. James Catholic Church.....	465-3215
Spring Lake Baptist Church.....	655-2610
Union Congregational Church of Christ.....	453-3345
Walker Memorial 7 <sup>th</sup> -day Adventist Comm. Center.....	453-0177
Youth for Christ of Highlands County.....	386-0005

**YOUTH SERVICES AND TRAINING**

**SERVICIOS DE JUVENTUD Y INSTRUCCIÓN**

Alliance Church of Sebring.....	382-1343
Apostolic Church of Highlands of Jesus.....	453-5988
Avon Park First Assembly of God.....	453-4453
Avon Park Lakes Baptist Church.....	452-6556
Bethany Baptist Church.....	452-1136
Bethel Pentecostal Holiness Church.....	453-2374
Bible Fellowship Church.....	385-1024
Calvary Baptist Church.....	452-5220
Calvary Church.....	386-4900
Christian Science Society.....	385-6550
Church of the Brethren.....	385-1597
The Church of Jesus.....	382-1822
Church of the Nazarene.....	385-0400
Community Bible Church Fellowship.....	452-5643
Community Christian Church.....	471-1236

East Side Christian Church.....	465-7065
Emmanuel United Church of Christ.....	471-1999
The Episcopal Church of the Redeemer.....	452-2661
Fellowship Baptist Church.....	453-4256
First Assembly of God (Avon Park).....	453-4453
First Assembly of God (Sebring).....	385-6431
First Baptist Church of Avon Park.....	453-4453
First Baptist Church of Lake Josephine.....	655-1524
First Baptist Church of Sebring.....	385-5154
First Baptist Church of Venus, Inc.....	465-5283
First Christian Church (Avon Park).....	453-5334
First Christian Church (Sebring).....	385-0352
First Presbyterian Church (Avon Park).....	453-3242
Restoration Church of Highlands.....	402-2121
St. Agnes Episcopal Church.....	385-7649
St Francis of Assisi Episcopal Church.....	465-0051
St. James Catholic Church.....	465-3215
Salvation Army Center for Worship.....	385-7548
Sanctuary Church of God.....	453-4831
Sebring Church of the Brethren.....	385-1597
Sebring Seventh-Day Adventist Church.....	385-2438
Southside Baptist Church.....	385-0752
Sparta Road Baptist.....	382-0869
Spring Lake Baptist Church.....	655-2610
Spring Lake Presbyterian.....	655-0713
Spring Lake United Methodist Church.....	655-0040

Sunridge Baptist Church.....	382-3695
Trinity Lutheran Church of the Missouri Synod .....	465-5253
Union Congregational Church of Christ.....	453-3345
United Church of Christ.....	471-1999
Unity of Sebring.....	471-1122
Unity of Sebring Youth House.....	471-9286
Whispering Pines Baptist .....	382-6265
Youth for Christ of Highlands County.....	386-0005