

Youth Resource Guide



THIS SHEET WILL PROVIDE YOU WITH VARIOUS SERVICES. HOMELESS SERVICES NETWORK IS NOT AFFILIATED WITH THESE SERVICES; WE DO NOT GUARANTEE THEY WILL PROVIDE SERVICES TO YOU. WE DO RECOMMEND THAT YOU USE THIS GUIDE TO FIND AND CONTACT THE SERVICES THAT ARE MOST FITTED TOWARDS YOUR NEEDS. BELOW YOU WILL FIND A LIST OF VARIOUS RESOURCES IN EACH OF THE THREE COUNTIES HSN SERVES.

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Emergency Contacts/ Hotlines	Additional Information
Emergency dial 9-1-1 Open: 24 hours	Call in case of emergency and fire.
National Human Trafficking Hotline 1-888-373-7888 Open: 24 hours	If you or someone you know is a victim of human trafficking, call. SMS: 233733 text “HELP” or “INFO”.
Florida Department of Children and Families Abuse Hotline 1-800-962-2873 Open: 24 hours	Call to report suspected cases of abuse, neglect, abandonment, or exploitation of children or vulnerable adults. *If someone is in immediate danger call 9-1-1
Crimeline 800-423-TIPS(8477) Open: 24 hours	Call to report a tip on any criminal activity. *all tips are anonymous Crimeline.org
National Suicide Prevention Lifeline 9-8-8 Open: 24 hours	Free and confidential emotional support to people with suicidal crisis or emotional distress.
Crisis Hotline of Central Florida 407-425-2624 Open: 24 hours	If you are struggling with relationship issues, abuse, grief, substance abuse, mental health or other problems.
Community Information and Referral Services 2-1-1 Open: 24-hour	Call to find local resources and assistance.
Depression/Suicide Hotline (800)-273-8255 Open: 24 hours	Free and confidential emotional support to people with suicidal crisis or emotional distress
National Domestic Violence Hotline 1-800-799-SAFE(7233)	Call for emotional support and resources for domestic violence victims.
Trans Lifeline (877) 565-8860 Open: 24 hours	A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.
Victim Service Center 407-254-9415 Open: 24 hours	Provides 24/7 support for victims of sexual assault and offers case management, forensic collection and crisis counseling
Domestic Violence Shelters	Additional Information
Help Now of Osceola County (407) 847-8562 (321) 306-0677 (Text)	You can call if you are in need of the emergency shelter services OR if you just need to talk to someone about your situation. Locations are confidential. * Crisis Hotline open 24 hours*
Harbor House Phone (407) 886-2856 <i>Orange County</i>	You can call if you are in need of the emergency shelter services OR if you just need to talk to someone about your situation. Locations are confidential. * Crisis Hotline open 24 hours*
Safe House (407) 330-3933 <i>Seminole County</i>	You can call if you are in need of the emergency shelter services OR if you just need to talk to someone about your situation. Locations are confidential. * Crisis Hotline open 24 hours*
Shelters for Single Women	Additional Information
H.O.M.E. (407) 932-0413 924 Determination Way Kissimmee, FL 34741 Intake: Mon-Fri: 9am-5pm CALLS ONLY <i>Osceola</i>	This program is for homeless single women with children. -Must be able to work. Cannot have substance abuse history, drug testing and background checks will be done. -No same-day admissions and does not operate as an emergency shelter. -Bridge Housing portion will pay a monthly fee and must put other portion of their income into a savings account.
Coalition for the Homeless of Central Florida (407) 652-5300 (407) 652-5310 (Intake Center) 18 N Terry Ave Orlando, FL 32801 Intake Center Mon-Fri: 7am-3pm *Arrive Early* <i>Orange County</i>	Provides a safe place to stay and nutritious meals to eat. Guests must enter the campus through the gate located on N Terry Avenue. Offers showers, laundry, and mail services. Website: https://www.centralfloridahomeless.org/shelter-programs
Rescue Outreach Mission (407) 321-8224 1701 W 13th St, Sanford, FL 32771 <i>Seminole</i>	Provides shelter and resources to help those who are experiencing homelessness return to self-sufficiency. Free of charge. Program is 30 days long.
Shelters for Single Men	Additional Information

Coalition for the Homeless (407) 652-5300 (407) 652-5310 (Intake Center) 18 N Terry Ave. Orlando, FL 32801 Intake Center Mon-Fri: 7am-3pm	In orange County Provides a safe place to stay and nutritious meals to eat. Guests must enter the campus through the gate located on N Terry Avenue. Offers showers, laundry, and mail services Website: www.centralfloridahomeless.org/shelter-programs
Salvation Army (407) 423-8581 ext. 26480 624 Lexington Ave. Orlando, FL 32801 Angela Vasquez - Transitional Shelter Case Manager - 407-423-8581 ext. 27477 Daniel - Emergency Shelter Services Case Manager - 407-423-8582 ext. 26520 Orange	Provides warmth and shelter. Serves free dinner at 3:30pm -4:30 pm Monday-Friday. Sack lunch at this time Daily check-in is from 4pm-6pm on a first come, first serve basis Need a valid picture ID
Rescue Outreach Mission (407) 321- 8224 1701 Historic Goldsboro Blvd. Sanford, FL 32771 Seminole	Provides shelter and resources to help those who are experiencing homelessness return to self-sufficiency. Free of charge. Program is 30 days long. Website: https://romcfl.org
Youth Shelters	Additional Information
Orange County Youth Shelter (407) 836-7676 1800 E. Michigan St., Orlando, FL 32806 Referral required, call for details. Orange	Youth ages 10-17 years old experiencing homelessness, have runaway from home, have been locked out of their home or are seeking a cooling off period during a family crisis Website: http://orangecountyfl.net/Portals/0/Resource%20Library/families%20-%20health%20-%20social%20svcs/Youth%20Shelter.pdf
Drop-In Centers	Additional Information
Salt Outreach Inc. 1-866-237-2589 808 West Central Boulevard Orlando, FL 32805 Mon-Thurs: 9am-5pm Fri & Sun: 9am-4pm Closed on Saturday Orange	Provides case management with three case workers, a laundry trailer, storage services, mail services, and charging stations. Website: https://www.serviceandlovetogether.org/
Samaritan Resource Center (407) 482-0600 9837 E Colonial Dr. Orlando, FL 32817 Mon-Fri: 9am-4:30pm Sat-Sun closed Orange	Provides free services to the homeless: case management, mental health counseling, and basic life essentials such as food, clothing, and hygiene supplies Website: https://samaritanresourcecenter.org/
Pathways Drop-In Center (407) 521-6335 1313 30th St, Orlando, FL 32805 Facility Hours: Mon-Fri: 9am-5pm Meal Service: Mon-Fri 12pm-3pm Orange	Provides free services to the homeless: showers, laundry, hygiene kits, employment help, help signing up for government benefits, and more. Website: https://pathlighthouse.org/pathways-drop-in/
The Sharing Center Oasis (407) 260-9155 600 N. Hwy 17-92 Longwood, FL, 32750 Mon-Fri: 8am-12pm (Can visit everyday) Seminole	Provides free services to the homeless: showers, laundry, hygiene kits, employment help, help signing up for government benefits, and more. Website: https://thesharingcenter.org/addressinghomelessness/
Coalition for the Homeless (407) 652-5300 18 N Terry Ave Orlando, FL 32801 Mon-Fri: Men: 8:30am-11:30am, Women: 1pm-3pm Orange	Provides showers, laundry, hygiene supplies, and clothing Website: https://www.centralfloridahomeless.org/
Matthew's Hope - Outreach Center (407) 905-9500 611 Business Park Blvd., #101, Winter Garden, FL 34787 Tues and Thurs: 7:30am-11:30am Orange	Provides basic needs such as food, hygiene items, clothing, tents and sleeping bags. Also provides transportation to showers, haircuts, medical assistance and more. Website: https://www.matthewshopeministries.org/
Salvation Army (Sanford) (407) 322-2642 700 W 24 th St, Sanford, FL 32771 Mon-Fri: 9am-4:30pm Seminole	For financial assistance please call 407-839-4357. Walk-ins are welcome for food assistance as long as you have all information needed. Website: https://sanford.salvationarmyflorida.org/

JUMP Inn Drop-In Center (407) 674-7124 4520 W. Colonial Dr. Orlando, FL 32808 Mon–Sat: 10:00 am - 1:30 pm Every other Friday Mental Health Services: 10am-1:30pm <i>Orange</i>	Services provided: Coffee, lunch, water, Case management, Clothes (as available), Hygiene products, Showers (Wednesday, Friday), Phones/Health insurance application (Wed, Friday), ID Help
Zebra Youth Drop-In Center (LGBTQ+ Youth) (407) 228-1446 911 North Mills Avenue, Orlando, FL 32803 Monday – Friday: 3 – 5 p.m.	Young people can get a hot meal, take a shower, brush their teeth, and even do some laundry, all in a “safe space” always supervised by caring adults.
Housing Resources	Additional Information
Low-Income Home Energy Assistance Program Orange: (407) 836-7429 Seminole: (407) 688-5166 2100 E Michigan Street Orlando, FL 32806 Office Hours Mon-Fri: 8am-5pm <i>Orange/Seminole</i>	Financial energy cost assistance to low-income households. -Must be a legal resident of Orange county and have a gross household income of no more than 150% of Federal Poverty Income -Must call to make an appointment in Seminole County Website: https://www.orangecountyfl.net/FamiliesHealthSocialSvcs/EnergyBillAssistance.aspx
HANDS of Central Florida (407) 447-5686 1707 Orlando Central Parkway Suite 350 Orlando, FL 32809 Mon-Fri 8:30am-5:30pm <i>Orange</i>	Affordable apartment search, 1-on-1 housing counseling, home buyer education seminars. -Free for anyone that lives in Orange county, small fee for people from other counties. Website: cflhands.org
Housing Choice Voucher Program (Section 8) via Seminole County Housing Authority (407) 365-3621 145 W Pine Ave, Longwood, FL 32750 Mon-Thurs 8am-4:30pm <i>Seminole</i>	-Must be a Seminole County Resident -Email for more information: scha001@cfl.rr.com Website: https://schafla.org/
The Angela Denise Foundation (407) 813-2640 https://www.angeladenisefoundation.org/about-us <i>Orange</i>	Lending a helping hand to those that need it most by providing access to everyday essentials, housing and the skills needed to re-enter and contribute to society in efforts to build strong communities. We have fresh female beds available in Orlando! Accept SSI, SSDI, and community funded programs. This is a shared living environment.
Second Chance Housing, LLC (407) 813-2640 <i>Orange</i>	Second Chance Housing is a housing program that creates pathways out of homelessness by providing a clean and safe living environment for homeless adults. https://www.schousinginfo.com/
NDC Asset Management Bradenton: (941) 907-4109 <i>Osceola</i>	-Affordable Housing Units -Located in Bradenton but units are available in Osceola County Website: https://ndcassetmanagement.com/
Financial Assistance and Stabilization Programs	Additional Information
Orlando Florida Welfare Assistance	A website that provides contact information for organizations that provide financial assistance. Website: www.orangecountyfl.net/familieshealthsocialsvcs.aspx
Need Help Paying Bills https://www.needhelppayingbills.com/	A website that provides contact information for organizations that provide financial assistance.
Osceola Human General Services (407) 742-8400 1392 E. Vine Street, Kissimmee, FL 34741	Provides assistance to residents who have been impacted by COVID-19, eviction prevention, elderly and disabled housing/utility assistance. https://www.osceola.org/agencies-departments/housing-community-services/housing/ https://www.osceola.org/locations/human-services.stml
Orange County Emergency Rental Assistance Program Dial 311 or (407) 836-3111 <i>Orange</i>	The Orange County Emergency Rental Assistance Program (ERAP) is an income-based program aimed at helping Orange County’s most vulnerable tenants by providing financial assistance to tenants who are past-due on their rent as a result of financial hardships caused by the COVID-19 pandemic. Website: ocfl.net/EmergencySafety/Coronavirus/EmergencyRentalAssistance.aspx

Mon-Fri: 9am-3:30pm to apply Office hours 8am-5pm E-mail: info@toptalentusa.com <i>Orange</i>	host/hospitality, food service, custodial, shipping/receiving, and warehouse. Website: https://www.toptalentusa.com/
CareerSource of Central Florida (407) 531-1231 1-800-757-4598 <i>Orange/Seminole</i>	Call and ask for a location near you.
Christian HELP Employment and Resource Center (407) 834-4022 450 Seminola Blvd. Casselberry, FL 32707 Mon-Fri: 9:30am-1:30pm After 1:30pm by appt. only <i>Seminole</i>	Employment and resource center. Services include 1-on1 career coaching, 6 job fairs per year, small business hiring events for Seminole county, and an online job board. www.christianhelp.org/employment
The Sharing Center-Workforce Development (407) 260-9155 600 N US Hwy 17 92 Suite 130, Longwood, FL 32750 Mon-Fri: 9am-12pm <i>Seminole</i>	-ProjectRISE- A four week program focusing on Job Readiness Skills and Emotional Intelligence. -We provide transportation for those who live within a 20 mile radius from the Sharing Center and who do not have transportation. Website: https://thesharingcenter.org/
Goodwill: Connection Centers (407) 745-5550 <i>All Counties</i>	Connection Center Directory Link: https://www.goodwillcfl.org/wp-content/uploads/2018/02/JCCs.pdf
Labor Finders <i>Osceola-</i> (407) 935-9959 Mon-Fri: 6am-6pm <i>Orange-</i> (407) 843-5050 Mon-Fri: 6am-6pm Sat: 6am-9am <i>Seminole-</i> (407) 302-1939 Mon-Fri: 6am-6pm	Temporary Work Resource Website: https://www.laborfinders.com/
HireQuest Direct 7130 S Orange Blossom Trl, Orlando, FL 32809, USA <i>Osceola-</i> (407) 530-5754 5:30am-5:30pm Sat 5:30am-9:30am <i>Orange-</i> (407) 826-1615 Mon-Fri: 5:30 am-5:30pm <i>Seminole-</i> (321) 363-0033 Mon-Sat: 5am-5:30pm Sat: 5:30am-9:30am	Temporary Work Staffing Website: https://www.hirequest.com/
DiscoverABILITY (407) 894-5051 ext. 122 1027 Sligh Blvd. Orlando, FL 32806 Website: https://discoverability.org/ Mon-Fri 8:30am-5pm	DiscoverABILITY is a nonprofit organization in Central Florida that strives to help individuals with disabilities find and secure employment. Services are for individuals 14 and older. Some of the services we offer include: Employment and Supported Employment Services, Vocational Evaluations, Psychological Evaluations, Discovery, On-The-Job Training, Job Coaching, Self-Advocacy, Pre-Placement Training, Transitional Youth Services and more!
First Step Staffing (407) 478-1698 808 W Central Blvd. Orlando, FL 32805 Mon-Fri 8am-4pm <i>All Counties</i>	Offers full and part-time employment with above minimum wage pay, benefits including healthcare, and pathways to permanent employment and higher-paying jobs. We also partner with fellow nonprofits to offer housing, childcare, and medical support. Transportation assistance to place of work is provided if needed. Website: https://www.firststepstaffing.com/
Employment Opportunities (for individuals with a criminal record)	Additional Information
JobsForFelonsHub Employment resource for individuals with a felony record https://www.felonyrecordhub.com/jobs-for-felons/ https://www.felonyrecordhub.com/jobs-for-felons/	This website has a comprehensive list of companies all over the nation that hire individuals who have a felony charge. The site also offers multiple other resources that may be beneficial.
Florida Employment Directory Provided by the Order of Malta - American Association	For the benefit of ex-felons and individuals experiencing homelessness. Provided by Order of Malta, American Association. Directory PDF Link: https://orderofmaltaamerican.org/files/pages/2323-Florida-Employment-Directory
Support	Additional Information
Compassion Corner (First Presbyterian Church of Orlando) (407) 843-4054 808 W. Central Blvd. Orlando, FL 32805 Mon-Thurs 8:30am-11am, 1-3pm	Assistance with applying for Food Stamps on Mondays from 9am to 12pm. Located in Daily Bread dining hall. Website: https://www.fpcoc.org/compassioncorner

Orange United Against Poverty (407) 650-0774 150 W. Michigan St. Orlando, FL 32806 Mon-Sat: 9 am-6 pm Sunday: 11 am- 6 pm Orange	The Member Share Grocery Program provides fresh produce, frozen foods, shelf-stable items and household items for 30-40% of value. Phone and computer services. Clinic and GED programs. Computer lab/phones available to use, STEP program, and emergency food assistance. Website: https://uporlando.org/
The Salvation Army of Orlando (407) 243-8581 416 West Colonial Drive, Orlando, FL, 32804 Mon-Fri: 9am-4:30pm Orange	Provides vulnerable families with food, shelter, clothing, case management, and more.
HOPE Helps (407) 366-3422 812 Eyrie Dr. Oviedo, FL 32765 Mon-Thurs: 9am-4pm, Fri: 9am-12pm Seminole	Helps the working poor, people who have never been in a crisis before, people experiencing homelessness, case management, and financial assistance.
His Healing Hand https://hishealinghand.weebly.com/ Please use website to get access to resources.	Reentry, renewal and recovery help for those behind bars, returning from a time away, those on probation or parole, or who have a criminal past. -Job Training and job search, Housing, obtaining food stamps resume preparation, Interview skills -Addiction recovery, Understanding technology, computer skills
Hope Partnership (321) 677-0245 122 W Sproule Ave, Kissimmee, FL 34741 Email: moreinfo@hope192.com Mon-Thurs: 9am-12pm, 1pm-3pm Osceola	Provides services such as identification services, job search, food pantry, life skills, hygiene items, family/friends reunification, and homeless barriers assessments. Long-term case plan and advocacy with individuals and families that may be struggling financially
Legal Aid Society (407) 841-8310 100 E. Robinson St. Orlando, FL 32801 Office Hours: Mon-Fri: 8:30am-5pm New Clients & Walk-Ins: Mon-Thurs: 8:30am-3:30pm Orange	Pro bono services. Only 2 cases per year and pay \$350 Website: https://www.legalaidocba.org/
Community Legal Services Helpline: 1-800-405-1417 Mon & Thurs: 8:30am-4:40pm, Tue & Wed: 8:30am-6:30pm Friday: 8:30am-3:30pm All Counties	Legal advice and brief cases over hotline * Does not assist with criminal or traffic cases Website: https://www.clsmf.org/
IDignity (Identification Assistance) (407) 792-1374 Email: info@idignity.org Orlando: 425 N Magnolia Ave, Orlando, FL 32801 Osceola: 2198 Four Winds Blvd. Kissimmee, FL 34746 Seminole: 2140 W. State Road 434 Longwood, FL 32779	IDignity assists US citizens and legal residents in obtaining Florida ID cards and licenses, US birth certificates, Social Security cards and other documents needed to obtain an ID/license. Website: https://idignity.org/ Tues & Thurs 8:30am-2pm By appointment, some walk-ins accepted
Hope & Help (407) 645-2577 4122 Metric Drive, Ste 800 Winter Park, FL 32792 Mon-Fri: 8am-5pm Orange	Syringe Exchange Program. The Program's mission is to stop the spread of infectious diseases, like HIV and Hepatitis C, and connect you to health and wellness resources. The Program also supports community beautification and safety by ensuring that drug paraphernalia is not left to litter in our communities. Website: https://hopeandhelp.org
Center for Independent Living (407) 623-1070 720 N Denning Drive Winter Park FL, 32789 Program Service Office Hours: Mon-Thurs: 9am-4pm Orange	CIL opened its doors to the community in 1976 with the very same mission that we still have today: to break down barriers for all people living with disabilities. Today we continue to proudly serve our community through our five-core services advocacy, information and referral, independent living skills, peer support and mentoring, and transition. Website: https://cilorlando.org/
Health/Mental Health Services	Additional Information
STD Testing Near Me 24/7 Online Directory	https://www.testing.com/std-testing/orlando-fl/

Health Care Center for the Homeless (407) 428-5751 232 S Orange Blossom Trail Orlando, FL 32805 Mon-Fri: 8am-5pm <i>Orange</i>	Provides medical care, oral health services, behavioral health and substance abuse counseling, an on- site pharmacy, vision services, and residential TB shelter. Website: https://hcch.org/
Shepherd's Hope (Winter Garden) (407) 876-6699 455 9th Street. Winter Garden, FL 34787 Mon, Tues, Thurs: 4-8pm, Wed: 12-3pm, 4-8pm <i>Orange</i>	Provides free and compassionate healthcare to the men, women and children in Central Florida who visit our five health centers to receive hope and healing. Website: http://www.shepherdshope.org/
Shepherd's Hope (Downtown Orlando Health Center) (407) 876-6699 ext. 248 101 S Westmoreland Dr., Orlando, FL 32805 Mon-Wed: 5-8pm <i>Orange</i>	Provides free and compassionate healthcare to the men, women and children in Central Florida who visit our five health centers to receive hope and healing. Website: http://www.shepherdshope.org/
Shepherd's Hope (Longwood Health Center) (407) 876-6699 ext. 230 (morning hours) (407) 876-6699 ext. 238 (evening hours) 600 North US 17-92, Ste 124 Longwood, FL 32750 Mon-Thurs: 8am-12pm, 4-8pm <i>Seminole</i>	Provides free and compassionate healthcare to the men, women and children in Central Florida who visit our five health centers to receive hope and healing. Website: http://www.shepherdshope.org/
True Health (407) 322-8645 4930 East Lake Mary Blvd. Sanford, FL 32771 Nine locations in Orange, Seminole and Volusia county. Please use website to get access to resources.	Private, non-profit 501 (c)(3) community health center, has been serving low-income, uninsured, underinsured, and underserved populations in Central Florida Website: Mytruehealth.org
Aspire Health Partners (407) 875-3700 ext. 6186 1800 Mercy Drive Orlando, FL 32808 Email: info@aspirehp.org Mon, Thur.: 8am-7pm, Tues, Wed, Fri: 8am-5pm Emergency Assessments available 24 hours/7 days a week <i>Orange</i>	Access Center that provides intake screening services for mental health issues, substance use disorders, and other addictions. -Drug court and mental health court services. -Provides education and justice programs. Website: https://aspirehealthpartners.com/
Positive Behavioral Solutions (321) 972-4265 901 Douglas Ave Suite 100, Altamonte Springs, FL, 32714 Email: referrals@pbsfl.org Mon-Fri: 10am-5pm <i>Orange</i>	Offers counseling in Orlando to all ages for individual counseling, relationship counseling, couples counseling, and marriage and family counseling. Website: https://pbsfl.org
Center for Multicultural Wellness and Prevention (407) 648-9440 1685 Lee Road Suite 200 Winter Park, FL 32789 Mon-Fri: 8am-5pm <i>Orange</i>	Organization that offers non-clinical, culturally and linguistically sensitive outreach services that promote optimal emotional, mental and physical health to the diverse populations in Central Florida. Website: http://cmwp.org/
National Alliance on Mental Illness Lifeline: (800) 273-8255 407-253-1900 300 Crown Oak Centre Drive Longwood, FL 32750 Emails: info@namiflorida.org president@namiflorida.org Mon-Fri: 8:30am-5pm <i>Seminole</i>	We are a grassroots community network of support for anyone affected by mental health conditions – individuals and their family, friends and caregivers. Different support groups. Website: namigo.org
Impower (407) 215-0095 Appointments/Referrals: (321) 639-1224 111 W. Magnolia Avenue Longwood, FL 32750 Email: info@impowerfl.org referrals@impowerfl.org <i>Seminole</i>	Mental health, substance misuse and child well-being organization dedicated to empowering the lives of those in need by offering personal attention, counseling, assistance and inspiration Website: www.impowerfl.org
House of Freedom (407) 957-9077 2311 North Orange Blossom Trail Kissimmee, FL 34744 Mon-Fri: 9am-5pm <i>Osceola</i>	Drug rehabilitation center in Orlando, Florida Website: https://houseoffreedom.com/ Email: info@hofrehab.com
Primary Care Access Network (407) 836-7226 6225 Brookgreen Ave, Orlando, FL 32809	Dedicated to improving access to healthcare in Orange County. Website: https://www.pcanorangecounty.com/

<i>Orange</i> Outlook Clinic: Mental Health Association of Central Florida (407) 898-0110 (407) 836-2542 1525 E Robinson Street Orlando, FL 32801 Mon-Fri: 9am-5pm <i>Orange</i>	Outlook Clinic offers counseling in Orlando for adults 18 years and older for the uninsured. There are specific admission criteria to qualify for counseling services. If you don't qualify for counseling through Outlook, you will be referred to another counseling service in Orlando that can meet your needs.
UCF Anxiety Disorder Clinic/Trauma Management Therapy General inquiries, consultations: (407) 823-3910 Single Session Consultation Program: (407) 823-1657 Mon - Fri: 8:30 a.m. – 5 p.m. <i>Orange</i>	A clinical research center dedicated to the study and treatment of anxiety disorders in children, adolescents and adults using Exposure Therapy. https://www.ucfrestores.org/
Additional Victim Services	Additional Information
The Victim Service Center of Central Florida, Inc. (VSC) 24/7 Helpline: (407)-500-HEAL (4325) <i>Seminole</i>: (407)-254-9415 400 W. Airport Blvd, Sanford FL 32773 <i>Osceola</i>: (407)-254-9415 201 Hilda St., Kissimmee FL 34741 <i>Orange</i>: (407) 254-9415 2111 East Michigan Street, Suite 210, Orlando, FL 32806 Mon-Fri: 8am-5pm	To provide individualized services and resources to victims of sexual assault, violent crime and traumatic circumstances, through crisis response, advocacy, therapy, and community awareness. www.victimservicecenter.org
Abuse Hotline Florida Department of Children and Families 1-800-962-2873 Website: www.myflfamilies.com/service-programs/abuse-hotline/	The Florida Abuse Hotline accepts reports of known or suspected child abuse, neglect, or abandonment and reports of known or suspected abuse, neglect, or exploitation of a vulnerable adult. Accepts calls 24 hours a day, 7 days a week.
Stand Up Survivor (321) 430-5307 www.standupsurvivor.org	Stand Up Survivor is a 501 c3 non-profit organization based in Orlando, FL dedicated to educating, equipping, and empowering domestic violence survivors and their communities globally.
Florida Council Against Social Violence (850) 297-2000 1820 East Park Ave, #100, Tallahassee, FL 32301 www.fcasv.org	FCASV is a nonprofit dedicated to victims and survivors of sexual violence and the sexual assault programs that serve them. Website: www.fcasv.org/find-your-local-center
LGBTQ+ Resources	Additional Information
Trans Lifeline 877-565-8860 translifeline.org 24/7 Access	Free and confidential support to people with suicidal crisis or emotional distress
Zebra Coalition (Shelter for 13-24 y/o) (407) 228-1446 911 N Mills Ave Orlando, FL 32803 Hours of Operation: Mon-Fri: 10am-6pm Drop-In Hours: Mon-Fri: 3-5pm <i>Orange</i>	Provides services and short-term living to lesbian, gay, bisexual, transgender and all youth (LGBTQ+) ages 13– 24. They assist young people facing homelessness, bullying, isolation from family, and physical, sexual and drug abuse. https://zebrayouth.org/
Bliss Cares Mon-Fri: 8:30am-7pm 407-203-5984 2901 Curry Ford Rd #106 Orlando, Florida 32806 info@blisscares.org <i>Orange</i>	Nonprofit organization whose mission is to save lives by preventing the spread of HIV, hepatitis, and STDs. They strive to serve everyone regardless of their ability to pay. blisscares.org
LGBT+ Center Orlando [Orange & Osceola] (407) 228-8272 (Orange) (407) 228-8272 (Osceola) 942 N Mills Ave Orlando, FL 32803 or 901 E Oak St. Suite B, Kissimmee, FL 34744 <i>Orange/Osceola</i>	Serves as a sanctuary/Safe Space for all LGBTQ people in Central Florida. -Free HIV and STI Testing Orange Hours: Mon-Fri: 9am- 8pm Sat & Sun: 10am-2pm Osceola Hours: Mon-Fri: 10am- 6pm Sat: 10am-2pm
Divas In Dialogue-Stafford Housing Program 407-532-0070 711 Seminole Ave Orlando, FL 32804 https://miracleofloveinc.org/did/ Mon-Fri: 12-8pm <i>Seminole</i>	Stafford Housing Services: Condom Pickup, Health Education, Linkage, Peer Services Free Rapid HIV/STI Screenings Services: Monday – Friday: 9:00 AM – 7:30 PM (Walk-In), First & Third Saturday: 12:00 PM – 6:00 PM, Sunday: 3:00 PM – 11:00 PM (Appointment)
Family Resources	Additional Information
Boys Town Central Florida (407) 588-2170 Crisis Hotline: (800) 448-3000 975 Oklahoma Street Oviedo, FL 32765 Mon-Fri: 8am-5pm <i>Orange/Seminole</i>	-Intervention and assessment -In-Home Family Services -Community Support Services

Healthy Start Coalition of Orange County (Pregnancy and baby care) (407) 858- 1472 1040 Woodcock Rd # 215, Orlando, FL 32803 https://www.healthystartorange.org/ Mon-Fri: 9am-5pm <i>Orange County</i>	Services provided: - Pregnancy and baby care education, Breastfeeding education, Childbirth classes - Counseling Help to stop smoking - House calls by health professionals - Nutrition education - Mental health counseling
Orange County Public School McKinney Vento Program (MVP) (407) 317-3485 helphomeless@ocps.net	MVP assists children and youth in transition lacking a fixed, adequate, or regular housing situation. If a student and his/her family are residing in a shelter, motel, vehicle, campground, streets, abandoned building, or doubled-up with family/friends they may qualify for program assistance. Website: homeless.ocps.net
Seminole County Public Schools Families in Need Program (FIN) 407-320-2025 400 East Lake Mary Blvd, Sanford, FL 32773 Mon-Fri: 8am-4:30pm Email: FIN@scps.us	Provides services to ensure identified homeless children and youth as well as students in foster care have access to a free and appropriate public education by removing educational barriers due to homelessness, poverty and/or abuse.
Early Head Start (EHS) and Head Start (HS) <i>Orange County:</i> (407) 836-6590 <i>Osceola County:</i> 4c HS: (321) 219-6201 <i>Seminole County:</i> EHS and HS: (407) 332-5090 (Longwood)	The overall goal of Head Start is to bring about a greater degree of social competence in children of low-income families. The child's entire family, as well as the community, is involved to create a quality program to assist the child with school readiness. 4cflorida.org/parents/early-head-start-and-head-start-ehs-hs
Catholic Charities Family Stability Services (407) 658-1818 1771 N. Semoran Blvd Orlando, FL 32807 Food Pantry: (407) 658-1818 Immigration Services: (407) 658-0110 (continues) Comprehensive Refugee Service: (407) 277-1938 <i>Orange</i>	Serves people who experience a crisis and are seeking financial assistance to remain in their homes, provide important resources to people in need who are facing the threat of eviction or other crisis and provide services that are convenient for people in need to access.
Christian Service Center (407) 425-2523 808 W. Central Blvd. Orlando, FL 32805 Mon– Fri: 9am-4pm <i>Orange</i>	Provides family and emergency services to families who are faced with an unexpected financial crisis and are in need of immediate emergency assistance and relief to families who are faced with an unexpected financial crisis.
JFS Orlando: Services Family Stabilization Services (407) 644-7593 Seminole: Ext. 250, Orange: Ext. 236 2100 Lee Road, Winter Park, FL 32789 <i>All Counties</i>	Aims to move lives from crisis to stability by taking a holistic approach in assisting those in need and providing a variety of wrap-around services. Programs include: Hunger, Mental and Emotional Stability, Homelessness Prevention, Aging/End of life
Community Coordinated Care for Children (4C) (407) 522-2252 3500 W. Colonial Drive, Orlando, FL 32808 Mon-Fri: 8am-5pm <i>Orange County</i>	Provides a variety of high-quality services to improve the lives of children and families in Central Florida. School Readiness, VPK, Head Start/Early Head Start, Child Care Food Program Child Care Resource & Referral https://4cflorida.org/
JMJ Pregnancy Center (407) 201-5085 (Osceola County) 407-839-0620 (Orange County) 800 N Rose Ave, Kissimmee, FL 34741 or 1401 W Colonial Orlando, FL, 32804 Osceola County: Tues, Thurs, and Sat 10am-2pm Orange County: Mon, Wed, and Fri 10am-2pm <i>Orange/Osceola</i>	Programs provide maternity clothing, baby clothes, supplies, and furniture, car seats, formula and baby food. *photo ID *proof of birth of child (child must have fathers and mothers name) *serves pregnant women and women with a child age 1 year or younger
First Life Center for Pregnancy (407) 514-4517 3125 Bruton Blvd. Suite B Orlando, FL 32805 Mon-Fri: 10am-3pm <i>Orange</i>	Free Services: Pregnancy Test, Baby Store, UltraSounds, Post Abortion Support, Pregnancy Counseling, Educational Classes
Choices Women's Clinic (407)-244-5527 1851 W. Colonial Dr. Orlando, FL 32804 Mon-Thurs: 9am-5, Fri: 9am-1pm	Free pregnancy tests, ultrasound for qualified patients, STI testing for pregnant patients and community referrals.
Mustard Seed (407) 875-2040 12 Mustard Seed Lane Orlando, FL 32810 Mon-Fri: 9am-4:30pm	Provides furniture, household goods, clothing, and toys, to those that are in need.

Orange County Family Counseling (407) 254-9370 1728 E. Michigan Street Orlando, FL 32806 Mon-Fri: 8am-5pm	Offers 3 months of free counseling in Orlando to children, adolescents, teenagers (ages 6-17) that are having difficulties. The children must be residents of Orange County in order to qualify.
Neighborhood Center for Families (407) 836-7610 2100 East Michigan St Orlando, FL 32806 Mon-Fri: 8am-5pm	Offers counseling in Orlando in multiple locations. They see children and adults and provide individual counseling, relationship counseling, couples therapy, and marriage and family counseling.
National Center for Homeless Education (800) 308-2145 homeless@serve.org	-Assistance with an issue related to the education of a child or youth experiencing homelessness -Trainings, Webinars
Parenting and Childcare	Additional Information
Central Florida Diaper Bank 407-656-7055 1041 Crown Park Circle, Winter Garden FL 34787 Mon-Friday: 8am - 4:30pm	Offers assistance to pregnant and parenting at-risk mothers, fathers and guardians with infants and toddlers with diapers, food and other basic essentials.
Baby Institute Neighborhood Sectors: <i>Paramore Holdent Heights</i> - 407-841-6607 <i>Mercy Drive</i> - 407-572-3205 <i>Sector 1 Apopka</i> - 689-222-9121 <i>Sector 2 East Orlando</i> - 407-572-5690 <i>Sector 3 West of I-4</i> - 407-572-3487	The training includes 6 group class sessions and five individualized sessions with professional support. Parents learn how to prepare their children for learning success through the use of books, language and play.
Meals	Additional Information
Daily Bread (Christian Service Center) (407) 425-2523 808 W. Central Blvd., Orlando, FL 32805 Mon-Friday: 12pm-1pm <i>Orange</i>	Located behind Christian Service Center on Central Blvd. Website: http://rightservicefl.org/node/15442
Coalition for the Homeless (407) 652-5300 18 N Terry Ave Orlando, FL 32801 Dinner served daily at 6:45pm <i>Orange</i>	Website: https://www.centralfloridahomeless.org/
West Orange Daily Bread (407) 656-6678 300 West Franklin Street Ocoee, FL 34761 Meals served Mon-Fri: 11am-12:30pm <i>Orange</i>	Website: https://www.christianservicecenter.org/westorange
Loaves and Fishes (407) 886-6005 206 E. 8th St. Apopka, FL Mon-Thurs: 9am-2:30pm <i>Orange</i>	-New clients must call to make an appointment. See website for requirements. Website: https://loavesandfishesapopka.com/
Second Harvest: Bring Hope Home Food Delivery (407) 514-1096 Call hotline Mon-Friday: 8am – 4pm. <i>All Counties</i>	Application available on website. Must complete application. Website: https://www.feedhopenow.org/site/SPageServer/?jsessionid=00000000.app30058b?NONCE_TOKEN=6061C155DA8D0B585C6B962CA9C0605F&pagename=how_help_home
Straight Streets (at Christian Service Center) 808 W. Central Blvd., Orlando, FL 32805 Mon-Fri: 5:30pm <i>Orange</i>	Services: Dinner, Battery Charging Stations, Hygiene kits Website: https://www.straightst.org/
St. Vincent De Paul Society of Orlando (321) 319-006 Sun: Fresh dinner served from 3pm-5pm. <i>Orange</i>	If experiencing homelessness, you may visit the office any time Sunday – Friday for a bag of food. If housed, you must have an appointment. If the household includes children, must bring documentation of each child (school id, birth certificate, school paper).
First United Methodist – Church of Sanford Grace ‘n Grits Homeless Ministry (407) 322-4371 419 S. Park Avenue, Sanford, FL 32711 Wed: 6pm, Saturday: 8am <i>Seminole</i>	Services include: Hot meals on Wednesday and Saturday
Salvation Army – Osceola Service Center (407) 944-9968 700 Union Street, Kissimmee, FL 34741 Hot Meals: Mon-Fri 11am-12pm <i>Osceola</i>	For additional information, please call the center or visit https://salvationarmyflorida.org/osceola/
Food Not Bombs – Orlando Mailing Address: 388 Douglas Edward Drive, Orlando, FL Sharing Address: Orlando City Hall: 400 Orange Ave., Orlando, FL Sharing Hours: Mon- 10am-11am , Wed – 5:30pm <i>Orange</i>	Most relevant updates are posted on their Facebook page: www.facebook.com/orlandofoodnotbombs Program Information, mission, and volunteer info can be found here: http://foodnotbombs.net/new_site/

Food Pantries	Additional Information
United Against Poverty (407) 650-0774 150 W Michigan St, Orlando, FL 32806 Member Grocery Center: Mon-Sat: 9am-6pm, Sun: 11am-6pm <i>Orange</i>	Website: https://uporlando.org/services/life-enrichment-programs/emergency-food-assistance/
Human Crisis Center (407) 521-7750 5514 Edgewater Dr. Orlando, FL 32810 Mon-Sat: 9am-6pm <i>Orange</i>	Website: https://human-crisis-center-orlando.business.site/
One Heart for Women and Children (321) 299-4594 2040 N Rio Grande Ave Orlando FL 32804 Food pantry: Mon-Tues 12pm-4pm, Thurs-Fri: 12pm-4pm <i>Orange</i>	One Heart For Women and Children offers food, necessary toiletries, cleaning supplies One Heart for Women and Children offers formula and diapers for babies and resources for people who need assistance while overcoming hardships. Once a month we distribute food through a drive-through mobile food drop off-site.
Christian Service Center (407) 425-2523 808 W. Central Blvd. Orlando, FL 32805 Mon-Fri: 9am-4pm <i>Orange</i>	Website: https:// www.christianservicecenter.org
First Baptist Church of Pine Castle (407) 855-4741 1001 Hoffner Avenue Orlando, FL 32809 Email: fbcpc@bellsouth.net phyllis@fbcpinecastle.com Second Friday of month: Fri: 9am-11am <i>Orange</i>	Website: https://www.fbcpinecastle.com Food pantry located at back of building.
Orlando (East) Agape Mission Market (407) 658-1818 1771 N Semoran Blvd Orlando, FL, 32807 Email: cathchar@cflcc.org Mon, Wed, Fri: 8:30am-12:30pm <i>Orange</i>	A choice food pantry set up like a farmer's market where families "shop" for fresh fruits, vegetables and more Website: https://cflcc.org/
The Sharing Center (407) 260-9155 600 N HWY 17-92 #152, Longwood, FL Email: inquiry@thesharingcenter.org Client Services: Mon.-Fri: 9:00 a.m. - 12:00 p.m. Stores: Mon-Sat: 9:30 a.m. - 5:00 p.m. <i>Seminole</i>	-Food is available to Seminole County residents every 30 days. Clothing and household goods are available once every 4 months. -Must be a Seminole County resident - Driver's license or State I.D. for all adult household members. -Original birth certificates for all children under 18 - Proof of residence and income Website: thesharingcenter.org
Harvest Time International (407) 328-9900 225 Harvest Time Dr, Sanford, FL 32771 Email: info@harvesttime.org <i>Seminole</i>	To qualify, members must fill out an application and have an income level at or below 200% of the Federal Poverty Guideline. Website: https://www.harvesttime.org/
HOPE Helps Seminole (407) 366-3422 321-765-4984 812 Eyrie Drive, Oviedo, FL 32765 Email: resources@hopehelps.org Mon-Sat: 9am-5pm	Food Pantry Hours: Tue. and Thurs.: 9:00am-11:30am, 12:30-3:30pm Wed & Sat: 9:00am-12:00pm Website: https://www.hopehelps.org/
Christian HELP (407) 834-4022 450 Seminole Blvd. Casselberry, FL, 32707 Tues-Fri: 9:30am-1:30pm <i>Seminole</i>	Must bring valid ID w/ proof of address. Website: https://www.christianhelp.org/
Second Harvest Food Bank of Central Florida All Counties (407) 295-1066 411 Mercy Drive, Orlando, FL 32805	Locations and hours vary. Website: https://www.feedhopenow.org/
Jewish Family Services Orlando (407) 644-7593 2100 Lee Road, Winter Park, FL 32789 Mon-Thurs : 9am – 4pm <i>Orange</i>	Bring photo ID. By appointment only. Website: https://jfsorlando.org/services/pearlman-food-pantry/
Legal/Expungement Services	Additional Information
Catholic Charities of Central Florida (407) 658 -1818 1771 North Semoran Boulevard Orlando, FL 32807	Provides immigration legal services Visit website for more information: https://cflcc.org/immigrants-refugees/
Community Legal Services of Mid-FL HELPLine: 1-800-405-1417 Office locations and contact information can be viewed here: https://www.clsmf.org/contact-information/ Helpline Hours: Mon and Thurs: 8:30am – 4:30pm, Tues and Wed: 8:30am – 6:30pm, Friday: 8:30 am – 3:30 pm	CLSMF provides free legal aid to eligible clients . Eligibility requirements are based on where you live and whether you meet certain guidelines. When you call the Helpline, we will ask you questions to determine whether you are eligible to receive our services. Please visit www.clsmf.org for more information.

Eric J. Dirga, P.A. (407) 841-5555 Call for more information *Payment plans available.	Florida record expungements and sealings. Over 24 years' experience. Helping people receive a fresh start in life by removing the past by the proven legal means available to people with criminal histories in Florida. Website: https://ejdirga.com/
NeJame Law (407) 500-0000 189 South Orange Avenue, Suite 1800, Orlando, FL 32801 Mon-Fri: 8:30am to 5:30pm E-mail: Defense@NeJameLaw.com <i>Orange</i>	If you have any questions regarding possibly sealing or expunging a prior criminal arrest do not wait any longer and call us at (407) 500-0000. Website: https://www.nejamelaw.com/criminal-defense-attorneys/expungements/
The Umansky Law Firm (407) 706-7262 1945 E Michigan St Orlando, FL 32806 https://www.thelawman.net/Contact/ <i>Orange</i>	Contact our lawyers and staff by calling or filling out our online contact form to discuss your case and set an appointment for a free review. If you qualify for expungement, we can assist you in sealing or expunging your criminal record, and you may not even have to make a court appearance.
RecordGone: Higbee & Associates (877) 573-7273 Book a phone consultation today.	RecordGone.com, part of The Law Firm of Higbee & Associates, is the nation's largest criminal record clearing law firm. Website: www.recordgone.com
Erase the Case: The Expungement Law Firm (866) 372-7335 All services are handled remotely through phone and email.	Our record expungement lawyers will help you navigate through the challenging legal and bureaucratic hurdles imposed by Florida's expungement laws, enabling you to leave your record in the past. Website: www.erasethecase.com
Credit Repair/Improvement Services	
Great American Credit Repair Company (407) 305-9118 37 N. Orange Ave. Orlando, FL 32801 Mon – Fri: 9am-8pm, Sun-Sat: 9am-5pm <i>Orange</i>	Great American Credit Repair Company offers credit education and restoration services. Get back on your financial feet with Great American Credit Repair.
Loyalty Credit (321) 290-9001 4700 Millenia Blvd, Suite 175, Orlando, FL 32839 info@lfgcorp.com Mon-Fri: 8am-6pm, Sat: 9am-1pm	Our Credit Repair service consists of working the negative accounts presented in the credit reports. Such as: arrears, losses, student loans, bankruptcies, etc. *Hablas Español*
Mailboxes	
United States Postal Services (USPS) 1-800-275-8777 Visit your local branch for more information. Visit https://tools.usps.com/find-location.htm to find the closest location to you. Contact your local branch for hours of operation.	Additional Information A homeless person may submit an application for PO Box™ service to a local Post Office™. The Postmaster may approve the application under any one of the following conditions: -The applicant is known to the window clerk or Postmaster. -An unknown applicant submits proper ID. -The applicant provides a verifiable point of contact (e.g., place of employment, shelter, charitable institution, or social services office). -Applicants who cannot meet these conditions may be eligible to receive indefinite General Delivery service, if approved by the local Postmaster. -Customers should contact their local Post Office for more information.
Coalition for the Homeless (407) 652-5300 18 N. Terry Ave., Orlando, FL 32801 Mon-Fri: 7am-3pm, Closed Saturday and Sunday <i>Orange</i>	**Must be staying in this shelter in order to receive mail at this location. **
Salt Outreach Inc. 1-866-237-2589 808 W. Central Blvd Suite 5, Orlando, FL, 32805 Mon-Thurs: 9am-5pm, Fri: 9am – 4pm, Sun: 9 am-4 pm Closed Saturday <i>Orange</i>	This service is open to any person experiencing homelessness in need of a mailbox. Mail can be picked up any of the four days Salt is operating at the Christian Service Center. To utilize this service mail should be sent to: PO Box 536517 611 N. Mills Ave. Orlando, FL 32803

Technology	Additional Information
United Against Poverty (407) 650-0774 150 W. Michigan St. Orlando, FL 32806 Mon - Sat: 9am-6pm, Sun: 11am-6pm <i>Orange</i>	Free computer lab and phone use. First time visitors must fill out intake form. Website: uporlando.org Email: orlandoinfor@UPCenters.org
Assurance Wireless 1-888 321-5880 Apply online 24/7 Online Access https://www.assurancewireless.com/	Free smartphone, free unlimited talk/text, free 10gb hotspot data. Lifeline free government phone program. Free to qualifying households. One account per household.
Rogue Mobile (407) 250-9049 Roguemobile.com Customer Service: 9am – 9pm	Authorized provider of the Affordable Connectivity Program (ACP) to provide free monthly internet to those who qualify. This works along with other government benefits to provide help and connectivity to those who qualify
Transportation	Additional Information
Christian Service Center (407) 425-2523 808 W. Central Blvd. Orlando, FL 32805 Mon - Fri: 9am-4pm, Closed Sat and Sun <i>Orange</i>	Bus passes for work or medical related visits. Proof of appointment required.
Compassion Corner (407) 533-3767 808 W. Central Blvd. Orlando, FL 32805 Mon – Thurs: 8:30-11am & 1-3pm <i>Orange</i>	Bus passes available with criteria.
Resur Wreck (407) 361-2541 1760 Christina Lee Lane Saint Cloud, FL 34769 Mon – Friday: 9am – 5pm <i>Osceola</i>	Resur Wreck Inc. is a non-profit, car donation program that turns donated cars into local blessing provide assistance. They assist local economically vulnerable families and individuals who are referred to us for transportation needs. Website: https://resurwreck.org/

ALL HUB LOCATIONS

Times may vary depending on when capacity is reached.

Location: United Against Poverty	
150 West Michigan Street, Orlando - HUB located in Suite A	
Days and Time: Every Friday - 1:30pm—4pm	Orange
Location: Sharing Center	
600 N US Hwy 17 92, Longwood FL 32750 - HUB located in the Navigation HUB	
Days and Time: Fourth Monday of the month - 9:00 am-10:30 am	Seminole
Location: Hope Partnership	
122 West Sproule Avenue, Kissimmee, FL 34741	
Days: First & Third Thursday of the month - 1:00 pm—3:00 pm	Osceola
Location: Orlando VA: Lake Baldwin Outpatient Clinic	
5201 Raymond St. Orlando, FL 32803 Bldg. 507	
Days: First & Third Friday's of the month - 9:00 am—2:00 pm	Veteran HUB
<i>If you cannot be present at a HUB, you can dial 2-1-1 to complete a needs conversation over the phone.</i>	