

WELCOME! COVID-19 HELP





COVID-19 SAFETY

COVID DO'S AND DON'TS: ADVENT HEALTH VIDEO

<https://cdn.jwplayer.com/previews/zEwtiK2t-6Ju3gnlW>

This short video covers the proper way to wear and handle a face mask to ensure viral transmission does not occur.

POLK STATE COVID GUIDELINES

<https://www.polk.edu/public-safety-security/covid-19/>



POLK STATE PROGRAMS & SCHOLARSHIPS



POLK STATE: BECOME A MACHINIST FOR FREE IN EIGHT WEEKS

More Information:

<https://www.polk.edu/news/metallica-scholar-polk-state-provides-tangible-skills-that-will-never-leave-you/>

<https://www.polk.edu/news/become-a-machinist-for-free-in-eight-weeks/>

GET THERE: POLK STATE PARTNERS WITH FLORIDA DEPARTMENT OF EDUCATION ON WORKFORCE EDUCATION INITIATIVE

Website:

<https://www.polk.edu/news/get-there-polk-state-partners-with-florida-department-of-education-on-workforce-education-initiative/>





POLK STATE PROGRAMS & SCHOLARSHIPS

POLK STATE COLLEGE FOUNDATION PLAN FOR STUDENTS: NESTS

Website:

<http://foundation.polk.edu/plan/>



FULL SCHOLARSHIPS AVAILABLE FOR ACCELERATED CREDENTIALING PROGRAMS AT POLK STATE COLLEGE:

Detailed information including start date, time to complete, job opportunities, and range of salary for each program is available online at <https://www.polk.edu/corporate-college/workforce-grants/fast-forward/>

BILLS

BARTOW CHURCH SERVICE CENTER

Website:

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

CHILDREN OF RESTAURANT EMPLOYEES

<https://coregives.org/covid-19/>

Email: info@COREgives.org

Phone: (404) 655-4690

HELP OF FORT MEADE

Website:

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

LAKE WALES CARE CENTER

Website:

<https://lakewalescarecenter.com/>





PHI THETA KAPPA

HONOR SOCIETY

BILLS

WOMEN'S RESOURCE CENTER

Website:

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



COVID FEDERAL DISASTER FINANCIAL ASSISTANCE WITH FOOD, HOUSING, AND BILLS:

Linked are each program below:

- [New Public Health Eviction Ban For Renters](#)
- [Coronavirus \(COVID-19\) Stimulus Checks for Individuals](#)
- [Food Programs Ease Rules for Coronavirus Pandemic](#)
- [Temporary Mortgage Relief Due to Coronavirus Pandemic](#)

Website For Federal Aid:

<https://www.usa.gov/disaster-help-food-housing-bills>

SALVATION ARMY OF WINTER HAVEN/E. POLK COUNTY FL

Website:

<https://salvationarmyflorida.org/winterhaven/>



**FAITH
IN ACTION**

CATHOLIC CHARITIES OF CENTRAL FLORIDA

Address: 210 W Lemon Street, Lakeland, FL - 33801

Phone: (863)686-7153

Website: <https://cflcc.org/polk-county/>

FAITH IN ACTION

Address: 1123 Omohundro Avenue, Lakeland, FL - 33805

Phone: (863)686-0009

Website: <http://fianl.homestead.com/About-Us.html>



PHI THETA KAPPA

HONOR SOCIETY



GOODWILL

Website: <https://goodwill-suncoast.org/store-locations/>

(Visit their website for locations and contact info for closest sites by entering zip code.)

Current retail store hours – 10 am – 6 pm, 7 days a week

MULBERRY COMMUNITY SERVICE CENTER

Website: <https://www.mulberrycsc.com/about-us>

Phone: 863-425-1523

Email: mulberrycsc@gmail.com

Address: 211 NW 1st Ave, Mulberry 33860

CLOTHES

CIRCLE OF LOVE OF POLK COUNTY

Website: <https://circle-of-love-of-polk-county-inc.business.site/>

Phone number - 863-288-1754

LAKE WALES CARE CENTER

Website: <https://lakewalescarecenter.com/>

Phone number - 863-676-6678

Email - care.lwcc@gmail.com

CHILDREN'S CLOTHES CLOSET

Address – 748 Walnut Street Lakeland FL, 33801

Phone number – 863-683-2086

Website - <https://www.firstumc.org/missions/serve/childrens-clothes-closet/>





CLOTHES



THE MISSION OF WINTER HAVEN

Website:

<https://themissionwh.org/>

AMERICAN RED CROSS

Website:

<https://www.redcross.org/local/florida/central-florida.html>

BARTOW CHURCH SERVICE CENTER

Website:

<https://www.churchservicecenter.org>

HOUSE OF HOPE

Website:

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

MATTHEW'S HOPE

Website:

<https://www.matthewshopeministries.org/home>

THE WAY CENTER

Website:

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

WOMEN'S RESOURCE CENTER

Website:

<https://www.wrcfl.org>





COUNSELING AND MENTAL HEALTH

TALKSPACE

Talkspace is an affordable online therapy program that allows for you to connect to qualified therapists from the safety of your home.

<https://www.talkspace.com/#how>

BETTERHELP

Tap into the world's largest network of licensed, accredited, and experienced counselors who can help you with a range of issues including depression, anxiety, relationships, trauma, grief, and more.

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

REGAIN

Regain is an online relationship counseling platform. Regain may be used by individuals or couples seeking counseling for relationship or marital issues.

<https://www.regain.us/start/>



TEENCOUNSELING

Tap into a network of licensed, accredited, and experienced counselors who can help you and your child with a range of issues including depression, anxiety, relationships, bullying, trauma, and more.

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

PRIDECOUNSELING

Whether you are struggling with mental health issues, your identity, or just need someone to talk to, we believe help should be accessible to everyone.

<https://www.pridecounseling.com>





COUNSELING AND MENTAL HEALTH

AMWELL FOR PATIENTS

Amwell connects you to board-certified doctors 24 hours a day using your phone, tablet or computer. It is an easy way to get access to medical help anytime you need it.

<https://amwell.com/cm/how-it-works/>

DR. ON DEMAND

With 24/7 access to doctors, psychiatrists, psychologists, therapists and other medical experts, care is always available, anytime and anywhere.

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

MDLIVE

MDLIVE doctors are friendly, caring, compassionate, and experts in conducting virtual medical consultations.

<https://mdlnext.mdlive.com/>

CARE ON DEMAND

Care On Demand provides immediate virtual access to licensed doctors and experts anywhere 24/7.

<https://baptisthealthcareondemand.net/landing.htm>

PEACE OF MIND

Throughout the years, Peace of Mind Foundation (POM) has been involved in providing educational resources and access to self-help tools, offering scholarship opportunities, supporting professional training programs, spreading awareness about OCD and related disorders, and so much more.

<https://peaceofmind.com/>





PHI THETA KAPPA

HONOR SOCIETY

COUNSELING AND MENTAL HEALTH

MYCOCUN

At MyCocun, we provide confidential counseling anytime from anywhere for less than the average insurance copay.

<https://mycocun.com/>

COVID GRIEF NETWORK

The Covid Grief Network is a network of young adults who have experienced loss or trauma from the Covid-19 pandemic. Not only does it provide the opportunity to connect with those who have survived or are experiencing similar situations but it also provides one on one support from a volunteer grief counselor.

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

LIVEWELL TEENS

Live Well Teens is a blog started by two high school students to raise awareness about teen-and tween-related health issues.

<https://www.livewellteens.org/who-we-are/>



NATIONAL RESOURCES

(Click on the name and you will be directed to the website)

- [American Academy of Child and Adolescent Psychiatry](#)
- [American Association of Suicidology](#)
- [American Foundation for Suicide Prevention](#)
- [American Psychiatric Association](#)
- [American Psychological Association](#)
- [Center for Disease Control: Suicide](#)
- [Center for Disease Control: Youth Risk Behavioral Surveillance System](#)
- Crisis Text Line **TEXT HOME** 741-741 in the **US**, 686-868 in **Canada**. *Free, 24/7, confidential text message service for people in crisis.*
- [Mental Health America](#)



**American
Foundation
for Suicide
Prevention**





COUNSELING AND MENTAL HEALTH

NATIONAL RESOURCES CONT.

(Click on the name and you will be directed to the website)

- [NAMI \(National Alliance on Mental Illness\)](#)
- [National Council for Suicide Prevention](#)
- [National Institute of Mental Health](#)
- [National Institute on Alcohol Abuse and Alcoholism](#)
- [National Institute on Drug Abuse](#)
- [National Institute on Drug Abuse for Teens](#)
- [National Strategy for Suicide Prevention](#)
- [National Suicide Prevention Lifeline](#)
- [Resource Center to Promote Acceptance](#)
- [Samaritans USA](#)
- [Stop Bullying](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Suicide Prevention Resource Center](#)



[Teen Line:](#) **CALL 310.855.4673 TEXT TEEN to 839863**

Provides personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies, and community outreach.

[Trans Lifeline:](#) **US: (877) 565-8860 CANADA: (877)**

330-6366 Trans Lifeline is dedicated to the well-being of transgender people. The hotline is staffed by transgender people for transgender people, with volunteers ready to respond to whatever support needs members of the trans community might have.

[Trevor Lifeline:](#) **866-488-7386** The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.





COUNSELING AND MENTAL HEALTH

HEART BEAT: MENTAL HEALTH ASSISTANCE WEBSITES

DEPRESSION AND THE PANDEMIC – A DEEP DIVE

Article and Information Website:

<https://www.lifeworks.com/newsletter-content/depression-and-pandemic/>



The following are links to sites for metal health support:

LIFEWORKS

Website:

<https://app.lifeworks.com/?ga=2.177630822.254256885.1606000675-1134967292.1606000675>

WORKHEALTHLIFE

Website:

<https://www.workhealthlife.com>

workhealthlife



MINDFULNESS APPS

CALM

Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music.

Website:

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



COUNSELING AND MENTAL HEALTH

MINDFULNESS APPS

TEN PERCENT HAPPIER

A daily meditation coach in your pocket...

Website:

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



INSIGHT TIMER

For Sleep, Anxiety, and Stress

Website:

<https://insighttimer.com/>

STOP, BREATHE & THINK

Slay your stress, get more sleep or find your calm with short mindfulness activities tuned to your emotions.

Website:

<https://www.stopbreathethink.com/meditations/>

STOP, BREATHE, & THINK FOR KIDS

Help kids discover their superpowers of quiet, focus, and peaceful sleep with our easy-to-use app!

Website:

<https://www.stopbreathethink.com/kids/>

BREETHE

Inner Wellness, for Real Life

Website:

<https://breethe.com/>



Insight Timer



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COUNSELING AND MENTAL HEALTH

MINDFULNESS APPS

GONOODLE

Movement Powers Change

Website:

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

RELAX MELODIES

Sleep to your own beat

Website:

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

KIRSTIN PAGE YOGA

Website:

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

WELLNESS EMPOWERMENT

Website:

<https://wellnessempowerment.care/>



GoNoodle



Relax Melodies

RECOVERY SERVICES

- **In The Rooms:** <https://www.intherooms.com/home/>
- **Unity Recovery:** <https://unityrecovery.org/>
- **Recovery Link:** <https://myrecoverylink.com/digital-recovery-support/>
- **Recovery Dharma Online:** <https://recovery-dharma.online/>



COUNSELING AND MENTAL HEALTH

RECOVERY SERVICES

- **ParentPartnership** (<https://www.edutopia.org/topic/parent-partnership>)
- **SMART Recovery** (<https://www.smartrecovery.org/>)
- **Al-Anon Chat** (<https://www.alanonchat.org/>)
- **GriefInCommon** (https://www.griefincommon.com/?gclid=Cj0KCQiA2uH-BRCCARIsAEeef-3nCr5YaM-bzh0OMZ2PHtDcCFMXGrbNWjXe-FyAZeZROhs9Kzc1jh9qUaAsUPEALw_wcB)
- **The Phoenix : Rise Recovery Live** (<https://thephoenix.org/first-visit/>)
- **Alcoholics Anonymous Online Intergroup** (<https://aa-intergroup.org/>)
- **Narcotics Anonymous** (<https://www.na.org/>)
- **NeverAloneClub.org** (<https://neveraloneclub.org/>)



FEDERAL AID & GRANTS

CARESACT

The Coronavirus Aid, Relief, and Economic Security (CARES) Act is aimed at providing relief to individuals, businesses, and government organizations.

<https://www.congress.gov/116/bills/hr748/BILLS-116hr748enr.pdf>





FEDERAL AID & GRANTS

CORONAVIRUS (COVID-19) GRANT OPPORTUNITIES AND GUIDANCE:

Department of Health and Human Services (HHS)

- [HHS Declaration of Public Health Emergency for COVID-19](#)
- [Grants Policies and Regulation](#)
- [HHS Operating and Staff Division Grant Officials](#)

Administration for Children and Families (ACF)

- [COVID-19 grant guidance and resources for recipients/grantees](#)
- [Flexibility in Spending CCDF Funds in Response to Federal or State Declared Emergency Situations](#)

Administration for Community Living (ACL)

- [COVID-19 FAQs from grant recipients/grantees - PDF](#)
- [FAQ – Families First Coronavirus Response Act - Title VI \(FFCRA\) - March 27, 2020 \(PDF\)](#)

Agency for Healthcare Research and Quality (AHRQ)

- [Flexibilities Available to AHRQ Recipients and Applicants Directly Impacted by the Novel Coronavirus \(COVID-19\) Due to Loss of Operations](#)

Centers for Disease Control and Prevention (CDC)

- [CDC funding information for applicants and recipients](#)

Health Research Services Agency (HRSA)

- [COVID-19 Grantee Frequently Asked Questions](#)

National Institutes of Health (NIH)

- [Coronavirus Disease 2019 \(COVID-19\): Information for NIH Applicants and Recipients of NIH Funding](#)
- [NIH FAQs: COVID-19 Flexibilities for Applicants and Recipients](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- [COVID-19 Information for SAMHSA Discretionary Grant Recipients](#)



Website: <https://www.hhs.gov/coronavirus/grants/index.html>



FEDERAL AID & GRANTS

COVID FEDERAL DISASTER FINANCIAL ASSISTANCE WITH FOOD, HOUSING, AND BILLS:

Linked are each program below:

- [New Public Health Eviction Ban For Renters](#)
- [Coronavirus \(COVID-19\) Stimulus Checks for Individuals](#)
- [Food Programs Ease Rules for Coronavirus Pandemic](#)
- [Temporary Mortgage Relief Due to Coronavirus Pandemic](#)



Website For Federal Aid:

<https://www.usa.gov/disaster-help-food-housing-bills>



U.S. Small Business Administration

SMALL BUSINESS GUIDANCE & LOAN RESOURCES

This website covers the topics linked below, concerning federal funding and support for small businesses:

- [Coronavirus Funding Options](#)
- [Coronavirus Recovery Information in Languages other than English](#)
- [Guidance for Businesses and Employers](#)
- [Local Assistance](#)
- [Join the SBA's Relief Efforts](#)
- [SBA Products and Resources](#)
- [Government Contracting](#)

SBA Website:

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>



FOOD

AMERICAN RED CROSS

Address - 147 Avenue A NW, Winter Haven FL, 33881

Phone Number - 863-294-5941

Website - <https://www.redcross.org/local/florida/central-florida.html>



CHILDREN OF RESTAURANT EMPLOYEES

<https://coregives.org/covid-19/>

Email: info@COREgives.org

Phone: (404) 655-4690

HELP OF FORT MEADE

Address: 121 W Broadway St, Fort Meade FL, 33841

Phone Number: 863-285-6600

Website: <https://www.helpoffortmeade.com/>

SALVATION ARMY OF WINTER HAVEN/E. POLK COUNTY FL

Address - 927 6th street, NW, Winter Haven FL 33881

Phone number - 863- 401-3583

Website - <https://salvationarmyflorida.org/winterhaven/>

UNITED WAY OF CENTRAL FLORIDA

Mailing Address : PO Box 1357 Highland City, FL
33846

Physical Location : 5605 US Hwy 98 S Lakeland, FL
33812

Phone : (863) 648-1500

Email : info@uwcf.org

Website: <https://uwcf.org/contact-us/>





FOOD

WOMEN'S RESOURCE CENTER

Address - 165 Avenue A, NW Winter Haven FL, 33881

Phone number - 863-294-5318

Website - <https://www.wrcfl.org/>

Email - execdir@tampabay.rr.com



211 COVID-19 ASSISTANCE: MULTI PURPOSE SITE

To find your nearest 211, visit their website:

<https://www.211.org/about-us/your-local-211>

AGAPE MISSION MARKET

Address: 532 Ave. M. NW. Winter Haven, FL 33881

Phone: (863) 299-7983

Website - <https://cflcc.org/agape-mission-market-lake-wales/>



BARTOW CHURCH SERVICE CENTER

Address - 495 E. Summerlin Street, Bartow Florida 33830

Phone - 863-533-5822

Website - <https://www.churchservicecenter.org/>



CHILD CARE FOOD PROGRAM (CCFP)

Bureau of Child Care Food Programs

4052 Bald Cypress Way, Bin A-17
Tallahassee, FL 32399

Phone: (850) 245-4323

Fax: (850) 414-1622

Email: ccfp@flhealth.gov

CIRCLE OF LOVE OF POLK COUNTY

Website: <https://circle-of-love-of-polk-county-inc.business.site/>



PHI THETA KAPPA

HONOR SOCIETY



FOOD

FLORIDA SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

Phone Number: 1-800-342-3556

Website: <http://www.floridahealth.gov/programs-and-services/wic/>

HOUSE OF HOPE (HOH)

Address: 1801 Havendale Blvd NW, Winter Haven FL 33881

Phone: 863-294-3561

Email: kathy@godschampions.com

Website: <https://www.hohpolk.com/>



KIDSPACK

Address: 3725 Frontage Rd N #1, Lakeland, FL 33810

Phone: (863) 272-7927

Email: info@kidsPACK.org

Website: <https://www.kidspack.org/food-drive/>

LAKE WALES CARE CENTER

Address: 104 E Park Avenue, Lake Wales FL 33853

Phone Number: (863) 676-6678

Email: care.lwcc@gmail.com

Website: <https://lakewalescarecenter.com/>

MATTHEW'S HOPE

Address: 611 Business Park Blvd, Winter Garden FL 34787

Phone Number: (407) 905-9500

Website: <https://www.matthewshopeministries.org/home>





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HONOR SOCIETY

FOOD

MEALS ON WHEELS

Address: 620 6th Street NW, Winter Haven, FL 33881

Phone: (863) 299-1616

Email: contact@mealsonwheelspolk.com

Website: <https://www.mealsonwheelspolk.com/>



PANTRY SHELF AT ST. ALBANS EPISCOPAL CHURCH

Address: 212 Pontotoc Ave., Auburndale FL 33823

Phone Number: (863) 967-2130

Email: pantryshelf@stalbansauburndale.com

Website: <http://www.stalbansauburndale.com/pantry-shelf/>



THE AGRICULTURAL AND LABOR PROGRAM

Address: 300 Lynchburg Rd., Lake Alfred, FL 33850

Phone: (863) 956-3491

Website: <https://alpi.org/>



THE MISSION OF WINTER HAVEN

Address: 180 E Central Ave, Winter Haven, FL 33880

Phone Number: (863) 299-2348

Email: info@themissionwh.com

Website: <https://themissionwh.org/>

THE WAY CENTER

Address: 20 North 6th Street, Haines City FL 33845

Phone Number: (863) 422-2309

Email: waycenter@verizon.net

Website: <https://www.thewaycenter.org/>



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HONOR SOCIETY



FOOD

BELIEVERS FELLOWSHIP CHURCH'S HANDS OF MERCY

Phone - (863) 858-5668

Email - church@believersfellowship.com

Website - <https://believersfellowship.com/>

BLESSING AND HOPE FOOD PANTRY

Phone number - (863) 698-7512

Email address - BlessingsandHopeFoodPantry@gmail.com

Website - <https://www.blessingsandhope.org/>

CITY OF REFUGE COGIC COMPASSION PANTRY

Phone number – 863-907-9208

Email – corcogic@hotmail.com

Website- <http://www.corcogic.org/>



Because no one should go hungry.

FEEDING TAMPA BAY

Address - 4702 Transport Drive, Tampa, FL 33605

Phone number – 813-254-1190

Email address - Food or Fund Drive Inquiries - Andrea
Kitchen at akitchen@feedingtampabay.org

Website - <https://feedingtampabay.org/>

Staying informed – If you would like to stay informed with the works and when these food pantries will be available you can text **FTBFYI to 855-530-3663**

LIGHTHOUSE MINISTRIES, HOPE CENTER

Address – 215 E Magnolia Street Lakeland FL, 33801

Phone number – 863-687-4076

Website - <https://www.lighthousemin.org/>





PHI THETA KAPPA

HONOR SOCIETY

FOOD

MULBERRY COMMUNITY SERVICE CENTER

Website: <https://www.mulberrycsc.com/about-us>

Phone: 863-425-1523

Email: mulberrycsc@gmail.com

Address: 211 NW 1st Ave, Mulberry 33860



SALVATION ARMY – SOCIAL SERVICES (LAKELAND)

Address – 830 Massachusetts Ave N, Lakeland FL, 33801

Phone number – 863-682-8179

Website - <https://salvationarmyflorida.org/>

SEED SOWERS EVANGELISTIC ASSOCIATION

Address – 1745 Olive Street Lakeland Florida, 33815

Phone – 863-688-3200

Website - <https://www.facebook.com/Seed-Sowers-Evangelistic-Association-Inc-139683469443912/>



SHEPHERD ROAD PRESBYTERIAN CHURCH

Email Address – pastorjeff@shepherdroad.com

Website - <https://www.shepherdroad.com/need-food-and-prayer>



ST. JOSEPH CATHOLIC CHURCH

Phone – 863-213-5820

Website - <https://www.stjosephlakeland.org/>

WINTER HAVEN SEVENTH-DAY ADVENTIST CHURCH FOOD PANTRY

Address - 401 Avenue K SE, Winter Haven, FL – 33880

Phone number - (863) 293-9621

Email address - PastorFrankGonzalez@gmail.com

Website- <http://winterhavensda.org/intro.php>



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HONOR SOCIETY



CIRCLE OF LOVE OF POLK COUNTY

Website: <https://circle-of-love-of-polk-county-inc.business.site/>

HABITAT FOR HUMANITY

Phone number - 863-292-2256

Email - Julie@habitateastpolk.com

Website - <http://habitateastpolk.org/>

KEYSTONE CHALLENGE FUND

Website: <https://keystonechallenge.org/contact-keystone/>

Phone: 863-682-1025

Email: info@keystonechallenge.org

HOUSING

THE AGRICULTURAL AND LABOR PROGRAM

Phone - 863-956-3491

Website - <https://alpi.org/>

211 COVID-19 ASSISTANCE: MULTI PURPOSE SITE

To find your nearest 211, visit their website:

<https://www.211.org/about-us/your-local-211>

ANCHOR HOUSE INC

Phone - 863-665-1916

Email - office@anchor-house.org

Website- <https://www.anchor-house.org/>

CHILDREN OF RESTAURANT EMPLOYEES

<https://coregives.org/covid-19/>

Email: info@COREgives.org

Phone: (404) 655-4690





PHI THETA KAPPA

HONOR SOCIETY

HOUSING

HEART FOR WINTER HAVEN

Address - 400 3rd Street Sw, Winter Haven Fl

Phone Number - 863-291-6270

Email - brad@heart4wh.org

Website - <https://www.heart4wh.org/>



HELP OF FORT MEADE

Address: 121 W Broadway St, Fort Meade Fl, 33841

Phone Number: 863-285-6600

Website: <https://www.helpoffortmeade.com/>

HOMELESS COALITION OF POLK COUNTY

Phone Number - 863-687-8386

Email- info@polkhomeless.org

Website - <http://www.polkhomeless.org/>



Heart for Winter Haven



WOMEN'S RESOURCE CENTER

Address - 165 Avenue A, NW Winter Haven Fl, 33881

Phone number - 863-294-5318

Website - <https://www.wrcfl.org/>

Email - execdir@tampabay.rr.com

COVID FEDERAL DISASTER FINANCIAL ASSISTANCE WITH FOOD, HOUSING, AND BILLS:

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Website For Federal Aid:

<https://www.usa.gov/disaster-help-food-housing-bills>





PHI THETA KAPPA

HONOR SOCIETY



JOBS

AMERICAN RED CROSS

Phone Number - 863-294-5941

Website - <https://www.redcross.org/local/florida/central-florida.html>

BARTOW CHURCH SERVICE CENTER

Phone - 863-533-5822

Website - <https://www.churchservicecenter.org/>



CAREER SOURCE POLK

Phone - 863-508-1100

Website - <https://www.careersourcepolk.com/>

EMPLOYU

Phone Number - 407-598-0202

Website - <https://employu.org/>

HEART FOR WINTER HAVEN

Phone Number - 863-291-6270

Email - brad@heart4wh.org

Website - <https://www.heart4wh.org/>

HELP OF FORT MEADE

Phone Number: 863-285-6600

Website: <https://www.helpoffortmeade.com/>

TALBOT HOUSE

Phone: (863) 687-8475

Website: <https://talbothouse.org/aWbout-us/>

THE WAY CENTER

Phone Number: (863) 422-2309

Email: waycenter@verizon.net

Website: <https://www.thewaycenter.org/>





PHI THETA KAPPA

HONOR SOCIETY

MEDICAL HELP

AGAPE MISSION MARKET

Address: 532 Ave. M. NW. Winter Haven, FL 33881

Phone: (863) 299-7983

Website - <https://cflcc.org/agape-mission-market-lake-wales/>

BARTOW CHURCH SERVICE CENTER

Phone - 863-533-5822

Website - <https://www.churchservicecenter.org/>

211 COVID-19 ASSISTANCE: MULTI PURPOSE SITE

To find your nearest 211, visit their website:

<https://www.211.org/about-us/your-local-211>

CHILDREN OF RESTAURANT EMPLOYEES

<https://coregives.org/covid-19/>

Email: info@COREgives.org

Phone: (404) 655-4690



LAKE WALES CARE CENTER

Address: 104 E Park Avenue, Lake Wales FL 33853

Phone Number: (863) 676-6678

Email: care.lwcc@gmail.com

Website: <https://lakewalescarecenter.com/>

MATTHEW'S HOPE

Address: 611 Business Park Blvd, Winter Garden FL 34787

Phone Number: (407) 905-9500

Website: <https://www.matthewshopeministries.org/home>



MEDICAL HELP

HEART TO HEART COMMUNITY ENRICHMENT

Phone number - 863-837-8679

Email address - info@heart2heartcommunity.org

Website - <http://www.heart2heartcommunity.org/>

INDIGENT HEALTH CARE

Phone Number: 863-533-1111 Toll Free - 800-780-5346

Email: ihcinfo@polk-county.net

Website: <https://www.polk-county.net/indigent-health-care>



POSITIVELY U

Phone - 863-875-9351

Email - info@positivelyu.org

Website - <https://www.positivelyu.org/>

THE WAY CENTER

Phone Number: (863) 422-2309

Email: waycenter@verizon.net

Website: <https://www.thewaycenter.org/>

UNITED WAY OF CENTRAL FLORIDA

Phone : (863) 648-1500

Email : info@uwcf.org

Website: <https://uwcf.org/contact-us/>

VISTE

Phone: (863) 284-0828

Website: <https://viste.org/>

WE CARE OF CENTRAL FLORIDA

Phone - 863-662-4227

Website - <https://www.wecarecentralflorida.org/>





MEDICAL HELP

COUNSELING, MEDICAL & SUPPORT SERVICES

- [Talkspace](#)
- [Starling](#)
- [Betterhelp](#)
- [ReGain](#)
- [TeenCounseling](#)
- [PrideCounseling](#)
- [Amwell For Patients](#)
- [Dr. on demand](#)
- [MDLIVE](#)
- [innovaTel](#)
- [Care On Demand](#)
- [UnitedHealth Group](#)
- [Kirsten Bunch](#)
- [Livewell](#)
- [Peace Of Mind](#)
- [MyCocoon](#)
- [Parents Helping Parents](#)
- [Covid Grief Network](#)
- [LiveWell Teens](#)



RENT

AMERICAN RED CROSS

Phone Number - 863-294-5941

Website - <https://www.redcross.org/local/florida/central-florida.html>

BARTOW CHURCH SERVICE CENTER

Phone - 863-533-5822

Website - <https://www.churchservicecenter.org/>

CHILDREN OF RESTAURANT EMPLOYEES

<https://coregives.org/covid-19/>

Email: info@COREgives.org

Phone: (404) 655-4690





RENT

HELP OF FORT MEADE

Address: 121 W Broadway St, Fort Meade FL, 33841

Phone Number: 863-285-6600

Website: <https://www.helpoffortmeade.com/>



HOUSING AND NEIGHBORHOOD DEVELOPMENT

Housing and Neighborhood Development works to improve Polk County's communities and help its most fragile residents. It does this by using special state and federal grant funds for numerous projects. This division manages the money it receives to build roads, drainage systems, playgrounds, housing for homeless veterans, homes for low and moderate income residents and tear down homes that are a blight in the community. Sometimes these projects take only months, but others can take years and must meet certain specifications.



COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG)

This grant program provides communities with resources to address a wide range of unique community development needs. Each CDBG-funded project must meet one of the three national objectives:

- Benefit low and moderate income persons
- Prevent or eliminate slum and blights
- Meet other community development needs having a particular urgency

Address- 1290 Golfview Ave, Bartow FL, 33830

Phone - 863-534-5240 Toll Free - 800-780-5346

Email - HNDrequests@polk-county.net

Website- <https://www.polk-county.net/housing-and-neighborhood-development>





RENT

CENTRAL FLORIDA HEALTH CARE

Central Florida Health Care is a non-profit health organization that provides a full range of primary care services. Because of the COVID-19 pandemic, they are providing the following assistance for those financially affected: assistance with bills such as mortgage, rent, or utilities and Publix gift cards for groceries. Financial assistance is available for up to \$2,000 if qualified. The eligibility requirements and application can be found on the website.

Winter Haven

Address: 1514 First Street North, Winter Haven, FL 33881

Phone Number: (863) 292-4280

Fax: (863) 292-42990

Hours (Medical): Monday-Thursday 7:30am-6:30pm; Friday 7:30am-5:30pm

Lakeland

Address: 1129 N. Missouri Ave., Lakeland, FL 33805

Phone Number: (863) 413-8600

Fax: (863) 413-8650

Hours (Medical): Monday-Thursday 7:30am-6:00pm; Friday & Saturday 7:30am-5:00pm

Lake Wales

Address: 305 W Central Ave., Lake Wales, FL 33853

Phone Number: (863) 855-9718

Fax: (863) 855-9737

Hours (Medical): Monday-Thursday at 7:30am-5:30pm; Friday at 8:00am-5:00pm



MULBERRY COMMUNITY SERVICE CENTER

Website: <https://www.mulberrycsc.com/about-us>

Phone: 863-425-1523

Email: mulberrycsc@gmail.com

Address: 211 NW 1st Ave, Mulberry 33860





SCHOOLS (K-12)



HELP OF FORT MEADE

Address: 121 W Broadway St, Fort Meade FL, 33841

Phone Number: 863-285-6600

Website: <https://www.helpoffortmeade.com/>

BARTOW CHURCH SERVICE CENTER

Phone - 863-533-5822

Website - <https://www.churchservicecenter.org/>

UNITED WAY OF CENTRAL FLORIDA

Phone : (863) 648-1500

Email : info@uwcf.org

Website: <https://uwcf.org/contact-us/>

ACHIEVEMENT ACADEMY

Website: <https://achievementacademy.com/contact-us/>

Lakeland:

Phone: (863) 683-6504

Winter Haven:

Phone: (863) 965-7586

Bartow:

Phone: (863) 533-0690



DREAM CENTER OF LAKELAND

Website: <https://www.dreamcenterlakeland.org/kids>

Phone: 863-413-0088

Address: 635 W 5th St., Lakeland, FL 33805

PACE CENTER FOR GIRLS

Website: <https://www.pacecenter.org/locations/polk>

Phone: (904) 421-8585





PHI THETA KAPPA

HONOR SOCIETY

TECHNOLOGY

AT&T

Website: <https://www.att.com/internet/access/>

Wireless Support Phone Number: (800) 331-0500

Access from AT&T provides low-cost internet service for eligible households.* Internet service for \$10/mo. or less based on the maximum speed available at your address up to 25Mbps.

SPECTRUM INTERNET ASSIST

Support Phone Number: (833) 267-6094

Website: <https://www.spectrum.net/support/internet/spectrum-internet-assist/>



TRANSPORTATION

BARTOW CHURCH SERVICE CENTER

Phone - 863-533-5822

Website - <https://www.churchservicecenter.org/>

HEART TO HEART COMMUNITY ENRICHMENT

Phone number - 863-837-8679

Email address - info@heart2heartcommunity.org

Website - <http://www.heart2heartcommunity.org/>

THE WAY CENTER

Phone Number: (863) 422-2309

Email: waycenter@verizon.net

Website: <https://www.thewaycenter.org/>

