



PROGRAM DESCRIPTIONS

CHILD DEVELOPMENT

Provided by Baby Bungalow led by Trained Facilitators

- **Baby & Me:** A 5-week developmental playgroup for babies not walking targeting the unique needs of infants for free exploration and play as well as caregiver/child bonding.
- **Creative Learning:** A 5-week class for 3, 4 and 5 year olds that will stimulate development through creative activities like painting, building sculptures and creative play activities.
- **Growing Together:** A 5-week developmental playgroup for confidently walking 1 year olds that targets early childhood development through music, singing, rhymes, parachute play and fine motor objects.
- **Infant Massage:** A 3-week course for babies not yet crawling that will strengthen the bond between the caregiver and baby. A certified infant massage educator will instruct the caregiver on the techniques and benefits of massage.
- **Infant Sign Language:** A 2-hour introductory workshop to teach parents 35 American Sign Language signs that infants typically use.
- **Little Amigos:** This 5-week playgroup for 2, 3 and 4 year olds that exposes English-speaking children to Spanish through music, singing, rhymes and activities. (South County exposes Spanish-speaking children to English.)
- **Music & More:** A 5-week playgroup that nurtures the musical growth of infants through 5 year olds. Music stimulates both sides of the brain and helps to develop language, social/emotional and cognitive skills.
- **Wonder Years:** A 5-week developmental playgroup for 2 and 3 year olds that targets early childhood development through music, singing, rhymes, parachute play, stories and creative activities to promote preschool readiness.
- **Developmental Screening:** Families can meet with an early childhood specialist to complete the Ages and Stages Questionnaire (ASQ) for children ages birth to 5.

HEALTH

Provided by St. Joseph's Children's Advocacy Center

- **Body Safari:** Teaches children about how different body systems work together.
- **Germaine the Germ Thing:** Teaches 1st grade children about the importance of hand washing.
- **ZAP Asthma:** Childhood asthma prevention program focusing on asthma, how it effects you and your child,

the most common triggers of asthma and simple ways to remove those triggers from their home.

- **Well Child Care:** Children who are uninsured and on Medicaid receive free immunizations and school physicals by appointment with the Mobile Health Clinic.
- **Nutrition Classes:** Fun classes that include activities which teach the child about healthy foods, nutrition, and eating habits.
- **Hearing Screening** (ages birth-18)

Provided by Prevent Blindness Florida

- **Vision Screening** (ages 2-18)

Provided by Suncoast Community Health Centers

- **Preventative Dental Services** (ages 6 months-18)

SAFETY

Provided by St. Joseph's Children's Advocacy Center

- **Car Seat Safety:** After viewing a presentation on how to pick the appropriate car seat and secure it correctly, you will be able to do it hands on!
- **CPR:** A 4-hour certification class where you will learn how to perform CPR and choking rescue on infants, children, and adults.
- **First Aid:** A 4-hour certification class where you will learn how to handle many emergencies such as bleeding, shock, poisoning, head and spine injuries and much more. Great course for all parents, grandparents, baby sitters and anyone who cares for children.
- **Safe Sitter Class:** An 8 hour class for kids ages 11 through 17 to learn how to handle behavior problems, rescue a choking infant and child, how to run your own baby sitting business, first aid and how to keep yourself and the child(ren) safe.

FAMILY STABILITY AND SUCCESS

Provided by Bright Beginnings

- **Coffee & Careers:** You can learn to write or edit your resume, search on line, search the classifieds, practice for an interview, fax or e-mail your resume or application.
- **Computer Classes:** Learn how to use basic programs for work or school.
 - Basic classes are offered in English and Spanish. In this 6-8 week program you will learn the basics such as navigating the Internet and Microsoft Word.
 - Intermediate classes are offered in English only. This

class covers more on Microsoft Word and the basics on Power Point and Excel.

- **FCAT - Florida's Comprehensive Assessment Test:** Tutoring sessions provide students with strategies for taking the test, assistance in answering the questions, and a review of the material that is on the test.
- **Summer Program:** A program for school age children to enhance their literacy skills in reading and math. The children will also have fun with arts & crafts, games, movies, field trips and more.
- **Tutoring:** After school homework assistance for children in Kindergarten through eighth grade.

CENTER DRIVEN PROGRAMS

- **Family Community Advisory Council:** Join this group of community members and have the opportunity to suggest or recommend programs and services at your local Center.
- **Book & Video Check Out:** Books and videos are available for participants of the center to check out.
- **Floral Workshop:** Learn the basics in creating flower arrangements (not available at all Centers).
- **Free Play:** A fun and relaxing time for children ages 1 to 4 years old and caregiver.
- **Arts & Crafts for Children:** Kids will enjoy projects which help develop their creative side, ages 2-4 and 5-12 year olds.
- **Sewing Classes for Adults:** Introduction to sewing for adults (not available at all Centers).
- **Spanish Classes for Adults:** Basic Spanish is taught, call for dates and times (not available at all Centers).
- **Conversational English:** Learn the basics on how carry on a conversation in English (not available at all Centers).
- **Story Time:** Storytelling, singing and more.
- **Teen Programs:** Call the Center nearest to you for more information.
- **Volunteer Program:** Volunteer opportunities in areas such as Tutoring, Special Events, Organizing Food Pantry and Clothes Closet, etc.
- **Internship Program:** The Internship Program is for Juniors in Hillsborough County high schools and requires an application and interview process.

COMMUNITY SERVICES

- **ACCESS Assistance:** Provides necessary equipment to apply for or check status of benefits.
- **Baby Café:** A certified lactation counselor will answer your questions and concerns on breast-feeding.
- **Computer Access:** Participants are able to come to the Centers and use a computer to access the Internet for professional and personal use.
- **Family Counseling:** Provided by Hillsborough County Counseling Services.
- **Florida KidCare Assistance:** Help with applying for Florida KidCare Insurance.

- **FRANC - Father's Resource and Networking Center:** Father's Groups meet to discuss information and issues pertaining to fathers.
- **MomCare:** Provides women seeking coverage for their pregnancy by completing a simplified process which includes a one-page application and notification of eligibility within 10 business days.
- **Notary Service:** Call for appointment.
- **Parenting Classes in English and Spanish:** Provides communication skills, understanding children's behavior and discipline, as well as other topics pertaining to parenting.
- **Prenatal Classes:** Childbirth, breastfeeding and newborn care classes are offered to new parents.
- **Safe Baby:** Workshop to help keep your baby safe from the top three preventable causes of infant death: choosing a safe caregiver, shaken baby syndrome and sleeping safely.
- **Support Groups:** Various groups. Call for information.

ANNUAL PROGRAMS/EVENTS

- Mother, Father & Grandparent's Day Celebrations
- Hurricane Preparedness
- Prosperity Campaign/Tax Preparation
- Cultural Diversity
- Open House
- Volunteer Appreciation
- Holiday Festivities
- Florida Blood Services Blood Drives

CENTER LOCATIONS

Brandon

Managed by Bright Beginnings

1277 Kingsway Road, Brandon, FL 33510, 740-4634

Central Tampa

Managed by Children's Board of Hillsborough County

1002 E. Palm Ave., Tampa, FL 33605, 204-1741

North Tampa

Managed by Bright Beginnings

1401-A E. Fowler Ave., Tampa, FL 33612, 558-1877

South County

Managed by The Children's Home, Inc.

3030 E. College Ave., Ruskin, FL 33570, 641-5600

Town 'N Country

Managed by The Children's Home, Inc.

7520 W. Waters Ave., #8, Tampa, FL 33615, 356-1703

www.familysupporthc.org