



FAMILY SUPPORT & RESOURCE CENTERS

*A Community Partnership of the
Children's Board of Hillsborough County*

PROGRAM DESCRIPTIONS

Child Development

- Creative Learning: A multi-week class led by a trained facilitator that will stimulate your child's development through creative activities for 3-5 year olds. The children paint, build sculptures, and enjoy creative play activities.
- Growing Together: A 6-week developmental playgroup that provides the necessary stimuli for the walking one-year-old. Caregivers will learn games and activities that aid in developing brain connections needed by age three.
- Infant Massage: Three week course for babies not yet crawling. The certified infant massage instructor will guide the caregiver on the techniques and benefits of massage for infants.
- Infant Play Group: Caregivers and babies play together enhancing infant development and the adult/child relationship. This class for infants is filled with music, finger plays, bubbles & a parachute!
- Little Amigos: This is a six-week fun playgroup that introduces the child to the Spanish language through play, crafts and fun activities.
- Music & More: A four week course, ages 1-5, that nurtures the musical development of children and helps to develop language, social/emotional and cognitive skills.
- Wonder Years: A 6-week developmental playgroup for 2-3 year olds with activities, singing & stories that help children feel good about themselves, learn social skills and develop thinking & talking skills.

Health & Safety

- 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! (Sponsored by St. Joseph's Hospital Child Advocacy Center)
- CPR: A four hour certification class where you will learn how to perform CPR and choking rescue on infants, children, and adults. After successfully completing the course, the participant will receive a manual and a certification card.
- First Aid: A four 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, babysitters and anyone who cares for children.

- Mobil Health Clinic: Children who are uninsured and on Medicaid receive free immunizations and school physicals by appointment.
- Nutrition Classes: Fun classes that include activities which teach the child about healthy foods, nutrition, and eating habits.
- Safe Sitter Class: Learn all the information you need to become a great and safe babysitter.

Self-Sufficiency

- Coffee & Careers: With the assistance of our Self Sufficiency Specialist you can write or edit your resume, search on line, search the classifieds, practice for an interview, fax or e-mail your resume or application. This service is by appointment only.
- College Exploration: Our college resource specialist will meet with you by appointment and discuss financial aid, grants, and other questions you may have pertaining to attending college.
- Computer Classes: Learn how to use basic programs for work or school.
 - Basic classes are offered in English & 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 basics on Power Point and Excel.
- FCAT: Florida's Comprehensive Assessment Test: Tutoring sessions provide students with strategies for taking the test, with assistance in answering the questions, and with a review of the material that is on the test.
- Summer Program: A summer 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 – eighth grade.

Center Driven Programs

- Book & Video Check Out: Books and videos are available for participants of the center to check out.
- Boys Council: Two separate age groups, 9-13 and 14-18, of young boys meet at the center and share life lessons through activities. Call for more information.

- 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.
- Floral Workshop: Learn the basics in creating flower arrangements.
- Free Play: A fun and relaxing time for children ages 1 to 4 years and caregiver.
- Hip Hop Dance: A six week fun class for ages 10 and up!
- Kids Arts & Crafts: Kids will enjoy projects which help develop their creative side, ages 5-12.
- Sewing Classes for Adults: Introduction to sewing for adults.
Spanish Classes for Adults: Basic Spanish is taught, call for dates and times.
- Story Time: Join us for a fun time of storytelling, singing and more!
- Teen Programs: Call the center nearest to you and find out how can get involved in the center and the community!
- Toddler Arts & Crafts: A fun class for ages 2-4 years old. You and your child will enjoy making a craft while helping to improve their motor skills.
- Volunteer Program: Volunteer opportunities in areas such as Tutoring, Special Events, Organizing Food Pantry & Clothes Closet, etc.

Community Services

- ACCESS: Self-Service Site. Provides necessary equipment to customers to apply for or check status of benefits.
- Baby Café: A certified lactation counselor will answer your questions and concerns on breast-feeding. Call for appointment.
- Computer Access: Participants are able to come to the center and use a computer to access the internet for professional and personal use
- C.N.A.: Certified Nursing Assistant. Prepares students for employment as a certified nurse assistant. The fundamentals in taking care of the sick and handicapped in their homes, nursing facility, or hospital in proper nutrition, food preparation and safety standards and ambulation techniques are taught.
- ESOL: English for Speakers of Other Languages: Learn to read, write and speak in English. The use of mathematics at a level necessary to function at work and in society in general is also taught.
Family Counseling: Provided by Hillsborough County Counseling Services.
- Florida Kid Care Assistance: Call for information and appointment.
- FRANCO: Father's Resource and Networking Center: Father's Groups meet to discuss information and issues pertaining to fathers.
- GED: General Equivalency Diploma. Come to the Center and earn your High School Diploma!
- Mom Care: Provides women seeking coverage for their pregnancy by completing a simplified application process which includes a one-page application and notifi-

- cation of eligibility within 10 business days.
- Notary Service: By appointment, meet with a notary to meet your notary needs.
- Parenting Classes in English & Spanish: Provides communication skills, understanding children's behavior and discipline, as well as other topics pertaining to parenting.
- Prenatal Classes: Classes on Childbirth, Breastfeeding and New Born Care are offered to new parents.
- Support Groups: Offered through the following agencies - Parents as Partners, Healthy Families, Federation of Families and Kinship Care.

Annual Programs/Events

- Father's Day Celebration
- Hurricane Preparedness
- Mother's Day Celebration
- Prosperity Campaign
- Tax Preparation
- Toys for Tots
- Cultural Diversity
- Dental Health Awareness
- Annual Meet & Greet
- Nutrition Awareness
- Holiday Festivities

CENTER LOCATIONS

Brandon

Partnered with Bright Beginnings
1277 Kingsway Road
Brandon, FL 33510
(813) 740-4634

Central Tampa

Children's Board of Hillsborough County
1002 E. Palm Ave.
Tampa, FL 33605
(813) 204-1741

North Tampa

Partnered with Bright Beginnings
1401-A E. Fowler Ave.
Tampa, FL 33612
(813) 558-1877

Ruskin

Partnered with Catholic Charities
201 14th Ave. S.E.
Ruskin, FL 33570
(813) 641-5600

Town 'N Country Partnered with

The Children's Home
7520 W. Waters Ave.
Suite 8
Tampa, FL 33615
(813) 356-1703