

# **Kendale Lakes Elementary School: Parent Resources**

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## **Universal/ General Resources**

- **The Children’s Trust:** In order to obtain county-wide after school extra-curricular and Summer camp program information and services.
  - Phone number: (305-571-5700)
  - Website: <https://www.thechildrenstrust.org>
- **Miami-Dade Public Library System:** In order to obtain access to free books and publications and free tutoring services.
  - Phone number: (305-375-2665)
  - Website: <https://www.mdpls.org>
- **JCS 211 Helpline Services:** In order to obtain social service and agency information tailored to family needs.
  - Phone number: (305-576-6550)
  - Website: <https://jcsfl.org/services/helpline/>
- **SEDNET (The Multiagency Network for Students with Emotional/Behavioral Disabilities):** In order to obtain statewide and county-wide social services and support information tailored to students and their families with or at-risk of mental, emotional, and/or behavioral challenges. Such service areas included are education, mental health, and child welfare.
  - Phone number: (305-598-2436)
  - Website: [www.sednetfl.info/](http://www.sednetfl.info/)
- **The Parent Academy:** In order to obtain access to free resources, information, and parent training classes that focus on topics, such as bullying prevention, internet safety, and health and wellness, among other topics. Service also provides a free bilingual Parent Outreach Program (B.P.O.P.) for families of English Language Learners (E.L.L.) via informational workshops that promote literacy and family engagement to improve students’ overall academic success; program is available in English, Spanish, and Haitian Creole.
  - Phone number: (305-271-8257)
  - Website: <https://parentacademymiami.com>
- **Early Learning Coalition of Miami-Dade/Monroe:** In order to obtain social service and agency information across the Miami-Dade and Monroe counties, tailored to the early educational needs of children and families. The services and resources offered include: inclusive school readiness, voluntary pre-kindergarten (VPK) and after school programs, Early Head Start, Refugee Services Program, and developmental screenings and assessments.
  - Phone number: (305-646-7220)
  - Website: <https://www.elcmdm.org>

- **MyFloridaMyFamily:** In order to provide access to county-wide social services and agencies information according to zip code to get local resources, tailored to children and families. This resources can be personalized according to categories and filters that apply to the individual/family; such categories include: food, housing, education, health, care, goods, transit, money, work, and legal.
  - Website: <https://www.myfloridamyfamily.com>
  
- **Caring for Miami:** In order to obtain access and information to programs and services tailored for families requiring physical, emotional, or spiritual needs. Resource offers three programs for families:
  - 1) The Backpack Program- provides nutritious and easy meals for children in need.
  - 2) Project Smile Program- provides free comprehensive dental care to low-income or uninsured families in Miami-Dade via a mobile unit.
  - 3) The Bridge Program- provides free of cost English classes to aid those who want to improve their English speaking skills.
  - Phone number: (786-430-1051)
  - Address: 8900 SW 168<sup>th</sup> Street, Palmetto Bay, FL., 33157
  - Website: <https://caringformiami.org>
  
- **Community Health of South Florida (CHD):** In order to obtain access to affordable quality agency information and social services tailored to family needs in South Florida, including primary care, pediatrics, dental and vision services, pharmacy, women’s services, walk-in services, urgent care, behavioral health care, telehealth, and school-based services.
  - Phone number: To make an appointment (786-933-8005); To reach a CARE team member after hours- (305-253-5100)
  - Website: [www.chisouthfl.org](http://www.chisouthfl.org)
  
- **CAP4Kids:** The Children’s Advocacy Project of Miami: In order to obtain social services, advocacy, agency information, and parent handouts tailored to the needs of children and their families.
  - Website: [www.cap4kids.org/miami](http://www.cap4kids.org/miami)
  
- **Understood:** In order to obtain information, tips, resources, and guidance on different topics, including parenting, confidence and self-esteem, focus and attention, following instructions, hyperactivity, Math, Reading and writing, school struggles and supports, social skills, stress and anxiety, COVID, and many more. This site is available in both English and Spanish.
  - Website: <https://www.understood.org/topics/en/parenting>

- **Perrine Community Resource Center:** In order to obtain access and information to different resources throughout the community based on family needs.
  - Phone number: (305-254-5804)
  - Address: 17801 Homestead Avenue, Miami, FL. 33157
  
- **Computer Training:** In order to obtain access to free computer training courses and computer repair classes that are available for income-eligible residents. The program helps with developing skills that improve office skills, job attainment, and advancement. These courses are offered at various Community Resource Centers.
  - Website: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser1540910346527348](https://www.miamidade.gov/global/service.page?Mduid_service=ser1540910346527348)
  
- **Child Find:** This resource locates children who are potentially eligible for services under the Individuals with Disabilities Education Act (IDEA) and links them with needed services. It helps to promote general public awareness of programs and services available for children who have or are at risk of developing disabilities.
  - Phone number: (305-274-3501)
  - Address: 6521 SW 62<sup>nd</sup> Avenue, Miami, FL. 33143
  - Website: <https://fdlrssouth.org/child-find>
  
- **Health Start Coalition of Miami-Dade:** In order to obtain access to care coordination, childbirth education, breastfeeding education, tobacco education and cessation, nutrition counseling, psychosocial counseling, parenting support and education, and inter-conceptual counseling and education.
  - Phone number: (305-541-0210)
  - Address: 701 SW 27<sup>th</sup> Avenue, Miami, FL. 33135
  - Website: [www.hscmd.org](http://www.hscmd.org)
  
- **Share Your Heart:** In order to provide access to Marriage and Family Therapy, Psychological and Vocational Evaluations, Pre-Employment Trainings, Vocational Trainings, Youth Mentoring Program, Career Exploration, Food, Clothing, and Basic Needs to all individuals and families in distress. They work with many large Miami-Dade organizations to provide services to those individuals and families affected by neglect and abuse.
  - Phone numbers: (786-362-5870); (786-362-5626)
  - Website: <https://victoryforyouth.org/shareyourheart/>

### **Hotline Numbers**

- **National Suicide Prevention Lifeline**
  - Phone numbers: (1-800-273-TALK) OR (1-800-273-8255)

- **Crisis Intervention Team Police (CIT Officer) [Mental Health Emergencies]:**  
Through this service, CIT officers respond to crisis calls involving possible mental health issues; they evaluate the situation and, if needed, deescalate and transport individuals experiencing a crisis to appropriate receiving facility.
  - Emergency Phone number: 911 [Ask for CIT Officer to respond: 305-476-2640]
  - Phone number for Information: (305-548-5319)
  - Address: 3800 W Flagler Street, Miami, FL. 33134
  - Website: [www.citsouthflorida.com](http://www.citsouthflorida.com)
  
- **Bullying Anonymous Tip Hotline**
  - Phone number: (305-995-CARE)
  - Homebound/Hospitalized Instructional Phone number: (305-514-5100)
  - Website: [www.dadeschools.net](http://www.dadeschools.net)
  
- **The National Domestic Violence Hotline:** In order to obtain access and support from advocates available 24/7 in order to report, receive help to explore options of actions to take, and to obtain help.
  - Phone number: (1-800-799-7233)
  - Website: [www.thehotline.org](http://www.thehotline.org)
  
- **4 Domestic Violence and Abuse Shelters with Hotlines Open to Assist Families in Need**
  - Camillus House Project Phoenix: (786-631-2245)
  - Miami-Dade Advocates for Victims: (305-758-2546)
  - Miami Rescue Mission: (305-571-2211)
  - Victims Response The Lodge: (305-693-0232)
  
- **311 Helpline:** In order to obtain access and information to Miami-Dade County community resources and transportation information.
  - Schedule: Monday – Friday (7:00 am – 7:00 pm) & Saturdays (8:00 am – 5:00 pm).
  
- **Homeless Helpline:** In order to obtain access to housing, rental assistance, and other services in Miami-Dade County, which can be provided to help recover from homelessness, prevent homelessness, and improve quality of life.
  - Phone number: (1-877-994-4357)

### Academic Resources

- **Adults Mankind Organization, Inc.- After School Program:** In order to obtain information and access to free of cost after school program for children ages 6-12 years old. The Step Up-After School program provides instruction in literacy, Art, STEM, development and enhancement of social skills, and structured physical education each

day. Service also offers a Summer Program, at a minimal registration fee, which offers theater, cooking, STEM, and planned field trips.

- Phone number: (305-271-5121)
  - Address: 11025 SW 84<sup>th</sup> Street, Cottage #11, Miami, FL., 33173
  - Website: [www.amoservices.org](http://www.amoservices.org)
- **Hope for Miami:** In order to obtain access and information to the After School and Summer Camp Programs: Whiz Kidz and Success Club. Whiz Kidz is a year-round after school and Summer camp program tailored for students of all abilities in grades Kindergarten to 5<sup>th</sup>, offering help with academics, emphasis on reading enhancement, teaching of life skills, physical education, arts and crafts, and field trips. While the Success Club offers the same services but is tailored for students with disabilities in grades 6<sup>th</sup> through 12<sup>th</sup>.
    - Phone number: (786-388-3000)
    - Website: <https://www.hopeformiami.org>
- **Florida Students-Educational Resources for Learning:** In order to obtain access and information to over 800 original student tutorials and resources tailored for students in K-12 that are struggling in subjects, including Language Arts, Math, Science, Civics, and U.S. History. Service is provided free of cost, aligns with Florida's standards, and aims to improve students' learning.
    - Website: <https://www.floridastudents.org>
- **Learning Without Tears:** In order to obtain access and information to free resources that help children to develop and improve their handwriting, keyboarding and computer readiness, and pre-kindergarten/kindergarten development and readiness tailored to children, Pre-K and K-5, and families that have been distance learning.
    - Phone number: (1-888-983-8409)
    - Website: <https://www.lwtears.com/programs/distance-learning>
- **GoNoodle:** In order to obtain access to free exercise and Mindfulness videos for children from Pre-K to 6<sup>th</sup> grade and above. This resource provides lessons, via videos and activities, on personal and community wellness; mental and physical health; lessons on multiple school subjects; sensory and motor skills; breathing exercises; how-to videos; and focused on bedtime, mealtime, and testing preparation. The app is also available to download.
    - Website: <https://www.gonoodle.com>
- **Brain Pop ELL:** In order to obtain access to an animated educational website for English learning students that features interactive English language development, including grammar and language elements.
    - Website: <https://ell.brainpop.com>

- **Unite for Literacy:** In order to obtain access to free books tailored for Elementary students that are English Language Learners. Resource provides books, written in both English and Spanish and narrated in 51 languages, based on different topics, including animals, friends, Math, Science, Health and Wellness, technology, and many more.
  - Website: <https://www.uniteforliteracy.com/>
  
- **Khan Academy:** To obtain access to free educational videos and help with what you're studying or to learn something new tailored to students from all grade levels (K-12) and their parents. Subjects available include Math, Science, Arts & Humanities, Reading & Language Arts, Life Skills, Computing, Economics, and test preparation for SAT.
  - Website: <https://www.khanacademy.org>
  
- **Florida Center for Reading Research:** In order to provide information and access to resources of Reading and reading-related skills throughout a student's lifespan, tailored for students and families that have difficulties with Reading or are learning to read.
  - Website: <https://fcrr.org>
  
- **PBS Kids for parents:** In order to obtain information and access to educational videos tailored to children and their parents. These videos, articles, and shows cover topics, such as emotions & self-awareness, social skills, character, literacy, Math, Science, and the Arts.
  - Website: <https://www.pbs.org/parents/video>
  
- **National Center on Improving Literacy:** In order to obtain access and information to evidence-based approaches to screen, identify, and teach students with literacy-related disabilities, including Dyslexia, tailored to children and families with literacy-related issues. This site provides topics, including remote learning, beginning reading, Dyslexia, interventions, and screening. It also provides a resource repository which helps you to find recommended websites, downloads, videos, and activities on many different topics.
  - Website: <https://improvingliteracy.org>
  
- **National Center on Improving Literacy-Learning About Your Child's Reading Development:** In order to obtain access to a toolkit that helps parents and families to understand the different skills involved in teaching your child to learn to read and how to support his/her reading development, both at school and at home. This toolkit includes an online tutorial, supporting materials, skills needed to learn to read, how reading typically develops, why children might struggle to read, signs of risk for reading difficulties, and a facilitator's guide.
  - Website: <https://improvingliteracy.org/kit/learning-about-your-childs-reading-development>
  
- **National Center on Improving Literacy-Kid Zone!:** In order to provide access to free books to read and/or listen to, and fun educational games that help to build and improve

literacy skills in an interactive way, tailored to children and their families that have difficulty with Reading.

➤ Website: <https://improvingliteracy.org/kid-zone/>

- **National Association of Parents with Children in Special Education (NAPCSE):** In order to provide information, a site for ideas, and promotion of a community, tailored to parents whose children receive special education services. This is a national membership organization dedicated to rendering all possible support and assistance to parents of children with special needs, both in and outside of school. The NAPCSE also provides many resources within the field of special education.
  - Website: [www.napcse.org](http://www.napcse.org)
- **Learn With Us!:** In order to obtain access to free online group and/or individual personalized tutoring sessions, tailored to students in grades Kindergarten through 12<sup>th</sup> grade.
  - Website: <https://learn-with-us.com/sign-up/>
- **GoPeer:** In order to obtain access to personalized online video tutoring via vetted college students from top-tier universities, tailored to students between the ages of 5 and 18 years old. GoPeer offers 2 hours of free tutoring per family, which could be divided according to the student/family's preference. When creating the free student or parent account, enter the code FREE120 (using all capital letters), to receive the free tutoring hours.
  - Website: <https://gopeer.org>
- **Just Read, Families!:** In order to obtain information, resources, and guidance to help your child develop his/her reading skills. This site provides kid-friendly websites for ages 2 and above that help to develop reading skills through word games, story times, brainteaser, and many more.
  - Website: <https://www.fldoe.org/academics/standards/just-read-fl/families/>
- **U.S. Department of Education- Helping Your Child Learn Mathematics:** In order to obtain access to a free booklet that contains fun activities that could be used with children from preschool age through 5<sup>th</sup> grade to strengthen their math skills and build positive outlook toward Math, tailored to parents and children. This free booklet is available in PDF format in English and Spanish.
  - Website: <https://www2.ed.gov/parents/academic/help/math/index.html>
- **U.S. Department of Education- Countdown to School Success:** In order to obtain access to a month-by-month guide that contains advice, tools, and online resources to help your child(ren) have a fun and educational school year, tailored to parents and children.
  - Website: <https://www.ed.gov/parents/countdown-success>

- **Children’s Trust Book Club:** In order to obtain access to free monthly books received by mail, either in English or Spanish, for children ages from birth to 5 years old in Miami-Dade County.
  - Website: <https://www.thechildrenstrust.org/content/book-club>
  
- **ReadyRosie:** In order to obtain access and information on ReadyRosie, a free digital platform that delivers standards-based educational resources, games, expert videos, and parenting content for at-home learning.
  - Website: [briefings.dadeschools.net/files/69654\\_ReadyRosie\\_Registration\\_Flyer\\_English.pdf](https://briefings.dadeschools.net/files/69654_ReadyRosie_Registration_Flyer_English.pdf)
  
- **Pacer’s National Bullying Prevention Center:** In order for parents to obtain resources and information on bullying, including definitions, impact and roles; laws and policy; helping your child; and working with the school to prevent and stop bullying; and mobile and online safety.
  - Website: <https://www.pacer.org/bullying/parents/helping-your-child.asp>
  
- **Florida Department of Education Office of Safe Schools:** In order to obtain information on bullying prevention, including laws and policy, and bullying resources for parents and youth.
  - Website: <https://www.fldoe.org/safe-schools/bullying-prevention.stml>
  
- **Fit2Play After School Program:** In order to obtain information and access for fun, fully-supervised programs with activities focused on fitness, nutrition, wellness, and the appreciation of nature, science, and the cultural arts. These programs also provide the opportunity to develop and practice social emotional skills in recreation activities and workshops that promote social, emotional, and physical health. The program is available from August 23, 2021 through June 8, 2022, from 2:00 pm to 6:00 pm, including winter and spring break, at 27 Miami-Dade parks. This program is tailored to children, between the ages of 6 and 14 years old.
  - Website: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser147198489162788](https://www.miamidade.gov/global/service.page?Mduid_service=ser147198489162788)
  
- **Advanced Academic Programs**
  - Phone number: (305-995-1934)
  - Website: [advancedacademicprograms.dadeschools.net](http://advancedacademicprograms.dadeschools.net)
  
- **Reading Scholarships:** In order to obtain information on and access to 2021-2022 School Year Reading Scholarships. This scholarship is an education savings account program for students enrolled in public schools; it’s administered by Step Up For Students and was created to help students who are struggling with reading. Program

offers parents access to education savings accounts, summer and after-school literacy programs, instructional materials, and curriculum related to reading or literacy.

- Website: <https://www.stepupforstudents.org/for-parents/reading-scholarship/how-the-scholarship-works/>

### **Autism and Other Disabilities**

- **UM-NSU Card:** In order to obtain access to recreational activities important in helping students to engage in social interactions and learn social/communication/play/academic skills, individualized consultations, guidance and support within the South Florida Autism community, and support groups.
  - Phone number: (305-284-6563)
  - Website: <https://www.card.miami/edu>
- **Parent to Parent of Miami:** In order to obtain access to information, workshops, support, and resources tailored to the needs of children and families with disabilities.
  - Phone number: (305-271-9797)
  - Website: <https://www.ptopmiami.org>
- **The Advocacy Network on Disabilities:** In order to obtain information and access to supports and services tailored to family needs.
  - Phone number: (305-596-1160)
  - Address: 7990 SW 117 Avenue, Suite 135, Miami, FL. 33183
  - Website: <https://www.advocacynetwork.org>
- **Behavior Analysis, Inc.:** In order to obtain services in the following areas: ABA therapy, Speech/Language/Communication impairments, learning social skills, learning daily living and other skills, eradicating behavioral problems, and academic tutoring. Serves individuals with and without formal diagnosis, including Autism Spectrum Disorder, behavioral problems, language and communication delays, and social skills deficits. This service accepts multiple insurances.
  - Phone number: (305-273-3773)
  - Address: 9220 SW 72<sup>nd</sup> St., St. #101, Kendall, FL. 33173
  - Website: [www.behavior-analysis.org](http://www.behavior-analysis.org)
- **Crystal Academy Therapy Center:** In order to obtain access to early intervention personalized services tailored for children with Autism Spectrum Disorder and other related disabilities. Services include ABA therapy, Speech/Language Therapy, Occupational and Physical Therapy, academic tutoring, music and art therapy, teaching life skills, and socialization and play activities.
  - Phone number: (305-567-5881)
  - Address: 107 Antilla Avenue, Coral Gables, FL. 33134
  - Website: [www.crystalacademycg.org](http://www.crystalacademycg.org)

- **The Carrie Brazer Center for Autism:** In order to obtain access to Summer, Winter, and Spring break programs, and Saturday activities important in helping students with Autism Spectrum Disorder and other developmental delays to engage in social interactions, physical education, learn fine and gross motor skills, language/muscular development, social skills, literacy skills, and music and art therapy.

  - Phone number: (305-271-8790)
  - Address: 7530 Sunset Drive, Miami, FL. 33143
  - Website: <https://cbc4autism.org/carrie-brazer-best-autism-center-camp-miami-fl/>
  
- **A.D. Barnes Park:** Park offers recreational activities for individuals with disabilities, including Autism, Cerebral Palsy, Down Syndrome, Intellectual Disability, Prader-Willi, and Spina Bifida. Such recreational activities offered are exercise classes, swimming lessons, guided nature tours, and many more. Services offered are free or at a low cost.

  - Phone number: (305-666-5883)
  - Address: 3401 SW 72 Avenue, Miami, FL. 33155
  - Website: <https://www.miamidade.gov/parks/ad-barnes.asp>
  
- **AMC Sensory Friendly Films:** Movie theater offers movies, on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of every month, for individuals with Autism Spectrum Disorder. The theater offers a more comfortable and appropriate setting for individuals with Autism and other disabilities; lights are left on, sound turned down, audience is free to move around/shout/sing, and parents can bring preferred snacks and drinks.

  - Phone number: (305-466-0450)
  - Address: 5701 Sunset Drive, Suite 300, South Miami, FL. 33143
  - Website: [www.amctheaters.com/programs/sensory-friendly-films](http://www.amctheaters.com/programs/sensory-friendly-films)
  
- **FreshStarts Behavioral Therapy:** In order to obtain access to early intervention, intensive ABA therapy, social skills groups, marriage and family counseling, and parent education sessions, tailored to families and children with Autism Spectrum Disorder and other developmental disabilities. The parent education sessions allow parents/guardians the opportunity to learn skills necessary to manage challenging behaviors, increase compliance, and use tools utilized by therapists in therapy.

  - Phone number: (305-279-2286)
  - Address: 9350 SW 72<sup>nd</sup> St. Suite 100, Miami, FL. 33173
  - Website: [www.freshstartsnow.com](http://www.freshstartsnow.com)
  
- **Mestre Behavior Development:** In order to obtain access to ABA therapy for children with Autism Spectrum Disorder and related diagnoses with behavior problems/ difficulty learning; parent trainings available for parents/members of the family/teachers covering a variety of topics associated with the child's problem behavior(s) and/or development of language and social skills; and school support in the form of one-to-one shadowing during classroom hours, IEP meeting(s) support, and academic tutoring. These services are provided both in the homes and in the early intervention clinic.

- Phone number: (305-668-8644)
  - Address: 11060 SW 88<sup>th</sup> Street, Miami, FL. 33176
  - Website: [www.mestre-behavior.com](http://www.mestre-behavior.com)
- **Project 10:** In order to obtain statewide and district-wide services, resources, and information tailored to students with disabilities and their families. Such categories of resources include student/family resources, local school district resources, and local agency resources.
    - Phone number: (786-417-3904)
    - Website: [project10.info/DPage.php?ID=62](http://project10.info/DPage.php?ID=62)
- **Autism Society of Miami-Dade:** In order to obtain information and education, events, and webinars on Autism Spectrum Disorder tailored to families of individuals with Autism.
    - Phone number: (305-969-3900)
    - Website: [www.autismfl.com](http://www.autismfl.com)
- **National Center for Learning Disabilities:** In order to provide information that empowers parents and young adults, transforms schools, and advocates for equal rights and opportunities. Works to create a society in which every individual possesses the academic, social, and emotional skills needed to succeed in school, at work, and in life.
    - Phone number: (301-966-2234)
    - Website: <https://www.nclld.org>
- **Family Voices:** In order to obtain country-wide information and resources tailored to families and friends of children and youth with special health care needs and disabilities. This national family-led organization promotes partnership with families at all levels of health care in order to improve these services for children.
    - Phone number: (781-674-7224)
    - Toll-free number: (888-835-5669)
    - Website: <https://familyvoices.org>
- **Florida Autism Treatment Centers:** In order to obtain information and access to programs that provide state-of-the-art services to individuals with Autism Spectrum Disorder and related disabilities and provide and advocate for humane and clinically-effective behavioral treatment.
    - Phone number: (305-273-3773)
    - Address: 9220 SW 72<sup>nd</sup> St., #101, Kendall, FL. 33173
    - Website: <https://www.behavior-analysis.org/autism/miami.html>
- **United Community Options of South Florida:** This resource offers programs, supports, and services designed to meet the special needs of each individual and family served. It is tailored to infants, children, and adults with developmental disabilities, including cerebral

palsy, Down Syndrome, Autism Spectrum Disorder, Spina Bifida, prematurity, hearing, intellectual disabilities, and speech delay. Service strives to allow all children and adults with disabilities to reach their greatest potential and achieve productive lives as fully participating and contributing members of their communities.

- Phone number: (305-325-1080)
  - Address: 1411 NW 14<sup>th</sup> Avenue, Miami, FL. 33125
  - Website: [www.unitedcommunityoptionssfl.org](http://www.unitedcommunityoptionssfl.org)
- **Florida Alliance for Assistive Services and Technology:** In order to obtain information on and access to FFAST, the state of Florida's assistive technology program tailored to individuals who live in Florida who have disabilities and their family members. This service provides device loans, device demonstrations, device reutilization, device trainings, information and assistance, and a statewide financial program.
    - Phone number: (844-353-2278)
    - Website: [faast.org](http://faast.org)
- **Florida Bureau of Exceptional Student Education:** In order to provide information about exceptional student education, student services, juvenile justice education, early intervention, parent and professional partnerships, and other topics, tailored to parents of students with disabilities.
    - Phone number: (850-245-0475)
    - Website: [www.fl DOE.org/academics/exceptional-student-edu/beess-resources](http://www.fl DOE.org/academics/exceptional-student-edu/beess-resources)
- **Autism Care Today SOS Grant:** In order to obtain information and access to the Autism Care Today SOS program dedicated to supporting the immediate needs of those impacted by Autism. Autism Care Today Grant programs provide access to vital and effective treatments for Autism through their quarterly grant cycles. This program is designed to provide immediate support for individuals diagnosed with Autism Spectrum Disorder and their families who are in immediate personal danger or harm and unable to wait up to 12 weeks for a response to their request.
    - Phone number: (877-922-8863)
    - Website: <https://www.act-today.org/our-funds/autism-care-today-sos/>
- **Act4Me:** In order to obtain access to Act4Me, a non-profit organization which helps children, in Miami-Dade and Broward counties, with neurological and/or genetic disorders, resulting in developmental delays, get the therapy they need. This organization allows for families of children with special needs to seek assistance from them by applying for a grant for Physical, Occupational, or Speech Therapy, that will pay a portion of, or supplement their current care or apply for a grant for therapy supplies to support their home therapy needs.
    - Phone number: (786-223-9502)
    - Address: 260 Crandon Blvd., Suite 32-222, Key Biscayne, FL. 33149
    - Website: <https://act4me.org/what-we-do>

- **Supplemental Security Income (SSI) for Children:** In order to obtain access and information on SSI, which provides monthly cash payments to help meet the basic needs of children who have a physical or mental disability or who are blind. Children under the age of 18 can get SSI if they meet Social Security’s definition of disability for children and there are limited income and resources in the household.
  - Toll-free phone number: (1-800-772-1213)
  - Website: <https://www.ssa.gov/benefits/disability/apply-child.html>)
  
- **McKay Scholarship:** The McKay Scholarship Program for Students with Disabilities provides Florida students with special needs the opportunity to attend a participating private school and offers parents public school choices as well.
  - Toll-Free Information Hotline: (850-245-0875)
  - Website: <https://www.fldoe.org/schools/school-choice/k-12-scholarship-programs/mckay/>)
  
- **Nicklaus Children Hospital Special Needs Directory:** In order to obtain access to a number of resources available to children with special needs and their families.
  - Phone number: (1-800-432-6837)
  - Website: <https://www.nicklauschildrens.org/medical-services/rehabilitation-services/special-needs-resource-directory>)
  
- **Achieving a Better Life Experience (ABLE) United:** This service allows parents to begin saving funds, tax-free savings and investment accounts, for children with disabilities. This service encourages and assists individuals with disabilities to save private funds to support health, independence, and quality of life. In order to be eligible, individual needs to be a Florida resident, have a qualifying disability, and onset prior to age 26. This service is free to enroll and requires no monthly maintenance fee.
  - Phone number: (888-524-2253)
  - Website: [www.ableunited.com](http://www.ableunited.com)
  - ABLE-Quick Start Guide: <https://www.ableunited.com/wp-content/uploads/ABLE-Quick-Start-Guide.pdf>
  - Front and back high-level information about ABLE United Accounts: <https://www.ableunited.com/wp-content/uploads/ABLE-50386-RackCard-Sunday-web.pdf>

### **Health/Health Care/ Medical Needs**

- **Borinquen Medical Centers:** In order to obtain access to affordable health care services, including mental and behavioral health, nutrition and health counseling, primary health services, and chronic disease management. Borinquen Medical Centers accept various payments, including Medicare, Medicaid, Healthy Kids, commercial and private insurance, and self-pay. If uninsured or low-income: may qualify for sliding fee for

medical, dental, pharmaceutical needs (expected to pay discounted rate/ minimum fee for services).

- General phone number: (305-576-6611)
  - Phone number for 33174 zipcode: (305-552-1201)
  - Address: Several locations based on zipcode (10528 SW 8 Street, Miami, FL. 33174)
  - Website: [www.borinquenhealth.org](http://www.borinquenhealth.org)
- **Florida Heiken Children’s Vision Program, LLC.:** In order to qualify for no cost vision services: comprehensive eye exams and glasses.
    - Phone number: (305-856-9830) or (1-888-996-9847)
    - Website: [www.floridaheiken.org](http://www.floridaheiken.org)
  - **NeedyMeds:** In order to obtain free, accessible, and updated information on programs that provide assistance to individuals who are unable to afford their medications and health care costs.
    - Helpline: (800-503-6897)
    - Website: [www.needymeds.org](http://www.needymeds.org)
  - **GoodRx:** In order to obtain access to a range of services that help individuals get the healthcare they need at a price they can afford, including prescription savings, online doctor’s visits, lab testing options, better health information, and many more. This service also provides a mobile app: GoodRx, for Apple and Android devices.
    - Website: <https://www.goodrx.com>
  - **Pregnancy Help Center:** In order to obtain information, support, and free services tailored to women who are pregnant. This resource provides a free and confidential appointment; information related to early signs of pregnancy; pregnancy testing and choices; counseling; free pregnancy testing; free limited ultrasound; material assistance; and additional community resources.
    - Phone number: (954-981-2922)
    - Address for South Dade: 3410 SW 107 Avenue, Miami, FL. 33165
    - Website: <http://www.pregnancyhelp.me>
  - **Women, Infants, and Children (WICC):** In order to obtain access and information to healthy foods, nutrition education and counseling, breastfeeding support, referrals to health care services, immunizations, and community.
    - Phone numbers: (786-336-1300) and (800-342-3556)
    - Website: [http://www.doh.state.fl.us/family/wic/Links/eligibility\\_english.html](http://www.doh.state.fl.us/family/wic/Links/eligibility_english.html) and <http://www.dadehealth.org/wic/WIClocations.app>
  - **Nicklaus Children’s Dental Mobile Unit:** This dental mobile unit assists families that are underserved and in need, and families of children who don’t have dental insurance.

They provide screenings and exams, varnish treatments, dental sealants, oral and health hygiene education, and referrals for follow-up oral treatment. The dental mobile unit stops throughout different locations in Miami-Dade and Palm Beach Counties.

- Phone number: (786-779-1647)
- Address: Varies by date
- Website: <https://www.nicklauschildrens.org/locations/dental-mobile-unit>

- **The following are locations in the South region that provide follow-up vision testing:**

- Nicklaus Children's Hospital
  - ✓ Phone number: (305-662-8390)
  - ✓ Address: 3200 SW 60<sup>th</sup> Street, Suite 103, Miami, FL. 33155
- M. Edward Guthrie, MD (Ophthalmologist)
  - ✓ Phone number: (305-709-2211)
  - ✓ Address: 8740 N. Kendall Drive, Suite 117, Miami, FL. 33176
- Dr. Mario Carcamo (Optometrist)
  - ✓ Phone number: (305-385-6885)
  - ✓ Address: 13852 SW. 88<sup>th</sup> Street, Miami, FL. 33186
- Dr. Sima Yacoub (Optometrist)
  - ✓ Phone number: (305-227-5467)
  - ✓ Address: 8748 SW. 40<sup>th</sup> Street, Miami, FL. 33165
- Einhorn Eyecare (Optometrist): Ages 5 and up
  - ✓ Phone number: (305-595-2020)
  - ✓ Address: 9885 SW. 72<sup>nd</sup> Street, Miami, FL. 33173

- **The following are locations in the South region that provide follow-up hearing testing:**

- Hear USA
  - ✓ Phone number: (305-595-0840)
  - ✓ Address: 8947 SW 107<sup>th</sup> Avenue, Miami, FL. 33176
- Audiology and Vestibular Center
  - ✓ Phone number: (305-595-1530)
  - ✓ Address: 9150 SW 87<sup>th</sup> Avenue, Miami, FL. 33176
- Nicklaus Children's Hospital
  - ✓ Phone number: (305-663-8413) Press #2 for outpatient scheduling
  - ✓ Address: 3100 SW 62<sup>nd</sup> Avenue, Miami, FL. 33155
- South Miami Audiology Consultants
  - ✓ Phone number: (305-663-0505)
  - ✓ Address: 7000 SW 62<sup>nd</sup> Avenue, Suite 315, Miami, FL. 33143
- Hearing and Speech Center of Florida
  - ✓ Phone number: (305-271-7343)
  - ✓ Address: 8425 SW 72<sup>nd</sup> Street, Suite 261, Miami, FL. 33173

- **The following are a list of free clinics in the South region:**

- University of Miami Pediatric Mobile Clinic Miami
    - ✓ Phone number: (305-243-3440)
    - ✓ Website: <http://pediatrics.med.miami.edu/community-outreach/pediatric-mobile-clinic>
  - Florida International University Mobile Medical Center Miami
    - ✓ Phone number: (305-348-4840)
    - ✓ Website: <http://www.fiu.edu/mobilemedicalcenter>
  - UHI Community Care Clinic Miami
    - ✓ Phone number: (305-620-7797)
    - ✓ Website: <http://uhimedicalclinic.com>
  - Community Smiles Miami
    - ✓ Phone number: (305-324-6070) Ext. 8014
    - ✓ Website: <http://www.community-smiles.org/>
  - St. John Bosco Clinic Miami
    - ✓ Phone number: (305-635-1335)
    - ✓ Website: [http://ssjhealthfoundation.org/page\\_id=37](http://ssjhealthfoundation.org/page_id=37)
  - Miami Rescue Mission Clinic Miami
    - ✓ Phone number: (305-572-2026)
    - ✓ Website: <http://caringplaceclinic.org/>
- **Medicaid:** In order to obtain access and information on the process of applying for Medicaid, made through the Department of Children and Families (DCF).
    - Toll-Free Number: (866-762-2237)
    - Website: [www.myflorida.com/accessflorida/](http://www.myflorida.com/accessflorida/)

### **Therapies/ Mental Health Services**

- **Kendall Speech and Language Center, Inc.:** In order to obtain access to services tailored to children and families' speech, communication, and hearing needs. Such services and information offered for children center around speech and language evaluations and therapies, play dates, preschool and kindergarten preparation training, academic tutoring, and Occupational Therapy. Services, workshops, and trainings are also offered and provided for parents/guardians, including trainings on enhancing parenting skills, handling behavioral issues, and improving language at home.
  - Phone number: (305-274-7883)
  - Address: 10725 SW 104 Street, Miami, FL. 33176
  - Website: [www.kslc.net](http://www.kslc.net)
- **The Children's Bereavement Center:** In order to provide access to free weekly peer support groups for children, young adults, and adult caregivers who have experienced the death of a loved one. Parent/caregiver support groups are offered in both English and Spanish.
  - Phone number: (305-668-4902 or 1-888-988-5438)

- Address: 6619 South Dixie Highway, #302, Miami, FL. 33143
  - Website: <https://childbereavement.org>
- **Thriving Mind South Florida:** In order to obtain access to county-wide mental health illness and substance use disorder services and resources that are targeted toward children and youths, adults, and their families. Also provides services for uninsured individuals in the Miami-Dade and Monroe counties.
    - Phone number: (305-858-3335)
    - Consumer Hotline: (1-888-248-3111)
    - Address: 7205 NW 19<sup>th</sup> St., #200, Miami, FL. 33126
    - Website: <https://www.thrivingmind.org>
- **Institute for Child and Family Health:** In order to obtain access to counseling services tailored to children/adolescents and their families in Miami-Dade County. Services that are provided include health, behavioral health, educational, and prevention services. In addition, individual, family, and group therapy are also offered, along with psychological testing and parenting skills trainings.
    - Sunset Clinic phone number: (305-274-3172)
    - Sunset Clinic Referral Direct Line: (305-722-5635)
    - Address: 9380 Sunset Drive, #B-120/ B-250/ B-165/ B-230, Miami, FL. 33173
    - Website: [www.icfhinc.org](http://www.icfhinc.org)
- **UM Parent-Child Interaction Therapy Program (PCIT):** In order to obtain access and information to the PCIT parenting program tailored to children and their families, free of cost for those who reside in Miami-Dade County. This program focuses on teaching parents how to handle child's problematic behaviors, utilizing exciting and enjoyable methods while improving and promoting good behaviors, and aids parents on how to reduce their own stress.
    - Phone number: (305-243-0234)
    - Website: <http://pediatrics.med.miami.edu/mailman-center/clinical-services/developmental-behavioral-pediatrics/parent-child-interaction-therapy>
- **Catholic Charities of the Archdiocese of Miami, Inc.:** In order to obtain access and information to social services tailored to children and their families that are in need. Services offered through resource include child development services and behavioral health services. The Child Development programs offered provide school readiness and comprehensive social services for families. The Behavioral Health services offered include individual, marital, family, child/adolescent counseling with a minimum flat fee per session. In addition, the Strengthening Families parenting program, which seeks to strengthen family bonds between parents and children by focusing on improving communication, understanding, care, and sharing family time.
    - General phone number: (305-754-2444)
    - Child/adolescent Counseling phone number: (1-866-758-0025)

- Strengthening Families parenting program phone number: (305-759-3050)
- Address: Multiple locations
- Website: <https://www.ccadm.org>
- **Local Services for Miami-Dade County**
  - Local Provider of Services: South Florida Behavioral Health Network
    - Phone number:(1-888-248-3111)
  - Community Action Treatment (CAT) Teams:
    - Citrus Health Network (CAT I)
      - ✓ Phone number: (305-817-1177)
    - Citrus Health Network (CAT II)
      - ✓ Phone number: (305-817-1182)
  - Coordinated Specialty Care (CSC) for Early Psychosis
    - Citrus Health Network
      - ✓ Phone number: (305-992-0171)
  - Florida Assertive Community Treatment (FACT) Teams
    - Fellowship House (South Miami)
      - ✓ Phone number: (305-667-1036)
    - Citrus Health Network (FACT I, Hialeah)
      - ✓ Phone number: (305-825-0300)
    - Citrus Health Network (FACT II, Hialeah)
      - ✓ Phone number: (305-825-0300)
  - Mobile Response Teams (MRTs)
    - Banyan Health Systems
      - ✓ Phone number: (305-774-3616)
  - Family Intensive Treatment (FIT) Providers
    - The Village South
      - ✓ Phone number: (305-573-3784)
- **National Federation of Families for Children’s Mental Health:** In order to obtain country-wide information and resources tailored to children, youth, and their families with emotional, behavioral, or mental health needs and substance use challenges. This resource offers families a voice in national policy, services, and supports throughout the lifespan.
  - Phone number: (240-403-1901)

- Website: <https://www.ffcmh.org>
- **Jackson Behavioral Health Hospital:** In order to have access to comprehensive inpatient and outpatient services for children, adolescents, adults, and seniors, including telehealth appointments.
  - Phone number: (305-355-7000)
  - Address: 1696 N.W. 9<sup>th</sup> Avenue, Miami, FL. 33136
  - Website: <https://jacksonhealth.org/services/mental-behavioral-health/>
- **Chrysalis Health:** In order to obtain access to mental health services, including counseling, psychiatric services, case management, assessment and evaluation, and 24/7 client crisis response.
  - General Phone number: (888-587-0335)
  - North Miami Beach Location Phone number: (305-892-4600)
  - Address: 1868 NE 164<sup>th</sup> St., North Miami Beach, FL. 33162
  - Website: <https://www.chrysalishealth.com/mental-health/counseling>
- **PsychSolutions, Inc.:** In order to obtain access to services including assessments, co-parenting counseling, couples therapy, family therapy, group therapy, individual therapy, psychiatric services, on-site/home/school treatment, and targeted case management.
  - South Dade Office Phone number: (786-231-5888)
  - Address: 10720 Caribbean Boulevard, Suite 320, Cutler Bay, FL. 33189
  - Website: <https://www.psychsolutionsinc.net/services/mental-health>
- **FIU-Childhood Anxiety Phobia Program (CAPP):** In order to obtain information on a program which provides comprehensive diagnostics, assessments and treatment for children and adolescents who are experiencing difficulties with fear and anxiety problems. A free initial evaluation is offered for children suffering from excessive and persistent fear or anxiety.
  - Phone number: (305-348-1937)
  - Address: 11200 SW 8<sup>th</sup> Street, AHC1 Rm. 140, Miami, FL. 33199
  - Website: <https://capp.fiu.edu>
- **Attention Deficit Disorder-Center for Children and Families:** This service provides a variety of interventions and treatments for children and adolescents, between the ages of 6 and 17 years old, with attention and behavior concerns. Among the conditions treated at this center are ADHD, Conduct Disorder, and Oppositional Defiant Disorder (ODD).
  - Phone number: (305-348-0477)
  - Address: 11200 SW 8<sup>th</sup> Street, AHC1 140, Miami, FL. 33199
  - Website: <https://ccf.fiu.edu/families/adhd-and-behavior-disorders-clinic/>
- **The Summer Treatment Program for Pre-Kindergarteners (STP-PreK):** This program is offered by the Center for Children and Families at FIU and is designed for

children entering kindergarten. This program provides a variety of recreational and classroom activities, within an 8-week therapeutic summer day camp setting; program runs from mid-June to mid-August, weekdays from 8:30 am to 4:30 pm. The program is tailored to children entering Kindergarten during Fall, with behavioral, attention, and/or emotional difficulties in preschool and/or currently have behaviors that are challenging to manage at home or school.

- Phone number: (305-348-1833)
- Website: <https://self-regulationlab.fiu.edu/programs-and-projects/summer-treatment-program/index.html>

- **Miami Children’s Hospital Patient and Family Education:**

- <http://www.mch.com/patientsFamilies/community/communityCalendar.aspx>

- Calm Kids Group: This is an 8-week program, weekly group therapy course, designed to teach children, between the ages of 7 and 17 years old, strategies on how to take control over anxiety symptoms, learn to cope with fears/worries, identify anxiety triggers, and learn to improve their self-confidence.

- Phone number: (786-624-3566)
      - Address: Nicklaus Children’s Hospital, Division of Psychology, 2<sup>nd</sup> Floor, 3100 SW 62<sup>nd</sup> Avenue, Miami, FL. 33155
      - Website: <https://www.nicklauschildrens.org/events>

- **Department of Mental Health Services**

- Phone number: (305-995-7100)
  - Website: [mentalhealthservices.dadeschools.net](http://mentalhealthservices.dadeschools.net)

- **UnitedHealthcare Children’s Foundation Grants:** This service provides medical grants that significantly enhance the clinical condition of quality of life of children across the United States. This applies for individuals covered under a commercial health insurance plan and those who are 16 years of age or younger.

- Phone number: (1-855-698-4223)
  - Website: <https://www.uhccf.org>

## **COVID-19 Resources**

- **Committee for Children- Second Step:** In order to obtain information and education on social-emotional resources, free of cost, that help children and parents to cope with COVID-19. This provides a therapist-led video that offers mental health support for parents; a podcast for children and their parents centered on dealing with the feelings associated with growing up; mindfulness sessions; advice and videos that center around teenagers and parents discussing various topics; bullying prevention; and many more.

- Phone number: (1-800-634-4449, EXT. 1)

- Website: <https://www.secondstep.org/covid19support>
- **Meet The Helpers:** In order to obtain education and information about the causes and prevention methods of COVID-19, which is tailored for children to understand. This resource provides various videos that support parents on how to inform their children about the pandemic, including tips on how to best stay safe.
  - Website: <https://www.meetthehelpers.org/meet-the-helpers-coronavirus/>
- **Florida Blue and New Directions Behavioral Health:** In order to obtain access to a hotline specifically designed to help individuals living in Florida deal with their anxiety, stress, trauma, grief, and fears due to the COVID-19 pandemic. This resource provides trained behavioral health counselors that are available 24/7 to offer their emotional support and services in both English and Spanish. This service is free and available to individuals living in Florida, including those who are uninsured or have coverage with another health plan.
  - Phone number: (1-833-848-1762)
  - Website: <https://www.floridablue.com/blog/support-line>
- **Nearpod:** In order to obtain education and information regarding COVID-19 and how to manage stress related to the pandemic tailored to students in grades Kindergarten to 12<sup>th</sup>. Resource offers free online lessons to students, in English and Spanish, which informs them on different topics related to the pandemic: COVID-19 variants, mask wear, dealing with helplessness, dealing with feelings of disappointment, social distancing, germs and staying healthy, and many more.
  - Website: <https://nearpod.com/t/staying-healthy-and-relieving-stress-covid19-F131477>
- **Scholastic:** In order to obtain age-appropriate education and information about COVID-19 tailored to students from Pre-K through 12<sup>th</sup> grade. Scholastic offers articles, videos, and resources that focus on the COVID-19 pandemic to help students from all grade levels understand what's being done to keep them safe and how to prevent from spreading germs.
  - Website: <https://classroommagazines.scholastic.com/support/coronavirus.html>
- **U.S. Department of Education (DOE):** In order to obtain updated information and support regarding COVID-19, tailored to schools and families. This resource provides information on symptoms associated with COVID-19, how to prepare and protect oneself during the pandemic, what to do if you believe you're sick, testing locations, and other resources aimed at specific populations, such as travelers, pregnant women, children, people with underlying medical conditions, older adults, schools, and more.
  - Website: [https://www.coronavirus.gov/?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](https://www.coronavirus.gov/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

- **American Psychological Association (APA):** In order to obtain information and access to supports and services tailored to the public, children, and families affected and impacted by COVID-19. APA provides resources for self-care, behavioral and public health, parenting/caregiving stress, anxiety, and grief associated with COVID-19, physical distancing and isolation, education and student mental health, work/telework, and many more.
  - Website: <https://www.apa.org/topics/covid-19>
- **Disaster Distress Helpline:** In order to obtain access to SAMHSA’s Disaster Distress Helpline which provides 24/7 crisis counseling and support for individuals that are experiencing emotional distress associated to natural disasters or human-caused disasters, including Coronavirus pandemic, hurricanes and tropical storms, floods, incidents of mass violence, anniversaries and trigger events, and other traumatic events. This service is available in both English and Spanish (for Spanish-speakers, call hotline number and press “2”).
  - Phone number: (1-800-985-5990)
  - Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **2021-2022 Covid-19 Parent Handbook Miami-Dade County Public Schools:** This resource provides information regarding the operation of M-DCPS, including support lines and region centers, website and social media links for staying informed, instructional continuity during quarantine, and more.
  - Website: [http://pdfs.dadeschools.net/backtoschool/COVID-19%20Parent%20Handbook%202021-2022%20\\_FINAL\\_ENG.pdf](http://pdfs.dadeschools.net/backtoschool/COVID-19%20Parent%20Handbook%202021-2022%20_FINAL_ENG.pdf)

### **Wi-Fi/ Bills/ Food/ Legal/ Housing Resources**

- **Access from AT&T Program:** In order to obtain access to home internet at a low-cost tailored to limited-income families who are eligible. Eligibility for the Access from AT&T Program is determined by several programs: Supplemental Nutritional Access Program (SNAP), Income (temporary), and the National School Lunch and Head Start Programs (temporary). To check if Access is available at your address, check eligibility, and apply, visit website linked below.
  - Phone number: (1-800-288-2020)
  - Website: <https://m.att.com/shopmobile/internet/access/>
- **FoodFinder:** To obtain information and access to free and nutritious food at local food pantries and school meal locations based on zip code, tailored to low-income families and individuals in crisis. The website and app serves as a food pantry locator which shows when and where to get free food in your area.
  - Phone number: (770-527-2181)
  - Website: <https://foodfinder.us>

- **Rental and Other Assistance for the Homeless or Evicted:** In order to obtain help, in the case of being evicted, with first month's rent payment, security deposit, mortgage, utility bills, emergency shelter, or food. Through this resource, an individual/family can receive one type of assistance per year.

  - Website: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser1497555806798351](https://www.miamidade.gov/global/service.page?Mduid_service=ser1497555806798351)
  
- **Emergency Food and Shelter Program (EFSP):** In order to obtain access and assistance to eligible residents who are experiencing a one-time crisis situation which interrupts their ability to pay utility bills, rent/mortgage, or secure necessary food.

  - Website: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser1497555806798351](https://www.miamidade.gov/global/service.page?Mduid_service=ser1497555806798351)
  
- **Home Weatherization Assistance:** In order to obtain access and assistance from the Weatherization Assistance Program (WAP), which is a federally funded program that helps low-income homeowners, who qualify based on eligibility and requirements, with making their homes energy efficient through the installation of various cost-saving measures. Other services offered are mechanical measures, health and safety measures, building shell measures, and electrical baseload measures.

  - Website: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser1541190292258414](https://www.miamidade.gov/global/service.page?Mduid_service=ser1541190292258414)
  
- **Residential Construction Mitigation Program:** In order to obtain access to the Residential Construction Mitigation Program which provides retrofit measures instead of rehabilitative work to structures, which serves to protect homes against wind drive forces, such as hurricanes. Services include re-roofing, load path reinforcement and opening windows/shutters protection. The program is funded by Florida Division of Emergency Management grants and no costs to the program.

  - Website: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser1541438535801741](https://www.miamidade.gov/global/service.page?Mduid_service=ser1541438535801741)
  
- **Low Income Home Energy Assistance Program (LIHEAP):** In order to obtain access and assistance from a federally-funded program, LIHEAP, which helps low-income households pay for cooling or heating their homes. LIHEAP is providing crisis assistance to qualified Miami-Dade County residents who are experiencing difficulties in paying their home energy bill due to the COVID-19 pandemic.

  - Website: [https://www.miamidade.gov/global/service.page?Mduid\\_service=ser1504204216164378](https://www.miamidade.gov/global/service.page?Mduid_service=ser1504204216164378)

- **City of Miami Homeless Assistance**
  - Phone number: (305-960-4980)
  
- **Housing Assistance Network of Dade (HAND)**
  - Phone number: (1-877-944-HELP (4357))
  
- **Children and Youth Law Clinic:** This service offers representation of former/current youth in foster care in dependency, health care, education, immigration, disability, and other legal matters.
  - Phone number: (305-284-3123)
  - Address: 1311 Miller Drive, Suite F305, Coral Gables, FL. 33146
  - Website: [www.law.miami.edu/cinics](http://www.law.miami.edu/cinics)
  
- **DADvocacy Child Support Defense:** This service provides help for fathers who are dealing with family law matters, including child custody and visitation, paternity, divorce, and child support.
  - Phone number: (800-925-FATHERS)
  - Address: 1395 Brickell, Suite 800, Miami, FL. 33131
  - Website: [www.dadvocacy.com](http://www.dadvocacy.com)
  
- **Legal Aid Society:** This service provides free civil legal services for low-income children, and foster youth, individuals and families in need in Miami-Dade County. The services included are Child & Teen Advocacy, Foster Youth Guardianship, Guardian ad Litem, Domestic Violence, bankruptcy, evictions, mortgage foreclosure, family law, wills, small claims, immigration, veterans, disaster relief, and more.
  - Phone number: (305-579-5733)
  - Address: 123 NW 1<sup>st</sup> Avenue, Miami, FL. 33128
  - Website: <http://www.dadelegalaid.org>
  
- **Daily Food Bank:** In order to obtain access to free meals. This service provides meals to individuals and community partners on a case-by-case basis.
  - Phone number: (954-518-1818)
  - Address: 2501 SW 32<sup>nd</sup> Terrace, Pembroke Pines, FL. 33023
  - Website: [www.feedingsouthflorida.org](http://www.feedingsouthflorida.org)
  
- **Community Partnership for the Homeless:** In order to obtain access to shelter and other services for men, women, and children through non-profit/no fee center.
  - Phone number: (305-329-3000) and/or (305-416-7100)
  - Address: 28205 SW 124<sup>th</sup> Ct., Homestead, FL. 33033
  
- **Volunteers of America of Florida, Inc.:** This service manages low and moderate-income level housing for the homeless, families with children, the elderly, veterans and

their families, and people with disabilities, including physical and mental disabilities, with no fee.

- Phone number: (305-644-0335)
  - Address: 1492 W. Flagler Street, Miami, FL. 33135
- **Catholic Charities:** Provides financial assistance to pay utilities for no fee.
    - Phone number: (305-754-2444)
    - Address: 9401 Biscayne Blvd., Miami, FL. 33138
    - Website: <http://www.catholiccharitiesadm.org/main.htm>
  - **CABA Pro Bono:** This service provides free legal services and representation to income eligible victims of domestic violence in the areas of foreclose defense and modification, immigration, probate, guardianship, and other civil cases, for no fee.
    - Phone number: (305-646-0046)
    - Address: 2400 S. Dixie Hwy, 2<sup>nd</sup> Floor, Miami, FL. 33133
    - Website: [www.cabaprobonoproject.com](http://www.cabaprobonoproject.com)
  - **Florida Bar Referral Service:** This service provides referral to attorney specializing in the area of law the caller requests. One attorney is referred per call. Participating attorneys will provide an initial half-hour consultation free of charge to callers who qualify by falling within the low-income parameters.
    - Dade County Phone Number: (305-371-2646)
    - Website: [www.floridabar.org](http://www.floridabar.org)
  - **Legal Aid/ Put Something Back Project:** This service provides free legal representation primarily in Family Law for low-income families with children.
    - Phone number: (305-579-5733)
    - Address: 123 NW 1<sup>st</sup> Avenue, Miami, FL. 33128
    - Website: [www.floridalegal.org](http://www.floridalegal.org)
  - **Dade Legal Aid:** This service provides non-profit/no fee legal representation in areas of divorce, paternity, adoption, support, custody, and visitation. It also provides legal services to family members that are willing to serve as guardians of incapacitated wards. Additional services include assisting eligible immigrants in areas of landlord/tenant, social security, foreclosures, and food stamps (SNAP).
    - Phone number: (305-579-6733)
    - Address: 123 NW 1<sup>st</sup> Avenue, Main Office, Miami, FL. 33128
  - **Evictions Clerk of Courts:** In order to obtain access to Government Agency Miami-Dade County Courts for evictions of non-payment services. This service has several different locations.
    - South Dixie Hwy Location Phone number: (305-349-5677)
    - Address: 2400 South Dixie Hwy. Miami, FL. 33128

- South Dade Govt. Center Phone number: (305-252-5807)
  - Address: South Dade Govt. Center 10710 SW 211 Street, Miami, FL. 33189
  - Website: [www.miamidade.gov/clerk.com](http://www.miamidade.gov/clerk.com)
- **Legal Services of Greater Miami:** In order to obtain access to free legal services in Miami-Dade County.
    - Phone number: (305-576-0080)
    - Address: 4343 West Flagler Street, Suite 100, Miami, FL. 33134
    - Website: [www.legalservicesmiami.org](http://www.legalservicesmiami.org)
- **Food Stamps:** In order to obtain access to the Food Stamps Program through the Florida Department of Children and Families. This program is designed to assist low-income households with the purchase of nutritious foods for the family. Individuals/families can apply for Food Stamps online using the ACCESS Florida System.
    - ACCESS Florida Information Line: (1-866-762-2237)
    - Website to apply: [www.dcf.state.fl.us/programs/access/](http://www.dcf.state.fl.us/programs/access/)
- **Assurance Wireless Service:** In order to obtain access to a federal Lifeline Assistance program brought to you by Virgin Mobile and supported by the federal Universal Service Fund.
    - Phone number: (1-888-321-5880)
    - Website: [www.assurancewireless.com](http://www.assurancewireless.com)
- **SafeLink Wireless Service:** In order to obtain access to SafeLink Wireless, which makes wireless telephone service more affordable by offering Lifeline service for qualified individuals. This program is available to eligible consumers who participate in one of the following assistance programs: Federal Public Housing Assistance (Section 8), Supplemental Nutrition Assistance Program (SNAP) Food Stamps, Supplemental Security Income (SSI), Medicaid, Veterans and Survivors Pension Benefit.
    - Phone number: (1-800-723-3546)
    - Website: [www.safelinkwireless.com](http://www.safelinkwireless.com)
- **Project UP-START:** To obtain information on the Project UP-START Program for children and youth living in transition in Miami-Dade. The program assists schools with the identification, enrollment, and attendance of students in transition to help ensure their successful academic achievement.
    - Phone numbers: (305-995-7558); (305-995-7318); (305-995-7583)
    - Website: <https://projectupstart.dadeschools.net/#!/fullWidth/4553>

## **Parenting**

- **All Pro Dad:** In order to obtain information and resources tailored to fathers on parenting, marriage, activities to do with your children, and how to balance work, life, and family.

- Website: <https://www.allprodad.com>
- **Family Day:** In order to provide information, education, ideas, and a parent toolkit about how everyday activities can make a difference in the life of a child and strengthen family relationships, tailored to parents.
  - Website: <https://www.casafamilyday.org>
- **National Center for Fathering (NCF):** In order to obtain practical, research-based tools and resources that aims to improve the lives of children and establish positive fathering and family relationships. NCF focuses on three areas: research, which helps different types of fathers to understand their strengths and opportunities as a father; trainings through seminars, small groups, and programs; and free resources for fathers in all types of father roles (new dads, single dads, stay-at-home dads, grandfathers, divorced dads, stepdads, adoptive dads, father figures, etc.)
  - Website: <https://fathers.com/about-ncf/>
- **100 Tips for Parents:** In order to obtain information, resource centers, and tips to help you become more involved in your child's education through a variety of topics with suggestions on how to obtain assistance, tailored to parents. Topics included: ideas on how to get involved in your child's education, homework, parents' rights, parent-teacher conference, readiness to read and Reading, special education, testing, and many more.
  - Website: <https://www.fldoe.org/core/fileparse.php/7756/urlt/0082703-100tips.pdf>
- **Best Discipline Strategies for ADHD Children:** In order to obtain access to a free guide, tailored to parents of children with an ADHD diagnosis, on 50 tips for developing discipline strategies.
  - Website: [https://padlet-uploads.storage.googleapis.com/245499543/1230c7641d8ed74dad64df150842c00/ADDitude\\_Download\\_Discipline\\_Strategies\\_for\\_ADHD\\_Children.pdf](https://padlet-uploads.storage.googleapis.com/245499543/1230c7641d8ed74dad64df150842c00/ADDitude_Download_Discipline_Strategies_for_ADHD_Children.pdf)
- **The Parent Club:** This service offers free, online workshops on raising and parenting children, between the ages of 0 and 12 years old, to be successful, healthy, and happy. The Parent Club provides information and advice that is based on the most current research. The free online workshops are available in English, Spanish, and Creole; they are offered on mornings, afternoons, and evening hours.
  - Phone number: (305-348-0477)
  - Address: 11200 SW 8<sup>th</sup> Street, AHC1 140, Miami, FL. 33199
  - Website: <https://ccf.fiu.edu/families/parent-club/>
- **School Readiness Parenting Program (SRPP):** In order to obtain access to an 8-week group based parenting program with sessions lasting between 1.5 to 2 hours. This program consists of traditional aspects of behavioral management strategies, such as improving parenting skills, improving the parent-child relationship, and discipline

strategies. It also consists of providing didactic information on various skills within large group format which then breaks into subgroup activities where parents can practice these skills with their own children. Several school readiness topics that are included in the program are teaching parents about dialogic reading, homework time/routine, eating/sleeping routines, promoting social-emotional skills, and communicating with teachers effectively.

- Phone number: (305-348-1833)
  - Website: <https://self-regulationlab.fiu.edu/programs-and-projects/parenting-programs/index.html>
- **Telehealth Parent-Child Interaction Therapy (PCIT):** In order to obtain access to a manualized parent-training intervention that alters the pattern of parent-child interaction and, thereby, change child disruptive behavior. This treatment consists of two phases: Child-Directed Interaction (CDI), which resembles traditional play therapy, and Parent-Directed Interaction (PDI), which resembles clinical behavior therapy. This program is tailored to children between the ages of 2 and 7 years old, who are experiencing behavioral difficulties. Parents have the option of choosing either traditional PCIT (once a week treatment), or an intensive version (every Monday-Friday, for 2 consecutive weeks).
    - Phone number: (305-348-0477)
    - Flyer: <https://self-regulationlab.fiu.edu/programs-and-projects/parenting-programs/pcit-telehealth-flyer.pdf>
    - Website: <https://self-regulationlab.fiu.edu/programs-and-projects/parenting-programs/index.html>
- **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD):** In order to obtain information and resources, both in English and Spanish, tailored to parents and caregivers of children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD). This resource includes information on parenting a child with ADHD, evaluating for childhood ADHD, treatment overview, coexisting conditions in children, preschoolers and ADHD, ADHD and childcare, teens and young adults with ADHD, education, college and ADHD, parent to parent training, and access to an ADHD toolkit.
    - Phone number: (301-306-7070)
    - Website: <https://chadd.org/for-parents/overview/>
- **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)-Parent to Parent Training:** In order to obtain access to ADHD training tailored to parents and caregivers of children diagnosed with ADHD. This resource provides ADHD online courses that include short video lessons about ADHD and downloadable resources that can be accessed at any time. These are self-paced online courses that provide a comprehensive understanding of ADHD, strategies to improve life at home and school, and support from other parents. This offers a free ADHD course that includes 8 lessons for parents, including learning what ADHD is and how it's diagnosed.

- Phone number: (301-306-7070)
  - Website: <https://chadd.org/parent-to-parent/>
- **FIU: Center for Children and Families-Research:** In order to obtain access to information and downloadable resources, both in English and Spanish, on Attention-Deficit/Hyperactivity Disorder (ADHD). Resources include, information parents and teachers should know about ADHD, an ADHD psychosocial fact sheet, medication information for parents and teachers, a presentation on current views of the best treatments for ADHD, and homework tips for parents.
    - Phone number: (305-348-0477)
    - Address: 11200 SW 8<sup>th</sup> Street, AHC1 140, Miami, FL. 33199
    - Website: <https://ccf.fiu.edu/research/index.html#online-resources>
  - **Positive Parenting Program:** Free groups help in Kendall
    - Phone number: Laura Secord (954-242-1503)
  - **Read 2 Succeed-Parenting Skills Counseling**
    - Phone number: (305-969-7440)
    - Address: 13418 SW 128 Street, Miami, FL. 33186
  - **Positive Parenting Program:** In order to obtain information on the Group Triple P Positive Parenting Program tailored to children, between the ages of 2 to 12 years old, and their family members. This program helps family members to strengthen their relationships, increase parental competence and confidence in raising children, prevent social/emotional/behavioral problems in childhood, and to reduce the use of punitive methods of discipline. Program is available in both English and Spanish.
    - Phone number: (305-759-8500)
    - Address: 11025 SW 84<sup>th</sup> St., Unicorp Miami-Dade, FL. 33173
    - Website: <https://arcsfla.org/children-youth-programs/>

### **Military Family Resources**

- **Our Military Kids:** This service provides support for military children, between the ages of 3 18 years old, by funding sports, arts, and other extracurricular activities while a parent is deployed with the National Guard, deployed with the Reserve, or recovering from severe injuries sustained in a post-9/11 overseas mission.
  - Website: [www.ourmilitarykids.org](http://www.ourmilitarykids.org)
- **Family Assistance Center**
  - Phone number: (305-684-1092)
- **M-DCPS Military Family Assistance:** Miami-Dade County Public Schools works with the School Support Services/School Liaison Officer of the United States Army Garrison-

Miami. This service provides quality child/youth program options in local facilities for the United States Army Garrison-Miami community in a safe, healthy environment promoting the development of children while strengthening families and supporting readiness and retention of soldiers.

- Phone number: (305-437-2633)
- Address: 9301 NW 33<sup>rd</sup> Street, Doral, FL. 33172
- Website: [www.cvs-miami.webs.com](http://www.cvs-miami.webs.com)

- **Military Family Life Consultant**

- Phone numbers: (904-718-9987) & (904-738-3657)