

Counseling Services CONT.

Seasons of Hope Counseling

Seasonsofhopecounseling.com 407-733-2110
Counseling services at an affordable rate

Physical Health

Shepherds Hope

Shepherdshope.org 407-876-6699
For low-income patients in need of non-emergency medical care—visit is free

Urgentmed Care

Walkinclinicorlando.com/Orlando 407-658-1719
Affordable health care

WIC

Floridahealth.gov 407-858-1494
Free nutrition program for women who are pregnant or breastfeeding

Central FL Family Health Center

Cffhc.org 407-322-8645
Provides primary care without regard for ability to pay

Primary Care Access Network

Pcanorangecounty.com 407-836-7226
Weekly free clinics for residents who are uninsured or underinsured

CHILD SUPPORT ENFORCEMENT ASSISTANCE

FL Department of Revenue

Dor.myflorida.com 1-800-622-5437
Help with child support

Legal Aid Society

Legalaidocba.org 407-841-8310
For Orange County residents

Bar Association Legal Aid Society

Scbalas.com 407-834-1660
For Seminole County residents

The Justice Labb

Justicelabb.org 407-385-5576
Pay based on a sliding scale fee

FINDING COMMUNITY RESOURCES

2-1-1 National
211.org Call 211
Call center search of community services

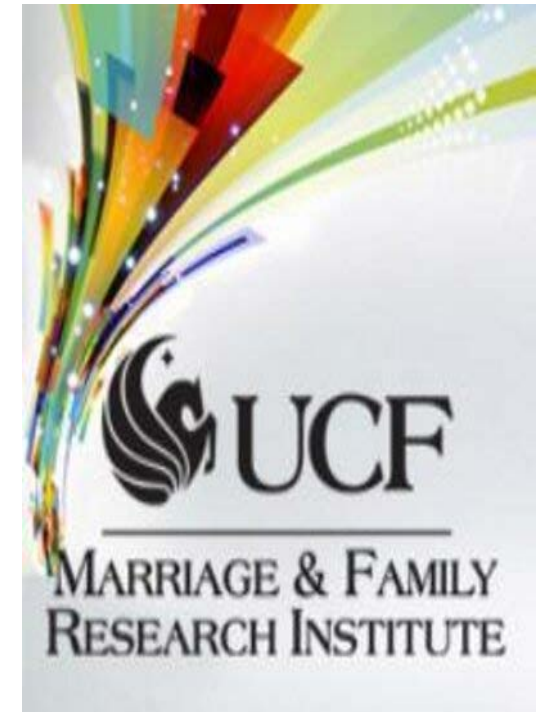
List of Assistance Programs

Needhelp-payingbills.com
List of programs offering financial assistance, resources, and grants for bills and expenses

If there are any resources that you still need help with that are not listed here or if you have any questions please contact your Family Services Specialist.

UCF PROJECT HARMONY

12840 Gemini Blvd, S, Bldg. 28
Orlando, FL 32826
Phone: 407-823-1748
Website: mfri.ucf.edu



RESOURCE GUIDE

JOB & CAREER ADVANCEMENT

Job Search Assistance

Career Source

Careersourcecentralflorida.com 407-531-1222
No cost employment and training services

Central FL JOBS Initiative

cfji.org zeynep@christianhelp.org
Provides job-readiness training program

Employ Florida Marketplace

Employflorida.com
Employment assistance, job listings, resume help

Resume Writing

Christian Help

Resume-help.org 407-834-4022
Free professional resume coach

GCF LearnFree

Gcflearnfree.org
Free online classes and interactive tutorials

Interviewing

Central FL JOBS Initiative

cfji.org zeynep@christianhelp.org
Guaranteed job placement assistance upon successful completion of the program

Central FL Employment Council

Lisamaileseminars.com LisaMaile@aol.com
Free videos that will coach you on preparing for your interview

Parenting

Boys Town Common Sense Parenting

Boytown.org 407-588-2170
Free 6 session parenting classes

Boot Camp for New Dads

Healthystartorange.org 407-284-8217
For any new and/or expecting fathers

Money Management

Hands on Banking

Handsonbanking.org/en/
Free online money management classes

Goodwill Money Sense or Money Smart

Goodwillcfl.org 407-235-1500
Free money management seminars

ADDITIONAL RESOURCES

Child Care

4C

4cflorida.org 407-522-2252
Childcare assistance and referrals

Head Start

Seminole County: 407-332-5090

Osceola County: 321-219-6201

Orange County: 407-836-6590

Social/Educational program for low-income, at-risk children and families

Clothing/Work Equipment

Dress for Success

Greaterorlando.dressforsuccess.org
orlando@dressforsuccess.org 407-628-0506
Provide disadvantaged women with work appropriate clothing

Mustard Seed

Mustardseeffa.org 407-875-2040
Reduced clothing for low-income individuals

Car Repairs

American Auto Repairs

Americanautorepairorlando.com 407-277-9144
Low repair costs

Housing

Hands of Central FL

Cflhands.org 407-447-5686
One-on-one free housing counseling

Orlando Housing Authority

Orl-oha.org/index.html 407-895-3300
Assist low-income individuals/families

Utilities

LIHEAP

Benefits.gov 407-836-7429
Helps low-income families with home heating and cooling costs

Jewish Family Services

Jforlando.org 407-644-2985
Rent/utilities assistance

Christian Service Center

Christianservicecenter.org 407-425-2523
Rent/utilities assistance for crisis

Food

Christian Service Center

Christianservicecenter.org 407-425-2523
Food, clothing, rent/utilities for crisis

Loaves & Fishes

Loavesandfishesapopka.com 407-886-6005
Food, clothing, baby items, classes, etc.

Sadie Holmes Help Services

407-831-6324
Food pantry

Baby Goods

Once Upon a Child

Onceuponachildorlando.com 407-292-3500
Assortment of new and gently used kids' stuff

A Center For Women

Acenterforwomen.org 407-628-5433
Free education, help, and support to women who are involved in unplanned and crisis pregnancies

Counseling Services

Community Counseling and Research Center

Education.ucf.edu/ccc 407-823-2052
Free individual or couple support at UCF

Community Counseling Center

ccccf.org 407-291-8009
Quality, community-based mental health services