Pre-natal and Post-natal Resources

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| **Resource** | **Location** | **What is offered/ Health Information** | **Link(s)** | **Other** |
| Eve-Medical Clinic  | 8603 South Dixie Hwy, #102 Miami, FL 33143Phone: 305-707-6096 | -This clinic appears to be specialized in abortions but provides free pregnancy testing (urine testing and ultrasound testing to confirm) | https://www.evemedicalmiami.com/ | Website content is available in simplified Chinese, French, Haitian Creole, Italian, Portuguese, Russian, and Spanish  |
| Healthy Start Program  | Florida Department of Health in Miami-Dade CountyHealthy Start Data Management OfficeWest Perrine Health Center18255 Homestead AvenueMiami, Florida 33157 | -“ Assures that pregnant women and young children ages 0-3 years in Florida have access to prenatal and child health care and services necessary for mother and infants to have healthier outcomes.”-Services include:Access to a care coordinator, nutritional and counseling, parenting support, childbirth education, breastfeeding education and supports, and smoking cessation counseling | http://miamidade.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/healthy-start/index.html | -Main Phone: 305-324-2400 -Contact E-mail: miamidade@flhealth.gov  |
| Banyan Health Systems | Family Primary Care & Behavioral Health Outpatient for Children & Families | Cutler Bay10720 Caribbean Blvd, Suite 420 Cutler Bay, FL 33189786-293-9544Broward Behavioral Health Outpatient Center for Children & Families | Oakland Park1061 West Oakland Park Blvd Oakland Park, FL 33311954-327-4060Primary Care Center & Pediatrics3733 W. Flagler StreetMiami 33134305-774-3400 | -Women’s services; prenatal care-Lab services, pharmacy, family planning, immunization  | https://www.banyanhealth.org/service/primary-health/ | Miami Primary Health Phone Number: 305-774-3400 |
| Respect Life Miami | Administrative office: 4747 Hollywood Blvd. Suite 103 Hollywood, FL 33021Phone: 954-981-2922North Broward Location: 5115 Coconut Creek ParkwayMargate, FL 33063Phone: (954) 977-7769nbrespectlife@att.netCentral Broward Location: 525 NE 13TH STFort Lauderdale, FL 33304Phone: (954) 565-0229respectlifefll@att.netSouth Broward Location: 4747 Hollywood Blvd.  Suite #101Hollywood, FL 33021Phone: (954) 963-2229sbrespectlife@att.netNorth Dade Location:1515 N.W. 167th StreetBldg. #4, Suite #190Miami Gardens, FL 33169Phone:  (786) 452-0266respectlifeministry@comcast.netSouth Dade Location:  3410 S.W. 107 AvenueMiami, Florida 33165Phone: (305) 273-8507southdadepregnancyhelp@gmail.com | -Catholic faith based non-profit that provides free infant formula, diapers, free materials, including cribs, baby diapers, strollers, beds, infant items, and more. There is also medical care for the parent and baby, which includes free pregnancy tests as well as ultrasounds | https://respectlifemiami.org/ | Services are offered in Spanish, English and Creole as well as other languages |
| Heartbeat of Miami | Clinics:660 NE 125th StreetNorth Miami, FL 33161 (305) 685-601010100 SW 107th CourtMiami, FL 33176(305) 274-5105390 W 49th St (103rd)Hialeah, FL 33012(305) 821-99704391 W Flagler St.Miami, FL 33134(305) 603-8668 | -A non-profit that advocates pro-life, they provide the following as mentionedfrom their website: “Our services include pregnancy tests, sonograms, peer counseling, parenting education, adoption referrals, and opportunities to learn about healthy sexual values and personal growth. All of our services are free and confidential.” | https://heartbeatofmiami.org/ |  |
| Pregnancy Help Medical Clinics | Clinics:Hialeah 390 West 49th StreetHialeah, FL 33012Phone: 305-821-9970 North Miami 660 NE 125th St. North Miami, FL 33161Phone: 305-685-6010 Kendall 10100 SW 107th Court Kendall, FL 33176 Phone: 305-274-5105 Flagler 4391 W Flagler Street Miami, FL 33134 Phone: 305-603-8668 | -Free pregnancy testing-Ultrasound-Housing referrals-STD / STI information-Community resource connections | Main site: https://www.pregnancyhelpclinics.org/enBasic STD vs. STI Information: https://www.pregnancyhelpclinics.org/en/the-issues/sexual-health | Website content in English and Spanish |
| Eve’s Hope | 9000 SW 152nd StreetSuite 105 Miami, FL 33157Main phone - (786) 732-7911 | -Pregnancy testing-Ultrasound-Pre-natal and parenting classes-Counseling- They provide fee baby items  | https://eveshope.info/ | Information found online specified they meet with “immigrants and teenage girls” to provide these services as well  |
| Hope Women's Centers | Davie Center954-452-94592261 S. University DriveDavie, FL 33324Ft. Lauderdale Center954-568-26161400 E. Oakland Park Boulevard, Suite #201Ft. Lauderdale, FL 33334North Lauderdale Center954-726-7464943 SW 71 Ave. (Rock Island Road)North Lauderdale, FL 33068 | A non-profit that provides free services like, Housing Referrals, Medical Referrals, Parenting Education Pregnancy Tests, STD/STI Information, STD/STI Tests, STD/STI Treatment,and Ultrasound (Onsite) | https://hopewomenscenters.com/ | -Admin Office: Phone:954-372-7089Email:info@thereishope.org991 SW 71st Avenue,North Lauderdale, FL 33068-24-hour OptionLine 1-800-712-HELP and 24/7 live chat\* Photo ID with birthdate required for medical services. |
| Love and Care Pregnancy Resources | 133 Ponce de Leon BoulevardMiami, FL 33135Phone: (305) 442-9448 | -Pregnancy test, educational and counseling during pregnancy and after child birth, parenting/baby classes. -Assistance with application for Medicaid, food stamps, WIC, housing, etc. Expectant mothers/mothers are provided with love bags (cleaning, laundry and hygiene products), access to food pantry, maternity and baby items. Monopoly money given to mothers to purchase items from the baby mart from the donations received. | This is a link I found although it is not working: www.loveandcarepr.orgThe phone number provided is active with an answering machine message for the center  | -Clients must fill out an intake form for an individual need assessment -English and Spanish |
| South Miami Hospital - Center for Women and Infants - Great Expectations | 6200 SW 73rd StreetMiami, FL 33143Hospital Phone: (786) 662-5026 | -A free monthly program for expectant parents that provides parents-to-be with practical information about pregnancy, preparing for baby’s arrival, and caring for newborns-Expectant parents are provided an RN as their counselor who is available by phone during and after the pregnancy | https://baptisthealth.net/en/facilities/south-miami-hospital/maternity/pages/great-expectations-at-south-miami-hospital.aspx | -English only and available to those delivering at South Miami Hospital-Program Phone: 786-662-5151  |
| Medicaid Family Planning Waiver Program | -Multiple local offices, can be found here based on zip code:http://www.floridahealth.gov/all-county-locations.html | -Developed to reduce infant deaths, unplanned pregnancies, and to help women receive family planning services. -With the Waiver, women who have lost Medicaid coverage for any reason are provided limited family planning services for up to 24 months-Service include: annual physical exams including a pap smear, birth control supplies, pregnancy testing, limited treatment for sexually transmitted infections, and related medicines and lab tests  | http://miamidade.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/womens-health/women\_waiver/index.html | -Main Phone: 305-324-2400-305-470-5620, or 305-499-2232-Application available in English, Spanish, and Creole. -More to support post-natal women as one of the requirements is to not be pregnant. |
| Borinquen | Multiple locations based on zip code/services located here:https://www.borinquenhealth.org/index.php/appointments/locations/Phone: (305) 576-6611        Fax: (305) 994-1521 | -This clinic provides OB/GYN services including: -Annual check-ups and pap smears-Ultrasound- Family planning/contraceptive management-Prenatal care-Infectious disease diagnosis and treatment-Healthy Start | https://www.borinquenhealth.org/ | -The services are not free, however they do not turn patients away for inability to pay. They offer sliding scale for payments, discounted payments or minimum service fees apply. Payment arrangements are also available. -Fee schedule for services in provided on their website -Website information is available in English, Spanish, Haitian Creole, and Portuguese |
| Family Planning | Health District Center1350 NW 14th St. Suite 325Miami, FL 33125Appointments: (305) 575-3800West Dade11865 SW 26 St. Suite J2Miami, FL 33175 Phone: (305) 225-5950Appointments: (305) 575-3800Hours: M-F 8:00 a.m. - 5:00 p.m.Little Haiti Health Center300 NE 80th TerraceMiami, Florida 33138Appointment Line 305-575-3800Hours: M-F 8:00 a.m. - 5:00 p.m. | Services include: - Yearly exams for women- STD counseling & treatment-Emergency testing- HIV/AIDs testing & counseling-Pregnancy testing  | http://miamidade.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/womens-health/women\_family%20planning/index.html | -Services are free for adolescents-Sliding scale payments are available - On your first visit, you will be asked to bring information on your income and picture ID to determine the cost- English, Spanish, and Creole |
| Nurse Family Partnership | Appears to fall under the umbrella of Healthy Start Coalition of Miami-Dade: 7205 NW 19th StreetSuite 500Miami, FL 33126Phone: 305-541-0210 | - Introduces vulnerable first-time parents to caring maternal and child health nurses. This program allows nurses to deliver the support first-time moms need to have a healthy pregnancy, become knowledgeable and responsible parents, and provide their babies with the best possible start in life | https://www.hscmd.org/programs-initiatives/nurse-family-partnership/# | -Any woman who is pregnant with her first child, meets income-eligibility requirements, and lives within the service area can enroll. -Women are encouraged to enroll as early as possible, but no later than 28th week gestation |
| Connect Program | -The website (link provided in this row) provides a search engine for health care providers that offer this services based on zip code-Appears to fall under the umbrella of Healthy Start Coalition of Miami-Dade: 7205 NW 19th StreetSuite 500Miami, FL 33126Phone: 305-541-0210 | -Pregnancy education and support-Childbirth education-Newborn care instruction-Breastfeeding education and support-Parenting education and support-Counseling services-Help to quit smoking-Nutritional education-Child development education and support-Family planning education-Car seat safety-Infant safety-Home visiting programs-Other community resources | https://www.hscmd.org/connect\_momcare/ | -Per website eligibility and application information: -SOBRA Medicaid is a medical insurance that covers pregnancy-related procedures until 60 days postpartum. Women qualify based on household income. A woman may have a household income of $51,000 and still qualify for SOBRA if she and her partner work and they have four children plus the one they are expecting.- MomCare is available to women who meet the following requirements:* Have proof of a positive pregnancy test on a physicians or pregnancy centers letterhead that states expected delivery date.
* Have a household income at between 150% and 185% of the poverty level. See Income Chart.
* Be a United States citizen or a legal alien.
* Be a Florida resident.
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| CDC-Zika Virus  | N/A | -Up to date information related to Zika Virus from the CDC  | Main site: https://www.cdc.gov/zika/index.htmlPrintable Resources: https://www.cdc.gov/zika/fs-posters/index.html | -Printable PDF files in English and Spanish for the following topics:* Zika Basics
* Sexual Transmission
* Zika Testing
* Mosquito Bite Prevention
* Mosquito Control
* Travel
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| MothertoBaby | Health information (PDF facts sheets) are accessible online but physical location appears to be based in:MotherToBaby, a service of the Organization of Teratology Information Specialists5034A Thoroughbred LaneBrentwood, Tennessee 37027 | -Evidence based fact sheet for maternal exposure-Incudes search engine to narrow facts - PDF files for facts sheet-Includes medication, herbal products, infections and vaccines, maternal medical conditions, substance of abuse, occupational and other common exposures | https://mothertobaby.org/fact-sheets-parent/ | -PDF files are available in Spanish and English - For Administrative Inquiries: (615) 649-3082 |
| Gestational Diabetes-Florida Health | Mailing AddressBureau of Chronic Disease Prevention - Diabetes 4052 Bald Cypress Way Bin A18 Tallahassee, FL 32399  | -Fact sheet including signs and symptoms, risk factors, screening, effects, and treatment | http://www.floridahealth.gov/diseases-and-conditions/diabetes/gestational-diabetes/index.html | Email: cdprevention@flhealth.govPhone: 850-245-4330 |
| Florida Pregnancy Support Services Program | Multiple centers (in Miami, Tampa, St. Petersburg, Orlando, Gainesville, Jacksonville, Tallahassee, and Pensacola) based on zip code/services located here:https://floridapregnancysupport.com/pregnancy-center/ | -Pregnancy Center (free testing)-STI/STD Services- Wellness Referral Services- Free baby items like (maternity and baby clothing, diapers, formula and baby Food, baby bath items, cribs, and infant carriers) with participation in pregnancy, childbirth, parenting, and life skills classes | https://floridapregnancysupport.com/resources/ | Consultants available 24 hours a day, 7 days a week via phone, text, and email to help answer questionsHelpline: 1-866-673-4673To text the HelplineText the word *choices* to 313131Email:floridapregnancy@optionline.org |
| Tobacco Use in Pregnancy | Health information on site with resources  | -Has simplified information on effects of smoking while pregnant- Has resources for help with quitting smoking  | http://www.floridahealth.gov/programs-and-services/womens-health/pregnancy/tobacco-use-in-pregnancy.html | Phone: 850-245-4465Fax: 850-245-4047Mailing Address:Maternal and Child Health Section 4052 Bald Cypress Way, Bin A13 Tallahassee, FL 32399-1721  |
| Effects of Drug Use During Pregnancy | Online Resource with health information and helpline  | -A site with lots of information about substance abuse/ drug use during pregnancy-Resources and helpline | http://www.floridahealth.gov/programs-and-services/prevention/substance-abuse/substance-abuse-during-pregnancy/index.htmlResource: http://borndrugfreefl.com/Information on Neonatal Abstinence Syndrome: http://www.floridahealth.gov/diseases-and-conditions/neonatal-abstinence-syndrome/index.html | Helpline: 1-800-945-1355 |
| March of Dimes- Folic Acid | Online health information on Folic Acid | -Includes key points, what it is, how much you need, food sources, and vitamin supplement label reading | https://www.marchofdimes.org/pregnancy/folic-acid.aspx |  |
| Flu and Pregnancy | Health information on site with resources and downloadable facts sheet | -Information on the flu in relation to pregnancy- Vaccine information- Resources- Downloadable facts sheet | http://www.floridahealth.gov/programs-and-services/womens-health/pregnancy/flu-and-pregnancy.html | Phone: 850-245-4465Fax: 850-245-4047Mailing Address:Maternal and Child Health Section 4052 Bald Cypress Way, Bin A13 Tallahassee, FL 32399-1721  |
| Family Health Line (Florida) | No physical location- over the phone  | - The toll-free hotline offers callers information on helpful community resources and answers to basic questions about pregnancy, breastfeeding, childbirth education, family planning, infants and toddlers.  | http://www.floridahealth.gov/programs-and-services/womens-health/pregnancy/family-health-line.html | The Family Health Line is available in English, Spanish and Haitian Creole.1-800-451-2229 |
| Breastfeeding | Online Health Information | -From WIC program-Include information on breastfeeding-Includes PDF studies of WIC participants to encourage breastfeeding-Downloadable PDF breastfeeding informational sheet | http://www.floridahealth.gov/programs-and-services/wic/breastfeeding/index.html | - This information is available in English, Spanish and Creole. |
| Perinatal Hepatitis B Prevention Program Resource Manual | Online Health Information | -PDF Manual for health care providers  | PDF for healthcare providers:http://www.floridahealth.gov/diseases-and-conditions/perinatal-hepatitis-b/\_documents/phbpp-resource-guide.pdfSite information on perinatal Hepatitis B Prevention/Program: http://www.floridahealth.gov/diseases-and-conditions/perinatal-hepatitis-b/index.html | -Contact email: Florida\_PHBPP@flhealth.gov |
| Postpartum Support International (PSI) | FL Support Coordinators:**Kristy Lewandowski****North and Central Florida**352-575-9210 Text Only, Pleasepsi.coordinator.fl@gmail.com**Jenny Bowden****Greater Jacksonville Area**904-885-2232jbowdenpsi@gmail.com**Ifetayo “Ife” Titilola Kumasi-Ka****North Greater Jacksonville Area**904-417-8237 TEXT OR CALLabiyamoikunle@gmail.com**Amy L. Kimmel****Tallahassee Area**850-895-1774inbloomdoula@gmail.com**Susan Liipfert Shelton****Tallahassee Area**850-583-6814susanlshelton@gmail.com**Lauren DePaola****Gainesville Area**352-278-2538Lauren@BetterBeginningsFL.com**Melissa Butler****Hillsborough, Pinellas, Pasco Counties**813-358-8126 Text or Callmbutlerpsi@gmail.com**Micaela Thomas****Orlando Area**321-804-1231 Text or CallMmthomaspsi@gmail.com**Postpartum Support Network****Brevard County**321-223-1013 Text or Callinfo@postpartumsupportnetwork.org**Cynthia Butler****Fort Myers**239-848-5904 Text or CallPostpartumLee@gmail.com**KC Charette****Palm Beach and Broward Counties**(561) 617-3323Dr.KCCharette@gmail.com**LaShae Black****Dade, Broward, Palm Beach Counties**(754) 263-1164 Text or CallLashaesheart@gmail.com**Shelly Orlowsky****Miami Area**786-704-8544drorlowsky@gmail.com**Maureen Fura****Miami Area**Bilingual English/Spanish831-920-7907 Text or Callmaufura@gmail.com**Stephanie Triarhos****Miami Area**954-632-1395 Text or Calldr.stephanietriarhos@gmail.com**Andrea Arauco** **Miami/Homestead Area**Bilingual English/Spanish786-465-3309 Text or Callandreararauco@gmail.com | -PSI-FL is the Florida state chapter of [Postpartum Support International (PSI)](http://postpartum.net/), the world’s leading non-profit organization dedicated to helping those suffering from perinatal mood disorders, the most common complication of childbirth.-Their mission is to promote awareness, education, prevention, and treatment of perinatal mental health issues affecting mothers, their families, and support systems in all areas of Florida. | https://psichapters.com/fl/ | 24-Hr Helpline: call 1-800-944-4773 or text 503-894-9453 |
| WIC Program Location - Goulds Center/CHI Clinic | 10300 S.W. 216th StreetGoulds, FL 33190 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 252-4459Tues-Fri: 8:00 am – 5:00 pmSat: 8:00 am – 2:00 pm Supervisor: Nancy Rodriguez-Suarez (Intermin) |
| WIC Program Location - West Perrine Center | 18255 Homestead AvenuePerrine, FL 33157 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 278-1090Supervisor: Isabel MartinMon-Fri: 7:30am – 5:00pm |
| WIC Program Location - South Miami Center/Rosie Lee Clinic | 6601 S.W. 62nd AvenueSouth Miami, FL 33143 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 669-6922Supervisor: Teresa Jesus-Frade (Interim)Tues-Fri: 7:30 am – 4:30 pm |
| WIC Program Location - West Dade Center | 11865 S.W. 26th StreetUnit # J-6Miami, FL 33175 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 225-5921Supervisor: Sarah BasnaMon-Fri: 7:30 am – 5:00 pmSat: 8:00 am – 2:00 pm  |
| WIC Program Location - Federica Wilson & Juanita Mann Health Center | 2520 N.W. 75th StreetMiami, FL 33147 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 694-2935Supervisor: Claudia DelgadoMon-Fri: 7:30 am – 5:00 pmSat: 8:00 am – 2:00 pm  |
| WIC Program Location - North Miami Center | 14101 N.W. 8th AvenueMiami, FL 33168 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 688-4821Supervisor: Elizabeth LeMereMon-Fri: 8:00 am – 5:00 pm |
| WIC Program Location - Homestead/Florida City Center | 753 W. Palm DriveFlorida City, FL 33034 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 242-2459Supervisor: Dawn FontusMon-Fri: 8:00 am – 5:00 pmSat: 8:00 am – 2:00 pm  |
| WIC Program Location - Carol City Center | Las Villas Plaza4737 N.W. 183rd StreetCarol City, FL 33055 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 628-7294Supervisor: Vivian Amor-Martinez Mon: 7:30 am – 4:30 pmTues-Fri: 7:00 am – 5:00 pmSat: 7:30 am – 4:00 pm |
| WIC Program Location – Little River | 300 N.E. 80th TerraceMiami, FL 33138 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 795-2010Supervisor: Christina Zollner-SalvadorMon-Fri: 8:00am – 5:00 pm  |
| WIC Program Location – Jackson Memorial Hospital  | Park Plaza West GarageG-101 1611 N.W. 12th Avenue3rd FloorMiami, FL 33136 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (786) 336-7936Phone: (786) 336-7935Supervisor: Monica Garcia (Interim) Mon-Fri: 8:00 am – 5:00 pm |
| WIC Program Location – Unity Central | 1490 N.W. 27th AvenueMiami, FL 33125 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 637-2294Supervisor: Monica GarciaMon-Fri: 7:30 am – 4:30 pm Sat: 7:30 am – 4:00 pm  |
| WIC Program Location – University WIC Center | 1607 S.W. 107th AvenueMiami, FL 33165 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 222-4155Supervisor: Dania ArencibiaMon-Fri: 7:30 am – 4:30 pmSat: 8:00 am – 2:00 pm |
| WIC Program Location – Hialeah West/Citrus Health | 551 W. 51st PlaceHialeah, FL | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 364-3119Supervisor: Maritza CashMon-Fri: 7:00am – 5:30 pmSat: 8:00 am – 2:00 pm |
| WIC Program Location – North Miami Beach | 995 North Miami Beach Blvd.Suite 100Miami, FL 33162 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 787-0511Supervisor: Tammye FarmerMon-Fri: 7:30 am – 5:00 pmSat: 7:30 am – 4:00 pm |
| WIC Program Location – Naranja Community Health Center | 13805 S.W. 264th StreetNaranja, FL 33032 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 257-0720Supervisor: Degnis Mendez (Interim)Mon-Fri: 8:00 am – 5:00 pm |
| WIC Program Location – Rafael Penalver Clinic | 971 N.W. 2nd StreetMiami, FL 33128 | For WIC Appointments Phone: (305) 336 – 1300Mon-Fri: 7:15 am – 5:45 pmSupervisor: Joanne Jean-PierreFor Breastfeeding Help: Phone: (786) 336 – 1336Mon-Fri: 8:00 am – 5:00 pmAvailable: After hours, weekends and holidaysSupervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/http://signupwic.com/ | Location Phone: (305) 545-6032Supervisor: Judy AvilesMon-Fri: 7:30 am – 4:30 pm |
| Cuddle Me Program – Diaper and Food Bank | Admin location in NJ but program covers residents of FL | They provide diapers, wipes, formula and other essentials to families through a network of partners in several states. To qualify to receive help, you must answer “yes” to the following four questions:- Is your child under three years old?- Do you find it hard to buy diapers and wipes each month?- Are you the main caregiver for the child?- Do you live in one of our service areas? (DC, DE, FL, MD, ME, NJ, NY, TN and VA)To participate in the program and receive help, visit the website and fill out the contact form. | http://www.cuddlemeprogram.com/Contact Form: http://www.cuddlemeprogram.com/contact/Referring partner information can be found here: http://www.cuddlemeprogram.com/about/partners/ | Please note you must be referred by a social service agency, social worker, church or 2\*1\*1 system. This referral has to be in writing and include your name, address, number of children in your household and signed by a representative of the referring agency. |
| Compassion Ministries by Florida Baptist Children’s Homes | Miami Campus7748 SW 95th TerraceMiami, FL 33156Main Physical AddressJoe K. Blanton Campus1015 Sikes Blvd.Lakeland, FL 33815Mailing AddressP.O. Box 8190Lakeland, FL 33802 | Provides food, clothing, diapers, household goods and other items to those in crisis. In addition to meeting tangible needs through this ministry, they are also able to provide for the intangible needs of children, bringing life-changing support to families | https://www.fbchomes.org/ | Phone: 305-271-4121Miami.FL@FBCHomes.orgMain Contact Info863-687-8811 |
| Brave Moms – Florida Baptist Homes | Miami Campus7748 SW 95th TerraceMiami, FL 33156Main Physical AddressJoe K. Blanton Campus1015 Sikes Blvd.Lakeland, FL 33815Mailing AddressP.O. Box 8190Lakeland, FL 33802 | -It’s a ministry that exists to serve courageous single moms who need support, stability and encouragement as they fight to better their lives and provide their families a future filled with hope and possibility.-This program is designed to accommodate women age 18 and older for approximately 9-12 months.  –Some of the ways they work to provide self-sufficiency for these mothers and their children include: • Providing housing in safe, secure locations• Assist with working toward career advancement• Having Godly women offer wisdom and friendship as mentors• Assistance continuing or completing their education• Helping develop budgets and requiring them to save money that will allow them to graduate the program with more stability• Teaching them how to cook nutritious meals that are simple and cost effective• Connecting them with local churches• Teaching them life skills that will help them be better mothers to their children | https://www.fbchomes.org/2017/08/08/brave-moms-inspire-friends-get-involved/ | Main Contact Info863-687-8811 |
| La Leche League meetings | 2nd Monday of every monthMeeting at 7 pm Building 2 at:Alper Jewish Community Center11155 S.W. 112th Ave. Miami, FL 33176To confirm time and location for this meeting call or text Melissa at 617-448-38132nd Saturday of every month Meeting from 5:00pm - 6pm Magnolia House- the Gathering Place 16821 NE 6th Ave North Miami Beach, FL 33162 Contact Melissa at 617 448 3813 for additional information3rd Saturday of every month SPANISH SPEAKERS ONLY Meeting from 10:30-12:30pm Contact Rocio at 786 970 3248 for details on the location<http://www.lllmiamidade.info/meetings> | -An international, non-profit, non-sectarian organization dedicated to providing support, encouragement, information and education to women who choose to breastfeed. -The mission of La Leche League to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. | http://www.lllmiamidade.info/meetings | - Open to mothers (fathers welcome) and babies in need of support free of charge. -There is no need to sign-up- No Meetings on Thanksgiving or Christmas |
| Institute for Child and Family Health | North Dade Clinic15490 NW 7th AvenueMiami, Fl 33169Tel: 305-685-0381Referral Direct Line: 305-722-7159**Program Supervisor: Mónica Agostino, Ph.D.   305-722-5362 or 305-722-5353**<http://www.icfhinc.org/our_programs.asp?id_programa_padre=33&id_programa=112> | Prenatal careParenting skillsChild development Positive discipline techniquesStress managementConflict resolution Healthy communication among other topics. |  |  |
| Family Resource Center | Family Resource Center of South Florida, Inc.1393 SW 1st Street, Miami, FL 33135Tel: (305) 374-6006Fax: (305) 374-6112Email: info@frcflorida.org<https://frcflorida.org/family-resource/mental-health/parent-education/> | Parent education program. The FRC Parent Education program provides a 16-class course that is taught in English and Spanish. Each class lasts 120 minutes. Funded by The Children’s Trust. |  |  |
| Kendall Regional Medical Center Virtual education | 11750 bird rdMiami, Fl 33175Ph. 305-223-3000<https://kendallmed.com/covid-19/covid-19-and-pregnancy/virtual-education.dot> | Due to social distancing all classes have been changed to virtual classes with videos until they can reopen. Classes in Spanish |  |  |