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 33143 Phone: 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 County Healthy Start Data Management Office West Perrine Health Center 18255 Homestead Avenue Miami, 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 Bay  10720 Caribbean Blvd, Suite 420 Cutler Bay, FL 33189  786-293-9544  Broward Behavioral Health Outpatient Center for Children & Families | Oakland Park  1061 West Oakland Park Blvd Oakland Park, FL 33311  954-327-4060  Primary Care Center & Pediatrics  3733 W. Flagler Street  Miami 33134  305-774-3400 | -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 33021  Phone: 954-981-2922  North Broward Location: 5115 Coconut Creek Parkway Margate, FL 33063 Phone: (954) 977-7769 nbrespectlife@att.net  Central Broward Location:  525 NE 13TH ST  Fort Lauderdale, FL 33304 Phone: (954) 565-0229  respectlifefll@att.net  South Broward Location: 4747 Hollywood Blvd.  Suite #101  Hollywood, FL 33021  Phone: (954) 963-2229  sbrespectlife@att.net  North Dade Location:  1515 N.W. 167th Street  Bldg. #4, Suite #190  Miami Gardens, FL 33169  Phone:  (786) 452-0266  respectlifeministry@comcast.net  South Dade Location:  3410 S.W. 107 Avenue  Miami, Florida 33165  Phone: (305) 273-8507  southdadepregnancyhelp@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 Street North Miami, FL 33161  (305) 685-6010  10100 SW 107th Court Miami, FL 33176 (305) 274-5105  390 W 49th St (103rd) Hialeah, FL 33012 (305) 821-9970  4391 W Flagler St. Miami, FL 33134 (305) 603-8668 | -A non-profit that advocates pro-life, they provide the following as mentioned  from 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 Street  Hialeah, FL 33012  Phone: 305-821-9970  North Miami  660 NE 125th St.  North Miami, FL 33161  Phone: 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/en  Basic 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 Street Suite 105 Miami, FL 33157 Main 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 Center  954-452-9459 2261 S. University Drive Davie, FL 33324  Ft. Lauderdale Center  954-568-2616 1400 E. Oakland Park Boulevard, Suite #201 Ft. Lauderdale, FL 33334  North Lauderdale Center  954-726-7464 943 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:  954-372-7089  Email:  info@thereishope.org  991 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 Boulevard Miami, FL 33135 Phone: (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.org  The 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 Street Miami, FL 33143  Hospital 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 Center 1350 NW 14th St. Suite 325 Miami, FL 33125 Appointments: (305) 575-3800  West Dade 11865 SW 26 St. Suite J2 Miami, FL 33175  Phone: (305) 225-5950 Appointments: (305) 575-3800 Hours: M-F 8:00 a.m. - 5:00 p.m.  Little Haiti Health Center 300 NE 80th Terrace Miami, Florida 33138 Appointment Line 305-575-3800 Hours: 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 Street  Suite 500  Miami, FL 33126  Phone: 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 Street  Suite 500  Miami, FL 33126  Phone: 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. |
| CDC-Zika Virus | N/A | -Up to date information related to Zika Virus from the CDC | Main site: https://www.cdc.gov/zika/index.html  Printable 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 |
| 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 Specialists 5034A Thoroughbred Lane Brentwood, 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 Address  Bureau 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.gov  Phone: 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 questions  Helpline: 1-866-673-4673  To text the Helpline  Text the word *choices* to 313131  Email:  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: 850-245-4465    Fax: 850-245-4047    Mailing 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.html  Resource: 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: 850-245-4465    Fax: 850-245-4047    Mailing 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.pdf  Site 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, Please psi.coordinator.fl@gmail.com  **Jenny Bowden** **Greater Jacksonville Area** 904-885-2232 jbowdenpsi@gmail.com  **Ifetayo “Ife” Titilola Kumasi-Ka** **North Greater Jacksonville Area** 904-417-8237 TEXT OR CALL abiyamoikunle@gmail.com  **Amy L. Kimmel** **Tallahassee Area** 850-895-1774 inbloomdoula@gmail.com  **Susan Liipfert Shelton** **Tallahassee Area** 850-583-6814 susanlshelton@gmail.com  **Lauren DePaola** **Gainesville Area** 352-278-2538 Lauren@BetterBeginningsFL.com  **Melissa Butler** **Hillsborough, Pinellas, Pasco Counties** 813-358-8126 Text or Call mbutlerpsi@gmail.com  **Micaela Thomas** **Orlando Area** 321-804-1231 Text or Call Mmthomaspsi@gmail.com  **Postpartum Support Network** **Brevard County** 321-223-1013 Text or Call info@postpartumsupportnetwork.org  **Cynthia Butler** **Fort Myers** 239-848-5904 Text or Call PostpartumLee@gmail.com  **KC Charette** **Palm Beach and Broward Counties** (561) 617-3323 Dr.KCCharette@gmail.com  **LaShae Black** **Dade, Broward, Palm Beach Counties** (754) 263-1164 Text or Call Lashaesheart@gmail.com  **Shelly Orlowsky** **Miami Area** 786-704-8544 drorlowsky@gmail.com  **Maureen Fura** **Miami Area** Bilingual English/Spanish 831-920-7907 Text or Call maufura@gmail.com **Stephanie Triarhos** **Miami Area** 954-632-1395 Text or Call dr.stephanietriarhos@gmail.com  **Andrea Arauco**  **Miami/Homestead Area** Bilingual English/Spanish 786-465-3309 Text or Call andreararauco@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 Street  Goulds, FL 33190 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 252-4459  Tues-Fri: 8:00 am – 5:00 pm  Sat: 8:00 am – 2:00 pm  Supervisor: Nancy Rodriguez-Suarez (Intermin) |
| WIC Program Location - West Perrine Center | 18255 Homestead Avenue  Perrine, FL 33157 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 278-1090  Supervisor: Isabel Martin  Mon-Fri: 7:30am – 5:00pm |
| WIC Program Location - South Miami Center/Rosie Lee Clinic | 6601 S.W. 62nd Avenue  South Miami, FL 33143 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 669-6922  Supervisor: Teresa Jesus-Frade (Interim)  Tues-Fri: 7:30 am – 4:30 pm |
| WIC Program Location - West Dade Center | 11865 S.W. 26th Street  Unit # J-6  Miami, FL 33175 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 225-5921  Supervisor: Sarah Basna  Mon-Fri: 7:30 am – 5:00 pm  Sat: 8:00 am – 2:00 pm |
| WIC Program Location - Federica Wilson & Juanita Mann Health Center | 2520 N.W. 75th Street  Miami, FL 33147 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 694-2935  Supervisor: Claudia Delgado  Mon-Fri: 7:30 am – 5:00 pm  Sat: 8:00 am – 2:00 pm |
| WIC Program Location - North Miami Center | 14101 N.W. 8th Avenue  Miami, FL 33168 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 688-4821  Supervisor: Elizabeth LeMere  Mon-Fri: 8:00 am – 5:00 pm |
| WIC Program Location - Homestead/Florida City Center | 753 W. Palm Drive  Florida City, FL 33034 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 242-2459  Supervisor: Dawn Fontus  Mon-Fri: 8:00 am – 5:00 pm  Sat: 8:00 am – 2:00 pm |
| WIC Program Location - Carol City Center | Las Villas Plaza  4737 N.W. 183rd Street  Carol City, FL 33055 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 628-7294  Supervisor: Vivian Amor-Martinez  Mon: 7:30 am – 4:30 pm  Tues-Fri: 7:00 am – 5:00 pm  Sat: 7:30 am – 4:00 pm |
| WIC Program Location – Little River | 300 N.E. 80th Terrace  Miami, FL 33138 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 795-2010  Supervisor: Christina Zollner-Salvador  Mon-Fri: 8:00am – 5:00 pm |
| WIC Program Location – Jackson Memorial Hospital | Park Plaza West Garage  G-101  1611 N.W. 12th Avenue  3rd Floor  Miami, FL 33136 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (786) 336-7936  Phone: (786) 336-7935  Supervisor: Monica Garcia (Interim)  Mon-Fri: 8:00 am – 5:00 pm |
| WIC Program Location – Unity Central | 1490 N.W. 27th Avenue  Miami, FL 33125 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 637-2294  Supervisor: Monica Garcia  Mon-Fri: 7:30 am – 4:30 pm  Sat: 7:30 am – 4:00 pm |
| WIC Program Location – University WIC Center | 1607 S.W. 107th Avenue  Miami, FL 33165 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 222-4155  Supervisor: Dania Arencibia  Mon-Fri: 7:30 am – 4:30 pm  Sat: 8:00 am – 2:00 pm |
| WIC Program Location – Hialeah West/Citrus Health | 551 W. 51st Place  Hialeah, FL | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 364-3119  Supervisor: Maritza Cash  Mon-Fri: 7:00am – 5:30 pm  Sat: 8:00 am – 2:00 pm |
| WIC Program Location – North Miami Beach | 995 North Miami Beach Blvd.  Suite 100  Miami, FL 33162 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 787-0511  Supervisor: Tammye Farmer  Mon-Fri: 7:30 am – 5:00 pm  Sat: 7:30 am – 4:00 pm |
| WIC Program Location – Naranja Community Health Center | 13805 S.W. 264th Street  Naranja, FL 33032 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 257-0720  Supervisor: Degnis Mendez (Interim)  Mon-Fri: 8:00 am – 5:00 pm |
| WIC Program Location – Rafael Penalver Clinic | 971 N.W. 2nd Street  Miami, FL 33128 | For WIC Appointments Phone: (305) 336 – 1300  Mon-Fri: 7:15 am – 5:45 pm  Supervisor: Joanne Jean-Pierre  For Breastfeeding Help:  Phone: (786) 336 – 1336  Mon-Fri: 8:00 am – 5:00 pm  Available: After hours, weekends and holidays  Supervisor: Cheryl Lorie | http://www.floridahealth.gov/programs-and-services/wic/  http://signupwic.com/ | Location Phone: (305) 545-6032  Supervisor: Judy Aviles  Mon-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 Campus  7748 SW 95th Terrace Miami, FL 33156  Main Physical Address Joe K. Blanton Campus 1015 Sikes Blvd. Lakeland, FL 33815  Mailing AddressP.O. Box 8190 Lakeland, 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: 305-271-4121 Miami.FL@FBCHomes.org  Main Contact Info 863-687-8811 |
| Brave Moms – Florida Baptist Homes | Miami Campus  7748 SW 95th Terrace Miami, FL 33156  Main Physical Address Joe K. Blanton Campus 1015 Sikes Blvd. Lakeland, FL 33815  Mailing AddressP.O. Box 8190 Lakeland, 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 Info 863-687-8811 |
| La Leche League meetings | 2nd Monday of every month Meeting at 7 pm Building 2 at:  Alper Jewish Community Center 11155 S.W. 112th Ave.  Miami, FL 33176  To confirm time and location for this meeting call or text Melissa at 617-448-3813  2nd 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 information  3rd 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 Clinic  15490 NW 7th Avenue  Miami, Fl 33169  Tel: 305-685-0381  Referral 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 care  Parenting skills  Child development  Positive discipline techniques  Stress management  Conflict resolution  Healthy communication among other topics. |  |  |
| Family Resource Center | Family Resource Center of South Florida, Inc.  1393 SW 1st Street, Miami, FL 33135  Tel: (305) 374-6006  Fax: (305) 374-6112  Email: [info@frcflorida.org](mailto: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 rd  Miami, Fl 33175  Ph. 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 |  |  |