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850-833-9284
healthystartokawalton.org



Like us on...

*For a Healthy Start in life...
The best place to start is at the very beginning!*



HEALTHY START FAMILY RESOURCE DIRECTORY

2014



OKALOOSA COUNTY



H

aving a baby is awesome! You alone will give your baby life. You alone are the most important person in the world to your baby, and what you do now, even before his or her birth, can be the difference between good health and poor health for your baby.

To help you find the services you need, the Healthy Start Coalition of Okaloosa-Walton Counties has compiled this easy-to-use booklet for you. We have tried our best to be as current and accurate as possible, but please bear in mind that telephone numbers change, programs lose funding, or we may have missed the occasional errors. So if a number is incorrect, please call, and we'll help you find the right number. After all, our only goal is good health - for you and your baby.

The best place to start is at the very beginning!

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| Elder Services | 10 | | | | |



ADDRESSES

South County

Fort Walton Beach Medical Center
1000 Mar-Walt Drive
Fort Walton Beach, FL 32547

Florida Department of Revenue Child Support Enforcement
111-C Racetrack Road
Fort Walton Beach, FL 32547

Okaloosa County Health Department
221 Hospital Drive, N. E.
Fort Walton Beach, FL 32548

Okaloosa County School Board
120 Lowery Place
Fort Walton Beach, FL 32548

Okaloosa-Walton Child Care Services
107-A SE Tupelo Ave.
Fort Walton Beach, FL 32548

Sharing and Caring
126 SW Beal Parkway
Fort Walton Beach, FL 32548

Sharing and Caring
104 Bullock Blvd.
Niceville, FL 32578

Striving for Perfection Ministries, Inc. (S4P Synergy)
24 Bass Ave. SW
Fort Walton Beach, FL 32548

White-Wilson Medical Center
490 N. Hwy. 85
Niceville, FL 32578



Healthy Start

Since the first contact with an agency or organization is usually made by telephone, the listings in this book give a telephone number only. Following are the addresses of the most often used services.

White-Wilson Medical Center
990 Airport Rd.
Destin, FL 32540

White-Wilson Medical Center
1005 Mar-Walt Drive
Fort Walton Beach, FL 32547

North County

Children's Clinic
160 E. Redstone Ave.
Crestview, FL 32539

Okaloosa County Health Department
810 E. James Lee Blvd.
Crestview, FL 32539

North Okaloosa Medical Center
151 Redstone Ave. SE
Crestview, FL 32536

Florida Department of Revenue Child Support Enforcement
728 N. Ferdon Blvd.
Crestview, FL 32536

Military Bases (Military ID Needed)

Family Support Center
Bldg. 90213
121 Bartley St.
Hurlburt Field, FL 32544

Family Support Center
Bldg. 205
502 W. Van Matre, Suite 1
Eglin AFB, FL 32542

WEB SITES

Healthy Start Okaloosa-Walton
<http://www.healthystartokawalton.org>

La Leche League
<http://www.llli.org>

Safe Sleep Information
<http://www.nichd.nih.gov/news/resources/spotlight/101811-safe-sleep-for-all-babies.cfm>

March of Dimes
<http://www.marchofdimes.com>

Am. Assoc. of Poison Control Centers
<http://www.sspvv.otn/DNN/>

Tobacco Free Florida Quitline
<http://www.floridaquitline.com>

Teen Pregnancy Prevention
<http://www.thenationalcampaign.org>

Folic Acid and Pregnancy
<http://www.wcbmd.com/baby/folic-acid-and-pregnancy>

Airman & Family Support
<http://www.eglinforcesupport.com>

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ARE YOU PREGNANT?

It's so important to find out as soon as possible if you are pregnant, because if you are, your baby needs your help right away - to get a Healthy Start in life.

For a pregnancy test, call one of these numbers.

Okaloosa County Health Dept. FWB 833-9240
Okaloosa County Health Dept. Crestview 689-7808
SOZO Life Connection, FWB 243-5800
LIFE Inc., FWB 862-9020
Crestview Pregnancy Center.....682-1011
Private Doctor..... See *Obstetrician* in Yellow Pages
or*Health Care section of this booklet*
Eglin Hospital Information..... 883-8242
Eglin Appointments..... 883-8600

****All services from Eglin or Hurlburt require a military ID Card****



Healthy Start

**If the test is positive, congratulations! You're going to have a baby!
The following pages will help you get the services you and your baby need.**

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CONFUSED? SCARED?

Crisis Line

Fort Walton Beach 244-9191
 Crestview 682-0101

Okaloosa County Health Department

Fort Walton Beach 833-9240
 Crestview 689-7808

Healthy Start 833-9284

For Services call..... 850-683-5002

First Call for Help 243-9111

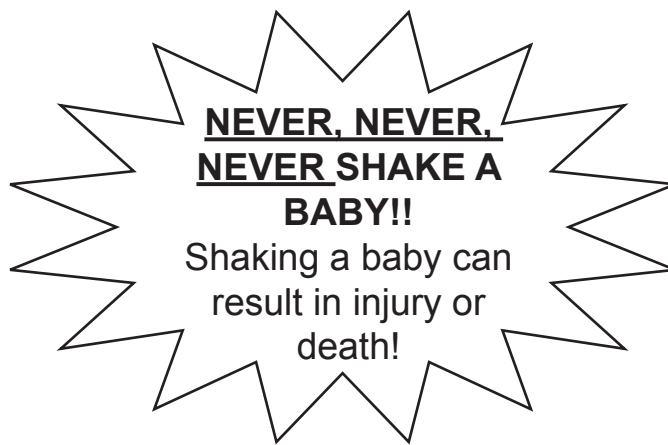
Healthy Families 484-5040

Shelter House FWB 863-4777

Toll Free Hotline 1-800-44ABUSE

FL Abuse Hotline 1-800-96ABUSE

If you're not sure what to do, or perhaps have a special problem you need to talk to someone about, call one of these numbers.



Emergency! Call 911

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Healthy Start

PARENTING/CHILDBIRTH

Breastfeeding and Nutrition Education (WIC)

Fort Walton Beach 833-9254
 Crestview 689-7858

Early Head Start Crestview 683-5335

Prenatal, home visits, parenting & family support

Fort Walton Beach Medical Center 862-1111

Prepared childbirth, sibling, infant CPR

Healthy Families..... 484-5040 x 1337

Healthy Start **833-9284**

Education and support for moms and babies

North Okaloosa Medical Center 689-8475

Classes for expectant parents

Okaloosa Walton Child Care Services 833-9330

Resource and referral 833-9333

Postpartum Depression 1-800-773-6667

SOZO Life Connection 243-5800

TeenAge Parent Program (TAPP FWB) 833-3425

TAPP Crestview 689-7177 x 8400

Family Birth Center (Childbirth Ed), Sacred Heart EC.. 278-3676

Military (Military ID required)

Airman and Family Readiness

Eglin AFB 882-9060

Hurlburt Field 884-5441

Family Advocacy

Eglin AFB 883-8616

Hurlburt Field 881-5061

New Parent Support Program

Eglin AFB 883-9890

Hurlburt Field 881-5256

Family Planning

Okaloosa County Health Department

Fort Walton Beach 833-9240

Crestview 689-7808

LIFE Inc. 862-9020

School Physicals

Okaloosa County Health Department

Fort Walton Beach 833-9246

Crestview 689-7808

Gulf Coast Immediate Care Center 244-3211

Adoptions/Foster Care

Catholic Charities 244-2825

Children's Home Society 833-3872

Children & Family Services

Foster Care, Families First, FWB..... 833-3818

Adoptions, FWB..... 833-3946

For attorneys who specialize in adoptions, see Adoptions in the Yellow Pages

REMEMBER! ALWAYS PUT YOUR BABY TO SLEEP ON HIS OR HER BACK. DRESS BABY IN A "ONSIE" FOR WARMTH. ALWAYS PUT YOUR BABY ALONE, IN A CRIB, WITH NO HEAVY BLANKETS, NO STUFFED ANIMALS, NO BUMPER PADS. DON'T SLEEP WITH BABY - YOU COULD ACCIDENTALLY ROLL OVER ON THE BABY WHILE YOU SLEEP.



Healthy Start

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FIRST STEPS

DO

- ☺ See your doctor or a health care provider at the health department
- ☺ Eat healthy foods
- ☺ Read books about pregnancy and childbirth
- ☺ Plan to breastfeed - it's the natural choice for your baby
- ☺ Plan to take your baby for well-baby checkups and shots
- ☺ Begin taking Folic Acid

DON'T

- ☹ Smoke - if you smoke during pregnancy your baby is more likely to be born too small
- ☺ **For help to quit smoking, call QuitforLifeLine1-877-UCAN NOW (1-877-822-6669)**
- ☹ Drink alcohol, take drugs or medication (unless prescribed & your doctor knows about it)
- ☹ Get stressed out

Get Healthy Before You Get Pregnant



HOUSING

Shelter

| | |
|---|----------|
| Waterfront Rescue Mission | 796-0700 |
| Shelter House - for domestic violence, FWB..... | 863-4777 |
| Crestview..... | 683-0845 |
| LIFE, Inc. - for pregnant women..... | 862-9020 |
| Coalition for the Homeless/Fresh Start..... | 243-5648 |
| Habitat for Humanity..... | 315-0025 |
| Hope House, Crestview..... | 682-2374 |
| Opportunity Place - Emergency Shelter..... | 409-3070 |
| SOZO Life Connection | 243-5800 |
| S4P rent, utility assistance..... | 362-6977 |
| USDA Rural Development - home loans | 892-2125 |
| Opportunity Place - Emergency Shelter | 409-3070 |

Housing Authority (Low Income Housing)

| | |
|---|----------|
| Fort Walton Beach Housing Authority..... | 243-3224 |
| Fresh Start Transitional Housing | 243-5648 |
| Niceville Housing Authority | 678-7816 |
| Crestview Housing Authority..... | 682-2413 |
| Section 8 (HUD), Housing Authority, FWB | 243-3224 |

Private Housing - Subsidized

| | |
|---------------------------------|----------|
| Choctaw Village Apartments..... | 862-4200 |
| Wildwood Apartments..... | 678-7734 |



EMPLOYMENT

| | |
|--|----------------|
| Labor Finders | 243-2699 |
| Daily labor for skilled/unskilled laborers in construction, landscaping, etc. Come to 6B Hollywood Blvd. between 5:30-6 a.m. If jobs are available, transportation is provided and payment for work is on a daily basis. | |
| Jobs Plus of Florida | |
| A one-stop center for all employment needs, including vocational counseling, training, testing, job listing and assistance, welfare transition, unemployment compensation information, etc. | |
| Fort Walton Beach | 833-7587 |
| Crestview | 689-7823 |
| Senior Employment Program | 689-7823x220 |
| Social Security Administration | 1-800-772-1213 |
| Southeastern Vocational Service of Lakeview | 609-1046 |
| Vocational Rehabilitation | |
| Fort Walton Beach | 833-9114 |
| Women's Educational Resource Center | |
| Military (Military ID required) | |
| Airman & Family Support Center, Eglin AFB | 882-9060 |
| Airman & Family Support Center, Hurlburt Field ... | 884-5441 |

EDUCATION

| | | | |
|--|---|---|---------------|
| Okaloosa County School Board | 689-7300 | Even Start, Crestview | 689-7918 |
| Head Start FWB | 244-2606 | Community Education - Pre-vocational skills such as typing, bookkeeping, word processing, etc. | 833-3500 |
| Crestview Edney Center | 682-2912 | English for Speakers of Other Languages (ESOL) | 833-5861 |
| Crestview Baystreet Center..... | 689-3645 | Colleges, Universities, Vocational-Technical Schools | |
| Niceville..... | 678-6893 | VO-TECH, (Choice Institute) FWB | 833-3500 |
| Laurel Hill..... | 850-652-4909 | Northwest Florida State College | |
| Kennedy Center | 682-1992 | Main Campus, Niceville..... | 678-5111 |
| Lakeview Center | 682-5931 | Crestview..... | 689-7911 |
| Early Learning Coalition | 833-3627 | Eglin AFB..... | 678-1717 |
| Information about early childhood education | | Hurlburt Field..... | 884-6296 |
| TeenAge Parenting Programs (TAPP) | | Fort Walton Beach..... | 863-6500 |
| Provides school-based services for pregnant teenagers, including counseling, parenting classes, transportation and child care. | | Robert Sikes Education Ctr, Crestview..... | 689-7911 |
| TAPP FWB..... | 833-3425 | University of West Florida (UWF) | |
| TAPP Crestview..... | 689-7177 x8400 | Eglin AFB..... | 678-3727 |
| Adult Education | | Fort Walton Beach..... | 863-6565 |
| Adult Education GED | 729-5387 | Hurlburt Field..... | 884-2723 |
| "Literacy Cyberspace"..... | http://literacy.owc.edu | Troy State University, Florida Region | |
| Women's Educational Resource Center -Support, training and job placement | | Eglin AFB..... | 301-2180 |
| NW Florida State College-Niceville | 729-5290 | Hurlburt Field..... | 301-2195 |
| Adult Education-NW Florida State College | 729-6020 | Fort Walton Beach..... | 301-2100 |
| | | S4P Synergy, Inc. | |
| | | School based mentoring and training..... | 862-3899 x100 |



INFORMATION LINES

| | | | |
|---|----------------|---|----------------|
| •Abuse Registry (Florida) | 1-800-962-2873 | •Florida SIDS Alliance | 1-800-743-7352 |
| •Adoption Hotline (Florida) | 1-800-962-3678 | •Financial Services | 1-800-342-2762 |
| •AIDS..... | 1-800-FLA-AIDS | •Florida Kidcare Insurance | 1-800-821-5437 |
| •Alcohol Recovery | 1-800-ALCOHOL | •Job Discrimination..... | 1-800-342-8170 |
| •Allergy & Immunology | 1-800-822-2762 | •La Leche International..... | 1-800-LaLeche |
| •American Speech/Hearing Assoc..... | 1-800-638-8255 | •Medicaid Information..... | 1-800-303-2422 |
| •Child Abuse Hotline (National) | 1-800-422-4453 | •National Runaway Switchboard..... | 1-800-RUNAWAY |
| •Child Find, Inc. | 1-800-426-5678 | •Parent Helpline..... | 1-800-FLA-LOVE |
| •Child Support Enforcement | 1-800-622-5437 | •Poison Control Nationwide..... | 1-800-222-1222 |
| •Children's Home Society | 1-800-235-BABY | •Post Partum Support International..... | 1-800-944-4PPD |
| •Domestic Violence Hotline | 1-800-44ABUSE | •STD Hotline..... | 1-800-227-8922 |
| •Family Health Line | 1-800-451-2229 | •Stuttering Foundation | 1-800-992-9392 |
| •Families First (Foster Parent Info Line). 1-866-517-7766 | | •Substance Abuse Information | 1-800-662-HELP |
| | | •Toll Free Information | 1-800-555-1212 |
| | | •WIC Program Hotline | 1-800-342-3556 |



Family Health Hotline of Florida.....1-800-451-BABY

HEALTH CARE

Health Care for Pregnancy and Delivery (Obstetrics):

| | |
|---|--------------|
| Glenn Bankert, DO, Crestview | 689-2223 |
| Sergio Cabrerra, MD, Crestview | 398-8940 |
| Gregory Coates, MD, Crestview | 689-2229 |
| Jennifer Esses, MD, Destin | 267-2292 |
| Eglin Regional Hospital | 883-8242 |
| Gentle Birth Options, Cindi Denbow, CNM, Niceville | 279-6778 |
| Melinda Graham, MD, Julianne Kenton, MD, Santa Rosa Bch. | 267-2961 |
| Janet Hamby, MD, Crestview | 689-2229 |
| Michael Hennessey, MD, FWB | 243-2229 |
| Kimberly Hood, MD, Niceville | 267-2961 |
| Maria Milton, Licensed Midwife, Flowersview | 850-834-2946 |
| Kevin McIntosh, MD, Crestview | 689-2229 |
| Jennifer Seaton, MD, FWB | 362-6777 |
| David Stoneking, DO | 863-8264 |
| Donald Whitaker, MD | 862-1800 |

Health Care for Women (Gynecology)

| | |
|---|----------|
| Glenn Bankert, DO, Crestview | 689-2223 |
| Sergio Cabrerra, MD, Crestview | 398-8940 |
| Robert Caputo, MD, Crestview | 398-8873 |
| John Carlson, MD, Crestview | 682-8485 |
| Melissa Delsid, MD, FWB | 863-8222 |
| Jennifer Esses, MD, Destin | 267-2292 |
| Michael Hennessey, MD, FWB | 243-2229 |
| Kimberly Hood, MD, Santa Rosa Beach | 267-2961 |
| Lisa Judge, M.D. | 729-1414 |
| Strick Mays, MD | 683-1100 |
| Kevin McIntosh, MD, Crestview | 689-2229 |
| Karl Metz, MD, FWB | 863-8222 |

| | |
|---|----------|
| Ann Nguyen, MD | 837-0576 |
| Maureen Thompson, M.D., Niceville | 897-7277 |
| Jennifer Seaton, MD, FWB | 362-6777 |
| David Stoneking, MD, FWB | 863-8264 |
| Donald Whitaker, MD, FWB | 862-1800 |

Health Care for Children (Pediatrics)

| | |
|---|----------|
| Children's Clinic, Crestview | 689-0555 |
| Doctors: Rick Lujan, Sharon Rosenberg and Jennifer Crotty | |
| Susanna Buchholz, MD | 269-6400 |
| Pediatrics of Okaloosa, Niceville | 678-9009 |
| Doctors: Tracey Burton-Linder and Lynn Keefe | |
| White Wilson Pediatrics, FWB | 863-8203 |
| Doctors: Lawrence King, Keith Krist, Andrea Loder, Douglas Rigby and Robert Shelton | |
| White-Wilson Medical Center, Destin | 837-3848 |
| Doctors: Paul Allen and Marilyn Sprenkle | |
| Crestview Pediatrics | 683-5100 |
| Philip Peters, MD Brenda Strand, ARNP and Paul Tartarilla, ARNP | |
| White Wilson Medical Center, Niceville | 897-4400 |
| Doctors: Kyle Simmers, Lalitha Vadlamani-Simmers and Hilary Stamp | |

Health Care for Families

| | |
|--|----------|
| Charles Barniv, MD, Destin | 837-5181 |
| Steven L. Clark, MD, Niceville | 897-0110 |
| Magnolia Medical Clinic, FWB | 243-7681 |
| Doctors: Bill Buckelew, John Sites and Peter Senechal | |
| White Wilson Medical Center, Niceville | 897-4400 |
| Doctors: Ann Gwinnup, Andrew Yang, Terry Payne | |
| White Wilson Medical Center, FWB | 863-6600 |
| Doctors: Christopher Hansen, Timothy Tuel, Erica Saintillus | |
| John Chomer, MD | 863-4700 |
| Marcene Kreifels, MD, Crestview | 892-2266 |
| Pat Tidwell, MD, Niceville | 678-6735 |
| Tom Toomey, MD, Destin | 837-4071 |
| North Florida Medical Centers-sliding scale fees - Crestview | 682-1164 |
| Baker | 537-2700 |



Most of the providers listed take Medicaid, but this can change, so it is best to ask the doctor when you call for an appointment.

MILITARY FAMILY SERVICES

NOTE: A Military ID is required for all services offered by the Air Force or other military service.

Family Advocacy Program - Programs include:

Exceptional Family Member Program - for members with physical, emotional or educational needs.

Family Advocacy Outreach Program - for prevention of family maltreatment and exceptional medical-educational conditions.

New Parent Support Program - nursing services, counseling and education for families with newborns or expecting a baby

| | |
|----------------------|----------|
| Eglin AFB | 883-8616 |
| Hurlburt Field | 881-5061 |

Airman & Family Readiness Center - Information, referral, family skills, marriage enrichment, parenting, stress management, financial services, crisis parenting, employment assistance.

| | |
|----------------------|----------|
| Eglin AFB | 882-9060 |
| Hurlburt Field | 884-5441 |

LEGAL SERVICES

| | |
|---------------------------------------|----------------|
| Legal Services of North Florida | 862-3279 |
| Child Support Enforcement | 1-800-622-5437 |
| Public Defender, Criminal Cases | 651-7350 |
| Guardian Ad Litem, Shalimar | 609-5467 |
| Crestview | 689-5060 |

CHILD CARE

| | |
|--|----------|
| Boys and Girls Clubs | 862-1616 |
| Child Care Resource and Referral | 833-9333 |
| Day Care Licensor | 833-3837 |
| Head Start - preschool for low income children | |
| Fort Walton Beach | 244-5421 |
| Crestview | 682-2912 |
| Okaloosa-Walton Child Care Services, FWB | 833-9330 |
| Crestview | 689-7885 |
| Early Learning Coalition | 833-3627 |

Military (Military ID required)

| | |
|---|----------|
| Eglin Child Development Center | 883-7425 |
| | 882-5519 |
| Hurlburt Child Development Center | 884-6664 |

TRANSPORTATION

| | |
|---|---|
| Okaloosa Coordinated Transportation - Medicaid approved | http://rideoct.org |
| Must call 24 hours in advance to schedule ride. | |
| Fort Walton Beach | 833-9168 |
| Crestview | 689-7809 |
| The Wave, .50 cents per ride (FWB, Destin) | 833-9168 |
| The Wave Express, \$1.50 per ride | 833-9168 |



FOOD

Emergency Food

| | |
|---|----------|
| Revive Worship Center..... | 244-1222 |
| Sharing and Caring - food, clothes, etc. | |
| Fort Walton Beach | 244-0778 |
| Niceville..... | 678-8459 |
| Crestview | 682-1907 |
| Salvation Army - emergency needs, food, lodging | |
| Fort Walton Beach | 243-4531 |
| Striving for Perfection Ministries..... | 862-3899 |
| Waterfront Rescue Mission, FWB | 244-2726 |
| Crestview | 689-2700 |
| Harvest House, Destin..... | 837-2277 |

Nutrition and Breastfeeding Services

| | |
|--|-------------|
| La Leche International..... | 800-LaLeche |
| Lactation Consultants - Support and help with breastfeeding. | |
| Regina Humphreys, Eglin Hospital | 883-8001 |
| Felicia Floyd, Okaloosa WIC | 833-9254 |
| WIC, FWB..... | 833-9254 |
| WIC, Crestview | 689-7858 |
| Womb to Breast - Anne Hinze | 699-2018 |

CLOTHING

| | |
|---|----------|
| Sharing and Caring, FWB..... | 244-0778 |
| Niceville | 678-8459 |
| Crestview..... | 682-1907 |
| Family Life Ministries | 243-5800 |
| LIFE, Inc. | 862-9020 |
| Catholic Charities - baby clothes | 244-2825 |
| Salvation Army..... | 243-8716 |
| Waterfront Rescue Mission | 244-2726 |
| Goodwill, FWB | 864-6677 |
| Destin | 837-8516 |
| Valparaiso..... | 729-2330 |
| Harvest House..... | 837-2277 |

Military (Military ID required)

| | |
|----------------------------|----------|
| Eglin Thrift Shop | 678-4726 |
| Hurlburt Thrift Shop | 884-3098 |

See *Thrift Shops or Consignment Services* in Yellow Pages.



FINANCIAL HELP

If you are unemployed, uninsured or low income, you may be eligible for financial assistance or Medicaid.

Children and Family Services

The Florida System of Children and Family Services is your one-stop eligibility screening center for all available economic and medical services. Services include food stamps, medicaid eligibility, well baby care, and Temporary Assistance for Needy Families (TANF). **Department of Children and Families Access Florida Line**.....1-866-762-2237
or go online to www.dcf.state.fl.us/ess or www.myflorida.com/accessflorida

| | |
|--|----------------|
| Jobs Plus (job training and placement) | |
| Fort Walton Beach..... | 833-7587 |
| Crestview..... | 689-7823 |
| Child Support Enforcement..... | 1-800-622-5437 |
| Medicaid Eligibility for Pregnant Women..... | 1-800-303-2422 |
| Okaloosa County Health Department | |
| 221 Hospital Drive, FWB | 833-9240 |
| 810 E. James Lee Blvd., Crestview | 689-7855 |

Emergency Needs

| | |
|--------------------------|-------------------------------|
| Catholic Charities | 244--2825 |
| S4P Synergy, Inc..... | 862-3899 x100 |
| Local Churches..... | See Yellow Pages for Listings |

(All are budgeted monthly, so timing is important!)



COUNSELING

Mental Health/Substance Abuse Counseling

| | |
|--|----------------------|
| Bridgeway Center | 833-7500 |
| Substance abuse/mental health counseling | |
| Bridgeway Drug/Alcohol | 833-9195 |
| Crestview | 689-7845 |
| Bridgeway Children's Services | 833-7440 |
| Bridgeway Assessment & Therapy | 833-7400 |
| Crestview (group therapy)..... | 689-7810 |
| Catholic Charities | 243-3959 or 244-2825 |
| Specialized pregnancy, marriage, family counseling | |
| Bethany Christian Services, Pensacola..... | 1-850-478-6789 |
| Children's Home Society | 833-3872 |
| Teenage pregnancy counseling, adoption services | |
| crisis counseling | |
| Fort Walton Beach Medical Center | 862-1111 |
| Life Inc | 862-9020 |
| Lakeview Center, Shalimar..... | 609-1040 |
| Lutheran Services..... | 664-0145 |
| Turning Point Center, for mental health..... | 243-8086 |
| Mental Health Association..... | 244-1040 |

Genetic Counseling

| | |
|----------------------|----------|
| Rick Lujan, MD | 689-0555 |
|----------------------|----------|



Immunizations (Shots)

NOTE: Shots are given at the Health Department on a walk-in basis. The immunization hours are as follows:

Mornings: Monday thru Friday, 7:30-10:30a.m.

Afternoons: Monday, Wednesday, Thursday, 12:30-3:30 p.m.

Tuesday 12:30-5:00p.m. **Closed on Friday afternoons.**

FWB..... 833-9240

Crestview..... 689-7808

Children's Clinic, Crestview

Hospitals

FWB Medical Center

(Level II Neonatal Intensive Care Unit)

North Okaloosa Medical Center

Twin Cities Hospital

Eglin Regional Hospital 96 Med Group

Sacred Heart of the Emerald Coast.....

Sacred Heart Hospital, Pensacola.....

Clinics

Baker Family Medical Center

Children's Clinic, Crestview

Children's Volunteer Health Network.....

K-12th grade enrolled in free or reduced lunch program can

receive medical, dental or mental health assistance

Crestview Health Center.....

Crossroads Medical Clinic.....



Insurance

FL KidCare - Affordable Childrens' Health Insurance 1-800-821-5437 or 865-0564

MomCare - Special insurance for prenatal care

SUPPORT GROUPS

| | |
|---|----------------|
| Alcoholics Anonymous..... | 244-2421 |
| Battered Women's Support Group..... | 243-1201 |
| CHADD..... | 1-800-233-4050 |
| Parents of Children with Attention Deficit Disorder | |
| OASIS (AIDS)..... | 314-0950 |
| Post Partum Depression..... | 1-800-773-6667 |
| Waterfront Rescue Mission Drug and Alcohol Program | |
| (6 month program) | 796-0708 |

Breastfeeding Counseling and Support

| | |
|------------------------------------|--------------|
| La Leche League International..... | 800-LaLeche |
| Christina | 850-259-1105 |
| WIC, FWB..... | 833-9254 |
| WIC, Crestview..... | 689-7858 |
| Womb to Breast..... | 850-699-2018 |

For more complete and current support group listings, see the **Calendar** section of the Northwest Florida Daily News, or call the **Crisis Line, 244-9191**.

For more complete listing, see "**Counselors - Human Relations**" in Yellow Pages

| | |
|---|----------------|
| Destin Medical Center, Destin | 837-5181 |
| Gulf Coast Immediate Care, FWB..... | 244-3211 |
| Magnolia Medical Center, FWB..... | 243-7681 |
| Milton Birthing Center, Flowerview..... | 1-850-834-2946 |
| Regional Perinatal Center | 1-850-416-2477 |
| (For high-risk pregnancies) | |
| Seton Center - Pensacola..... | 850-416-2400 |
| White-Wilson Medical Center | 863-8100 |
| Niceville | 897-4400 |
| Destin | 837-3848 |
| White-Wilson Immediate Care..... | 863-8219 |
| SOZO Life Connection | 243-5800 |
| (STD Testing & Treatment) | |

Okaloosa County Health Department

Fort Walton Beach

| | |
|---|----------|
| Main Number, FWB | 833-9240 |
| Appointments, FWB..... | 833-9246 |
| Women, Infants, Children (WIC) FWB..... | 833-9254 |
| Information, FWB..... | 864-8614 |
| Vital Statistics (birth certificates)..... | 833-9255 |
| Environmental Health (sanitary conditions)..... | 833-9247 |

Crestview

| | |
|--|----------|
| Main Number & Appointments, Crestview | 689-7808 |
| Women, Infants, Children (WIC), Crestview | 689-7858 |
| Environmental Health (sanitary conditions) | 689-7859 |

SPECIAL NEEDS

Child Protective Investigations

| | |
|-------------------------|------------------|
| Fort Walton Beach | 833-3809 |
| Crestview | 689-7777 |
| Niceville..... | 833-9237 ext 285 |
| Abuse Registry..... | 1-800-96ABUSE |

Children's Center (Horizons) - preschoolers age 0-5, handicapped and non-handicapped who need basic day care 244-9187

Child Find..... 888-445-9662

Children's Medical Services (CMS) - for children under 21 with chronic conditions, whose physical functions and movements are impaired as a result of accident, disease or birth defect and whose families cannot afford treatment. 1-800-381-3685

Early Steps

Screening, evaluation and referral for children up to three whose development is delayed or who do not hear well - located at Sacred Heart Hospital in Pensacola..... 1-800-281-1845

Emerald Coast Children's Advocacy Center..... 833-9237

Horizons Birth to Three Program - for those at risk for developmental delays, including substance exposed babies 244-9187

Pediatric Therapy Center, FWB - physical and speech therapy, for ages 1-18 862-7227

SSI Local..... 866-331-2194

SSI National..... 800-772-1213

United Cerebral Palsy of NWF..... 432-1596

FAMILY ASSISTANCE

| | |
|---|------------------|
| Alcoholic Anonmous..... | 244-2421 |
| American Cancer Society..... | 244-3813 |
| American Diabetes Association- | 1-800-342-2383 |
| American Lung Association..... | 1-800-LUNGUSA |
| American Red Cross | 682-3356 |
| Big Brothers/Big Sisters | 664-5437 |
| Catholic Charities | 244-2825 |
| Children's Home Society | 833-3872 |
| Child Support Enforcement..... | 1-800-622-5437 |
| Elder Services of Okaloosa County | 833-9165 |
| Emerald Coast Children's Advocacy Center..... | 833-9237 |
| Epilepsy Services of NW Florida | 315-0000 |
| Families Count Resource Center..... | 396-0319 |
| Airman and Family Readiness, Eglin AFB..... | 882-9060 |
| Airman and Family Readiness, Hurlburt Field | 884-5441 |
| Florida State Blind Services..... | 1-850-595-5282 |
| Fresh Start - help for homeless | 243-5648 |
| Guardian Ad Litem - children's advocate in court..... | 595-3728 |
| Good Will Easter Seals | 864-6677 |
| Healthy Families..... | 484-5040 ext1337 |
| Healthy Start Coalition | 833-9284 |
| Hope House - Runaway Teens..... | 682-2374 |
| Horizons of Okaloosa County..... | 863-1530 |
| Pathway (substance abuse)..... | 609-1004 |
| Legal Services of North Florida | 862-3279 |
| LIFE, Inc. - for crisis pregnancy..... | 862-9020 |

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|--|----------------|
| Lutheran Services | 664-0145 |
| Mental Health Association..... | 244-1040 |
| Okaloosa AIDS Support and Information (OASIS).... | 314-0950 |
| Okaloosa Coordinated Transportation | |
| Fort Walton Beach | 833-9168 |
| Crestview | 689-7809 |
| Ronald McDonald House - for parents needing a place to stay while child is hospitalized (Pensacola)..... | 1-850-477-CARE |
| UF Extension Service - Information on farming, FL lawn care, bugs, money management, 4-H, health and nutrition and more..... | 689-5850 |

Children and Youth Services

| | |
|---|----------|
| YMCA - Crestview..... | 689-2999 |
| FWB..... | 863-9622 |
| Niceville..... | 897-9622 |
| Early Learning Coalition of Okaloosa-Walton | 833-3627 |
| Department of Juvenile Justice, FWB..... | 833-3906 |
| Crestview..... | 689-7980 |

