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

HEALTHY START FAMILY RESOURCE DIRECTORY
2016

OKALOOSA COUNTY
Having 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!

Addresses • Index
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.

**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

Early Learning Coalition
107-A SE Tupelo Ave.
Fort Walton Beach, FL 32548

Salvation Army
425 Mary Esther Cut-ff NW
Fort Walton Beach, FL

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

**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 32547

**WEB SITES**

Emerald Coast Pregnancy, Birth and Breastfeeding Resources
www.emeraldcoastbirthresources.com

Healthy Start Okaloosa-Walton
www.healthystartokawalton.org

La Leche League
www.llli.org

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

March of Dimes
www.marchofdimes.com

Am. Assoc. of Poison Control Centers
www.sspvv.otn/DNN/

Tobacco Free Florida Quitline
www.floridaquitline.com

Teen Pregnancy Prevention
www.thenationalcampaign.org

Folic Acid and Pregnancy
www.wcbmd.com/baby/folic-acid-and-pregnancy

Airman & Family Support
www.eglinforcesupport.com

**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
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 pregnancy 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.

Pregnancy Testing
CONFOUSED? SCARED?

Okaloosa County Health Department
Fort Walton Beach ................. 833-9240
Crestview ......................... 689-7808
Healthy Start (pregnancy and babies) .... 833-9284
For Services call ................. 850-683-5002
First Call for Help ............... 243-9111
Healthy Families .................. 484-5040
Shelter House FWB ............... 243-1201
Toll Free Hotline ................ 1-800-44ABUSE
FL Abuse Hotline ................ 1-800-96ABUSE
Healthy Start ..................... 1-800-273-TALK (8255)

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.

NEVER, NEVER, NEVER SHAKE A BABY!!
Shaking a baby can result in injury or death!

PARENTING/CHILD BIRTH
Adoption- Catholic Charities NWF .... 244-2825
Beyond Just Buckled (carseat safety) .... 218-8200
Breastfeeding and Nutrition Education (WIC)
Fort Walton Beach .................. 833-9254
Crestview .......................... 689-7858
Fort Walton Beach Medical Center .... 862-1111
Prepared childbirth, sibling, infant CPR
Healthy Families 90 Works ......... 850-484-5040 x 1337
Healthy Start ..................... 833-9284

Education and support for moms and babies
North Okaloosa Medical Center ........ 689-8475
Classes for expectant parents
Early Learning Coalition ............. 833-9330
Resource and referral ............... 833-9333
Postpartum Depression ............. 1-800-773-6667
Ronda Coon Women’s Home, FWB .... 243-5800
Family Birth Center (Childbirth Ed), Sacred Heart EC .......... 278-3676

REMEMBER! ALWAYS PUT YOUR BABY TO SLEEP
ON HIS OR HER BACK. DRESS BABY IN A
"ONSIIE" 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.

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
Families First Network, FWB ........ 833-3818
Adoptions, FWB .................... 833-3946

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

Emergency! Call 911
**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 Quit for Life Line 1-877-UCAN NOW (1-877-822-6669)
- Drink alcohol, take drugs or medication (unless prescribed & your doctor knows about it)
- Get stressed out

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**Get Healthy Before You Get Pregnant**

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**HOUSING**

- **Shelter**
  - Emerald Coast Rescue Mission ................................................................. 796-0700
  - Shelter House - for domestic violence, FWB .......................................... 863-4777
  - Crestview Outreach .................................................................................. 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
  - .......................................................... 850-200-4412
  - Ronda Coon Women's Home ................................................................. 243-5800
  - S4P rent, utility assistance ................................................................. 362-6977
  - Spiritual Dimensions ........................................................................... 376-8324
  - Low-cost, short-term retreat center

- **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

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**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.

- **CareerSource Okaloosa-Walton**
  - 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 .................................................................. 689-7823x225
  - 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
  - NW Florida State College, Niceville ...................................................... 729-5290

- **Military (Military ID required)**
  - Airmen & Family Support Center, Eglin AFB ........................................ 882-9060
  - Airmen & Family Support Center, Hurlburt Field ................................ 884-5441

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Healthy Start
EDUCATION

Okaloosa County School Board ................................689-7300
Head Start FWB.................................................244-2606
Crestview Edney Center ...................................682-2912
Crestview Baystreet Center .................................1-321-689-3645
Niceville .........................................................678-6893
Laurel Hill ..........................................................850-652-4909
Kennedy Center .................................................682-1992
Lakeview Center .................................................682-5931

Early Learning Coalition ........................................833-3627

Okaloosa County School District

CHOICE High School ...........................................833-3500
Provides vocational and specialized education, such as
LPN nursing, automotive, etc.

Teen Age Pregnancy Program (TAPP) ...........833-3500

Adult Education

Adult Education GED ...............................................729-5387
NW Florida State College-Niceville ...................729-5290
NW Florida State College Career Center .................729-5387

Support, training and job placement

English for Speakers of Other Languages (ESOL) ...729-5387

Colleges, Universities, Vocational-Technical Schools

VO-TECH, (Choice Institute) FWB ......................833-3500

Northwest Florida State College

Main Campus, Niceville ...........................................678-5111
Eglin AFB ...........................................................678-1717
Hurlburt Field .....................................................884-6296
Fort Walton Beach ............................................863-6500
Robert Sikes Education Ctr, Crestview ...............200-4141

University of West Florida (UWF)

Eglin AFB ...........................................................678-3727
Fort Walton Beach ............................................863-6565
Hurlburt Field .....................................................884-2723
Troy State University, Florida Region

Eglin AFB ...........................................................301-2180
Hurlburt Field .....................................................301-2195
Fort Walton Beach ............................................301-2100

S4P Synergy, Inc.

School based mentoring and training ......862-3899 x100

INFORMATION LINES

Abuse Hotline (Florida DCF) .....................1-800-962-2873
Adoption Hotline (Florida) .........................1-800-962-3678
AIDS ..............................................................1-800-FLA-AIDS
Alcohol Recovery ............................................1-800-ALCOHOL
American Speech/Hearing Assoc .................1-800-638-8255
Child Abuse Hotline (National) ...............1-800-422-4453
Child Find, Inc. ..............................................1-800-422-5678
Child Support Enforcement .......................1-800-622-5437
Children's Home Society ..............................1-321-397-3000
Domestic Violence Hotline .........................1-800-44ABUSE
Family Health Line ...........................................1-800-451-2229
Florida SIDS Alliance .....................................1-800-743-7352

Financial Services ...........................................1-800-342-2762
Florida Kidcare Insurance .........................1-800-821-5437
Job Discrimination .......................................1-800-342-8170
La Leche International .....................................1-800-LaLeche
Medicaid Information ...................................1-800-303-2422
National Runaway Switchboard ..................1-800-RUNAWAY
Poison Control Nationwide .......................1-800-222-1222
Post Partum Support International .............1-800-444-4PPD
STD Hotline ......................................................1-800-227-8922
Stuttering Foundation ........................................1-800-992-9392
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

Healthy Start

Healthy Start

Emergency • Information Lines
HEALTH CARE

Healthy Start

Child Support Enforcement .................................................. 862-3279
Public Defender, Criminal Cases .......................................... 1-800-622-5437
Guardian Ad Litem, F WB .................................................... 651-7350
Crestview ................................................................. 609-5467
Hurlburt Field .............................................................. 689-5060

Counseling/Support Groups • Child Care • Military • Legal • Transportation
FOOD

Emergency Food
Catholic Charities NWF ................................................. 244-2825
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 Bargain Center, 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.
Eglin Hospital - Regina Humphreys ...................... 883-8001
or ................................................................. 850-502-7488
Okaloosa WIC ........................................................... 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
Ronda Coon Women's Home ................................ 243-5800
LIFE, Inc ............................................................... 862-9020
Catholic Charities - baby clothes ........................... 244-2825
Salvation Army .......................................................... 243-4531
Waterfront Bargain Center ...................................... 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

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

Career Source (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 .......................... 689-7808

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!)

Healthy Start
COUNSELING

Mental Health/Substance Abuse Counseling
Bridgeway Center .................................................. 833-7500
Substance abuse/mental health counseling
Bridgeway Drug/Alcohol .......................................... 833-7500
Crestview ............................................................. 689-7845
Bridgeway Children’s Services ................................. 833-7440
Bridgeway Assessment & Therapy ............................. 833-7400
Crestview (group therapy) ....................................... 689-7810
Catholic Charities NW Florida ................................. 244-2825
Specialized pregnancy, marriage, family counseling
Children’s Home Society ......................................... 833-3872
Teenage pregnancy counseling, adoption services
Community Drug/Alcohol Council (WISE) .............. 850-434-2724
................................................................. 888-994-9944
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

SUPPORT GROUPS

Alcoholics Anonymous ................................. 244-2421
Battered Women's Support-SHELTER House .... 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
Emerald Coast Rescue Mission Drug and Alcohol Program
(6 month program) ............................................... 796-0708
Teen Age Pregnancy Program (TAPP) .................. 833-3500
Breastfeeding Counseling and Support
La Leche League International ............................. 800-La Leche
Christina .......................................................... 850-259-1105
WIC, FWB ....................................................... 833-9254
WIC, Crestview ................................................. 689-7858
Womb to Breast .................................................. 850-699-2018
Health Source .................................................... 864-5300

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

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 .................................. 689-0555

Hospitals
FWB Medical Center ............................................. 862-1111
(Leve lII Neonatal Intensive Care Unit)
North Okaloosa Medical Center ............................ 682-9731
Twin Cities Hospital ............................................. 678-4131
Eglin Regional Hospital 96 Med Group ................. 883-8242
Sacred Heart of the Emerald Coast ....................... 1-866-591-3600
Sacred Heart Hospital, Pensacola ......................... 1-850-416-7000

Clinics
Children’s Clinic, Crestview .................................. 689-0555
Children’s Volunteer Health Network ................. 622-3200
K-12th grade enrolled in free or reduced lunch program can receive medical, dental or mental health assistance
Crestview Health Center ....................................... 682-1164
Crossroads Center .............................................. 389-3015
Destin Medical Center, Destin .............................. 837-5181

Healthy Start

Insurance
FL KidCare - Affordable Childrens’ Health Insurance 1-800-821-5437 or 865-0564
MomCare - Special insurance for prenatal care 865-0502

Health Care • Doctors • Shots
**Special Needs**

**Child Protective Investigations**
- Fort Walton Beach ........................................... 833-9237
- Crestview ......................................................... 603-6027
- Niceville and FWB ........................................... 833-9237 ext 285
- Abuse Registry.............................................. 1-800-96ABUSE

**Children's Center (Horizons)** - preschoolers
- age 0-5, handicapped and non-handicapped
- who need day or after school care ................. 244-9187

**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 DBA (ARC of the Emerald Coast)**

**Birth to Three Program** - for those at risk for developmental delays, including substance exposed babies .................................................. 863-1530

**Magnolia Pediatric Therapy** - pediatric speech, language, feeding/swallowing therapy and social skills groups
- FWB .............................................................. 226-8279
- Destin ............................................................. 424-5469

**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**

**Alcoholics Anonymous** ........................................ 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 of NW Florida** 244-2825
**Children's Home Society/Healthy Families** 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** 850-595-3728
**Good Will Easter Seals** 864-6677
**Healthy Families** ........................................... 850-484-5040 x1337
**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

**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
**Early Learning Coalition of Okaloosa-Walton** 833-3627
**Department of Juvenile Justice, FWB** 833-3906
**Crestview** ...................................................... 689-7980

**Healthy Start**

Special Needs • Family Assistance