

This Prenatal and Infant Health Care Resource Directory was produced by



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Healthy Start Community Coalition of Okaloosa-Walton Counties, Inc.  
Funded by contract with State of Florida, Department of Health

*[healthystartokawalton.org](http://healthystartokawalton.org)*

**850-833-9284**



# 2016 Family Resource Directory

Walton 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, and typists make 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.

*And the best place to start is at the very beginning!*



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## Addresses

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.

Walton County  
Okaloosa-Walton Child Care Services  
10 S. Fourth Street  
Defuniak Springs, FL 32435

Sacred Heart Hospital on the Emerald  
Coast  
7800 US Hwy 98 West  
Destin, FL 32550

Sacred Heart Medical Group  
36500 Emerald Coast Parkway  
Destin, FL 32541

Walton County Health Department  
362 Hwy 83 N.  
DeFuniak Springs, FL 32433

Walton County Health Department  
Coastal Branch  
361 Greenway Trail  
Santa Rosa Beach, FL 32459

Walton County School Board  
145 Park St.  
DeFuniak Springs, FL 32433

### **Military Bases**

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 32542-6823

### **Telephone Exchanges**

You will note that many numbers in this book have a 1-850 in front of them. That's because they are, most likely, long distance from Walton County numbers. This may not be true in all cases. If you don't know if it's long distance or not, look in the front of your telephone book under the heading "Local Calling Area" and you will see a chart which will tell you what numbers are long distance.



## 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 attention right away - to help get a Healthy Start in life.

### For a pregnancy test, call one of these numbers.

Walton County Health Department .....892-8015  
LIFE Inc, FWB. .... 862-9020  
Pregnancy Support Center, Defuniak Springs.....892-7400  
96th Medical Group Eglin Regional Hospital.....883-8242  
Private Doctor (See *Health Care* section of this booklet or go to [www.healthystartokawalton.org](http://www.healthystartokawalton.org))

To lower the risk of  
birth defects of the  
brain and spine, begin  
taking Folic Acid **NOW.**  
You can get it at the  
Health Department or  
at any supermarket or  
drug store.



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. 2

## Confused? Scared?

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.

### Walton County Health Department

DeFuniak Springs.....892-8015  
Santa Rosa Beach .....892-8031

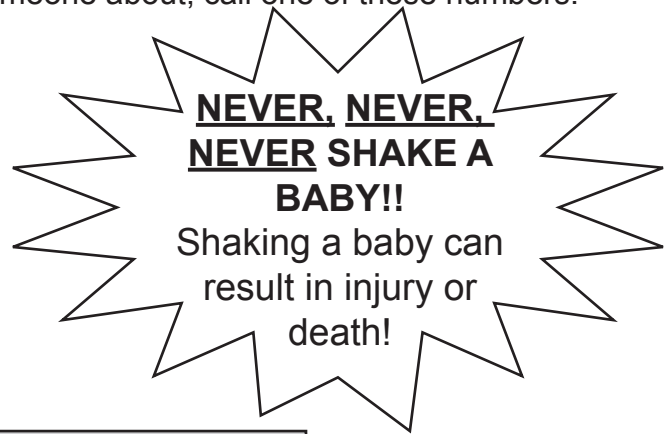
### Shelter House

DeFuniak Springs.....892-0333  
Toll-free Hotline .....1-800-44 ABUSE  
Domestic Violence Hotline .....863-4777

### Cope Center Help Line

North County .....892-HELP or 892-4357  
South County .....267-2220

First Call For Help.....243-9111 (211)



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**Emergency! Call 911**

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## Parenting/Childbirth

Beyond Just Buckled (Car Seat Safety) .....850-218-8200  
Breastfeeding and Nutrition Education  
Women, Infants, Children Program (WIC) .....892-8020  
Early Learning Coalition.....892-8560  
Cope Center Parenting Class.....892-8045  
Healthy Families .....983-5486  
**Healthy Start Care Coordination .....892-8015**  
Education & support for moms & babies, home visiting  
N Okaloosa Medical Cntr. Labor & Delivery .....689-8340  
Sacred Heart on the Emerald Coast.....278-3600  
Twin Cities Hospital Wellness Center.....678-4131  
Walton County Health Department.....892-8015

### Childbirth/Labor and Delivery

Fort Walton Beach Medical Center.....863-7661  
North Okaloosa Medical Center .....689-8340  
Sacred Heart Hospital on the Emerald Coast.....278-3660

### Military - Must have a military ID to use these services

Airman & Family Readiness Center  
Eglin AFb .....882-9060  
Hurlburt Field .....884-5441  
Tyndall AFB .....850-283-4204  
Family Advocacy  
Eglin AFB.....883-8616  
Hurlburt Field .....881-5061  
Tyndall AFB .....850-283-7511

### Family Planning

Walton County Health Department  
Birth Control and Family Planning  
Pregnancy Testing and Prenatal Care.....892-8015  
Ronda Coon Women's Home  
Pregnancy testing, Ultrasound, STD testing and treatment, prenatal classes, FWB.....243-5800

### School Physicals

Walton County Public Health Dept.  
DeFuniak Springs .....892-8015

**REMEMBER! ALWAYS PUT YOUR BABY ON HIS OR HER BACK TO SLEEP. BABY SHOULD WEAR A "ONSIE" FOR WARMTH, WITH NO HEAVY BLANKETS, STUFFED ANIMALS, OR BUMPER PADS. DO NOT SLEEP WITH BABY - YOU COULD ACCIDENTALLY ROLL OVER ON BABY WHILE YOU SLEEP.**



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## First Steps

For a healthy baby, make sure sure YOU are healthy ~ even **before** you get pregnant.

### DO \_\_\_\_\_

- ☺ See your doctor or health care provider
- ☺ 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

### DON'T \_\_\_\_\_

- ☹ Smoke - if you smoke during pregnancy your baby is more likely to be born too small
- ☹ Drink alcohol, take drugs or medication (unless prescribed & your doctor knows about it)
- ☹ Get stressed out



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## Housing

## Employment

### Emergency Shelter

Harvest Vineyard Ministries, Crestview .....	682-6447
Tricounty Community Council.....	892-3615
Shelter House Hotline.....	1-800-442-2873
Shelter House - Fort Walton Beach.....	863-4777

### Maternity Shelter

Rhonda Coon Women's Home .....	243-5800
L.I.F.E. Inc.....	862-9020

### HUD

Walton County.....	892-8185
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### Low Income Housing

Oakdale Apartments .....	892-7734
Heritage Apartments.....	892-5232
Hazelwood Apartments.....	835-4483

### Other

Farmers Home Administration.....	682-2416
DeFuniak Springs Housing Authority.....	892-2823
Habitat for Humanity.....	835-0067
Habitat Restore - sells discounted furniture and building supplies.....	880-6108
Opportunity Place.....	659-3190
Shelter House - Transition House.....	892-0333
Shelter House - Crestview.....	683-0845
Shelter House - FWB.....	243-1201
The Matrix, DeFuniak Springs.....	892-1090

AmeriCorps - NWFSC .....	729-6037
Career Source 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.	
Crestview .....	689-7823
Freeport.....	880-6567
Fort Walton Beach.....	833-7587
Goodwill Job Express Center .....	951-1268
Social Security Administration .....	1-800-772-1213
NWF Career Resource Center, NWFSC	
Niceville .....	729-5290
Women's Educational Resource Center.....	729-5291

### Military

Airman & Family Readiness Center	
Eglin AFB.....	882-9060
Hurlburt Field .....	884-5441
Tyndall AFB .....	850-283-4204



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## Education

Adult Education/GED.....	892-8100
English for speakers of other languages.....	892-8100
Walton Head Start.....	892-7635
Walton County School District.....	892-1100

### Colleges & Universities

Northwest Florida State College	
Chautauqua Center.....	892-8100
Northwest Florida State College	
Main Campus, Niceville.....	678-5111
South Walton Center.....	200-4160
Goodwill Career Campus (GED test site).....	951-1268
Gulf Coast Community College	
Panama City.....	850-769-1551
Troy University.....	301-2100
Emerald Coast Technical Center.....	892-1240
Walton County GED Program.....	892-1240
University of West Florida, FWB.....	863-6565

### Preschools

Walton Pre-K/Early Intervention.....	892-1100
Walton Pre-K/Exceptional Student Education.....	892-1100
Head Start.....	892-7635
Early Learning Coalition.....	833-3627

### Elementary

Van R. Butler Elementary School.....	622-5040
Bay Early Education Center.....	622-5050
Maude Sanders Elementary School.....	892-1260
Spice Program.....	892-1100
West DeFuniak Elementary School.....	892-1250
Freeport Elementary School.....	892-1211
Paxton School (Pre-K thru 12).....	892-1230

### Middle School

Walton Academy (Grade 6-12).....	892-3999
Walton Middle School.....	892-1280
Freeport Middle School.....	892-1221

### High Schools

Walton High School.....	892-1270
Paxton High School.....	892-1230
Freeport High School.....	892-1200
South Walton High School.....	622-5020



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## Information Lines

•Abuse Registry (Florida).....	1-800-962-2873
•Child Abuse Hotline (National).....	1-800-422-4453
•Alcohol Recovery.....	1-800-ALCOHOL
•AIDS.....	1-800-FLA-AIDS
•Center for Nutrition & Dietetics.....	1-800-877-1600
•Children's Home Society NWF.....	1-321-397-3000
•Child Find, Inc. ....	1-800-426-5678
•FL Dept. of Children & Families.....	1-800-962-2873
•Substance Abuse Hotline.....	1-800-662-HELP
•Domestic Violence Hotline.....	1-800-44ABUSE
•Florida Dept of Financial Services.....	1-800-342-2762

•Job Discrimination.....	1-800-342-8170
•Family Healthline.....	1-800-451-2229
•La Leche International.....	1-800-LaLeche
•Medicaid Information.....	1-800-303-2422
•National Runaway Switchboard.....	1-800-RUNAWAY
•Poison Control.....	1-800-222-1222
•Toll Free Information.....	1-800-555-1212
•Child Welfare Information Gateway.....	1-800-394-3366
•Walton Environmental Health.....	850-892-8021
•WIC Program Hotline.....	1-800-342-3556



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## Health Care

### Walton County

Healthmark Regional Medical Center.....951-4500  
 Sacred Heart Hospital on the Emerald Coast.....278-3600

### Okaloosa County

Eglin Regional Hospital.....883-8242  
 Fort Walton Beach Medical Center.....862-1111  
 North Okaloosa Medical Center.....689-8100  
 Twin Cities Hospital.....678-4131  
 White Wilson Medical Center.....863-8100

### Escambia County (Pensacola)

Baptist Hospital.....850-434-4011  
 Sacred Heart Hospital.....850-416-7000  
 West Florida Hospital.....850-494-4000

### Bay County (Panama City)

Bay Medical Center.....850-769-1511  
 Gulf Coast Hospital.....850-769-8341

### Santa Rosa County (Milton)

Santa Rosa Medical Center.....850-626-7762



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## BIRTHING CENTERS

Milton Memorial Birthing Cntr, Flowersview...850-834-2946  
 Gentle Birth Options, Niceville.....850-279-6778

## CLINICS

Gateway Medical Clinic.....892-3366  
 Emerald Coast Women's Center, Inc.....689-2223  
 Healthmark Rural Health Clinic.....951-4556  
 Hope Medical Clinic (for working uninsured).....837-8424  
 PanCare, Freeport.....850-880-6568  
 Sacred Heart Med. Group, Freeport.....835-1235  
 Seton Center (For high-risk pregnancies).....850-416-2400  
 Walton County Health Department, DFS.....892-8015

## PUBLIC HEALTH

Walton County Health Department, DFS.....892-8015  
 Santa Rosa-Coastal Branch.....892-8031  
 Healthy Start.....892-8015, ext.1178  
 Family Planning.....892-8015  
 Vital Statistics (Birth Certificates).....892-8097  
 Children's Volunteer Health Network.....622-3200  
 Dental Clinic.....892-8686

## FL Kidcare-Affordable Childrens' Health Insurance

FL Toll Free.....1-888-540-5437

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## Military Family Services

### MUST HAVE MILITARY ID FOR MILITARY SERVICES

#### Family Advocacy Program - Programs include:

*Exceptional Family Member Program* - for members with physical, emotional, mental or educational needs;  
*Family Advocacy Program* - for prevention of serious family problems and exceptional medical or educational conditions.....883-8616

*New Parent Support Program* - nursing services, counseling, and education for families with children up to three years of age

Eglin AFB.....883-9890  
 Hurlburt Field.....881-5226  
 Tyndall AFB.....850-283-7511

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

Eglin AFB.....882-9060  
 Hurlburt Field.....884-5441  
 Tyndall AFB.....850-283-4204

## Transportation

Tri-County Transportation.....1-800-226-8911  
 .....850-332-7976



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## Child Care

### Day Care/Preschool

Early Learning Coalition, DeFuniak Springs.....892-8560  
 Fort Walton Beach.....833-9330  
 or.....833-3627  
 Child Care Resource and Referral.....892-8561  
 Head Start.....892-7635  
 Day Care Licensor, Dept of Children & Families.....833-3800

### Military - Must have Military ID

Eglin Child Development Center.....883-7425  
 Hurlburt Child Development Center.....884-6664

## Legal Services

Guardian Ad Litem, Dist. 1.....1-850-595-3728  
 Child Support Enforcement.....1-800-622-5437  
 Legal Services of North Florida.....862-3279  
 Department of Corrections.....892-8075  
 Public Defender.....892-8090  
 State Attorney.....892-8080

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## Food

### Food Stamps

Access Program Info Line ..... 1-866-762-2237

### Emergency Food

Caring and Sharing

DeFuniak Springs ..... 892-7656

Santa Rosa Beach ..... 267-2866

Catholic Charities of Northwest Florida ..... 244-2825

Friendship Baptist Church ..... 850-859-2287

Tricounty Community Council ..... 850-892-3615

### Nutrition and Breastfeeding Services

WIC (Women, Infants & Children) ..... 892-8020

## Clothing

Children's Home Society ..... 1-800-235-BABY

Caring and Sharing Thrift Store ..... 892-7656

Caring and Sharing of South Walton ..... 267-2866

Life Inc, FWB ..... 862-9020

### Thrift Stores

Goodwill Santa Rosa Beach ..... 267-0555

Goodwill, FWB ..... 864-6677

Goodwill, Crestview ..... 689-2664

Goodwill, Niceville ..... 729-2330

Salvation Army

Fort Walton Beach ..... 243-4531

Panama City ..... 850-769-5259

The Matrix ..... 892-1090

Waterfront Mission Bargain Store, Crestview ..... 689-2700

### Military (Military ID Required)

Eglin Thrift Shop ..... 678-4726

Hurlburt Thrift Shop ..... 884-3098

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



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A Healthy lifestyle before and during pregnancy  
can led to a healthier baby.

**Get Healthy before you get pregnant!**

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## Financial Help

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

**Department of Children & Families** - for information on obtaining Medicaid,

Food Stamps or Temporary Cash Assistance ..... 1-866-762-2237

or go online to [www.dcf.state.fl.us/ess](http://www.dcf.state.fl.us/ess) or [www.myflorida.com/accessflorida](http://www.myflorida.com/accessflorida)

Career Source (job training and placement)

Crestview ..... 689-7823

DeFuniak Springs ..... 320-5990 x 201

Child Support Enforcement ..... 1-800-622-5437

Tri-County Transportation ..... 892-2422

Social Security ..... 1-800-772-1213

### PRIVATE CHARITIES

Caring and Sharing ..... 892-7656

Caring and Sharing South Walton ..... 267-2866

United Way ..... 1-800-844-8929

### CHURCHES:

First United Methodist Church ..... 892-5332



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## Counseling

### COUNSELING

COPE Center	
Counseling, alcohol and drug treatment .....	892-8045
24 Hour Help Line .....	892-4357
24 Hour Help Line, South Walton .....	267-2220
Administration .....	892-8035
Mental Rehab .....	892-8055
Beachside Counseling, Destin .....	833-3870
Catholic Charities of NWF, FWB.....	244-2825
Children's Home Society	
Teenage pregnancy counseling, adoption services, crisis counseling, employment.....	266-2700
Fort Walton Beach Medical Center.....	862-1111
Inpatient psychiatric treatment for adults	
Life Inc, FWB.....	862-9020
Pregnancy Support Center .....	892-7400

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

## Support Groups

### SUPPORT GROUPS

Alcoholics Anonymous.....	244-2421
Breastfeeding-WIC .....	892-8020
Womb to Breast.....	850-699-3018
Mental Health Association - COPE Center .....	892-8045

For more complete and current support group listings, see the *Calendar* section of the Northwest Florida Daily News, or call the Help Line, 892-HELP (892-4357).



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## Medical

### PRIVATE PROVIDERS

#### Midwives

Maria Milton, Licensed Midwife .....	850-834-2946
Gentle Birth Options .....	844-262-4784

#### Obstetricians (Doctors for Delivering Babies)

All About Women, Panama City .....	850-785-1517
Coastal OB/GYN, Panama City.....	850-785-0515
Sergio Cabrera, MD, Crestview.....	398-8940
Gregory Coates, MD, Crestview.....	689-2229
Jennifer Esses, MD, Santa Rosa Beach .....	267-2292
Melinda Graham, MD, Santa Rosa Beach .....	267-2961
Janet Hamby, MD, Crestview .....	689-2229
Kimberly Hood, MD, Niceville .....	897-0110
Bryce Jackson, MD, Panama City .....	850-784-6877
Naguib Moussa, MD, Panama City .....	850-784-0009
Northwest Florida Ob-Gyn.....	279-6267
Lucy Rice, MD, Niceville.....	897-0110
Anne Marie Whitlock, MD, Santa Rosa Beach .....	267-2961



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### Family Doctors

Charles B. Barniv, MD, Destin.....	837-5181
Jerold Derkaz, MD, DeFuniak Springs .....	892-6600
Reuben Garcia, MD, DeFuniak Springs .....	892-4791
James Howell, DO, DeFuniak Springs.....	892-2888
Marcene Kreifels, MD, DeFuniak Springs .....	892-2266
David Zielinski, MD, Destin .....	837-0032

### Pediatricians (Doctors for Children)

ABC Pediatrics, Niceville.....	729-3575
ABC Pediatrics, Crestview .....	689-0900
Children's Clinic, Crestview.....	689-0555
Crestview Health Center .....	862-1164
Gateway Medical Clinic.....	892-9066
Joseph Peter, MD, Crestview .....	683-5100
White-Wilson Clinic, Destin.....	837-3848
White-Wilson Clinic, FWB.....	863-8203

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## Special Needs

- 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. .... 1-850-484-5040
- Family First Network** ..... 892-8647  
Abuse Registry ..... 1-800-96ABUSE
- Supplemental Security Income (SSI)** - income for those who are disabled and cannot work ..... 1-800-772-1213
- Exceptional Family Member Program**  
Eglin AFB (military ID required) ..... 883-9452
- Emerald Coast Hearing Associates**  
Fort Walton Beach ..... 863-4327
- Walton Pre-K Exceptional Student Education**  
DeFuniak Springs ..... 892-1100  
ARC - Developmental Disabilities ..... 892-5013
- Nemours Children's Clinic**  
Specialty care center for children with complex medical or surgical problems.  
Destin and Pensacola ..... 1-800-767-5437

### Early Steps

- Screening, evaluation and referral for children up to three whose development is delayed or who have established conditions that may lead to delay. - located at Sacred Heart Hospital in Pensacola ..... 1-800-281-1845
- Resources for Human Development** ..... 951-0037
- Hospice of the Emerald Coast** ..... 689-0300
- Covenant Hospice of Crestview** ..... 951-0127
- United Cerebral Palsy of NW FL** ..... 850-432-1596
- Children's Volunteer Health Network**  
Medical, Dental and Mental Health care for uninsured and underinsured school-aged children ..... 622-3200



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## Family Assistance

### Walton County

- American Red Cross, (fire/natural disaster) ..... 1-800-773-7620
- Caring and Sharing ..... 892-7656  
South Walton ..... 267-2866
- Children's Home Society ..... 850-266-2700
- Lutheran Services, Hope House ..... 682-2374
- Shelter House (Domestic violence support)  
Hotline ..... 863-4777
- Tri-County Community Council ..... 892-3615

### Other

- Alcoholics Anonymous ..... 244-2421
- American Cancer Society ..... 244-3813
- American Diabetes Association ..... 1-800-342-2383
- Boys and Girls Club  
DeFuniak Springs ..... 892-3752  
South Walton ..... 622-0602
- Catholic Charities of NW Florida, FWB ..... 244-2825
- Elder Services ..... 833-9165
- Epilepsy Society of NW Florida ..... 315-0000
- Ronda Coon Women's Home ..... 243-5800
- Family Support, Eglin AFB (military only) ..... 882-9060

- Family Support, Hurlburt Field (military only) ..... 884-5441
- Florida State Blind Services ..... 850-595-5282
- Good Will Easter Seals ..... 302-0576
- Healthy Families ..... 983-5487
- Healthy Start Coalition, FWB** ..... **833-9284**
- Healthy Start, WCHD ..... 892-8015
- LaLeche League International  
Breastfeeding Support ..... 1-800-LaLeche
- Legal Services of NW Florida ..... 862-3279
- LIFE, Inc. - for crisis pregnancy ..... 862-9020
- Lutheran Services of Florida Hope House  
Counseling for at-risk teens ..... 682-2374
- Mental Health Association, Okaloosa-Walton ... 850-244-1040
- Tri-County Transportation ..... 892-2422
- UF Extension Service - Information on farming,  
FL lawn care, hurricane preparedness, bugs,  
money management, 4-H, health, nutrition and more  
DeFuniak Springs ..... 892-8172  
Coastal Branch ..... 231-0246
- Ronald McDonald House - for parents needing a  
place to stay while child is hospitalized... 1-850-477-CARE

### Adoptions/Foster Care

- Catholic Charities, FWB ..... 244-2825
- Children's Home Society ..... 850-266-2700



*Healthy Start*

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