

2019-2022

Family Resource Directory

Okaloosa and Walton Counties



healthy mothers ••• healthy babies ••• healthy families

Produced by The Healthy Start Coalition of Okaloosa-Walton Counties

The Family Resource Directory is a small representation of the resources available in Okaloosa and Walton Counties. Some resources listed may have eligibility requirements or may have a cost/fee associated with their services.



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DEPARTMENT OF CHILDREN & FAMILIES

Are you interested in a Recipe for a Healthy Baby Presentation for your business or organization?

**Call
850-833-9284
for more
information!**



Recipe for a Healthy Baby

4 Simple Ingredients

-  **Breastfeed Your Baby**
-  **Safe Sleep for Baby**
-  **Never Shake a Baby**
-  **Quit for Baby**

FloridaHEALTHYbabies
OKALOOSA COUNTY

ARE YOU PREGNANT?

FOR A PREGNANCY TEST, CONTACT:

Okaloosa County Health Department (FWB)	850-833-9246
Okaloosa County Healthy Department (Crestview)	850-689-7808
Walton County Health Department	850-892-8015
Fort Walton Beach Center for Women	850-862-9020
Crestview Pregnancy Center	850-682-1011
Pregnancy Support Center DeFuniak Springs	850-892-7400
Catholic Charities of Northwest Florida	850-244-2825
Eglin Hospital Information/Patient Advocate*	850-883-9042
Eglin Hospital Appointments*	850-883-8600
Hurlburt Hospital Info/Appointments*	850-881-1020
Private Doctor	Click Here

*Services at Eglin and Hurlburt require a Military ID Card

CONGRATULATIONS ON BECOMING A MOTHER!

The choices you make now are important for your baby's health.

Healthy Start of Okaloosa-Walton is dedicated to supporting the quality of life for women before, during, and after their pregnancy.

Our goal is: **HEALTHY BABIES BORN TO HEALTHY MOTHERS!**

Say **YES** to the **Healthy Start Health Risk Screens** at your Doctor's Office and Labor and Delivery Hospital!

Do you need to contact your Healthy Start Worker?

Okaloosa - 850-683-5002

Walton - 850-892-8015



Early Prenatal Care Matters

Prenatal care is when you get check-ups from your health care provider during your pregnancy. It is an important part of your health and your future baby's health. You should get prenatal care as soon as you know you are pregnant.

Prenatal care will:

- Improve the health of your pregnancy
- Reduce the fetus' and infant's risk for complications
- Provide accurate nutrition information
- Track baby's development
- Perform appropriate testing
- Help you learn about labor and delivery

Your medical provider will advise you on a prenatal care schedule that is best for you and your baby.

Healthy Start SERVICES

- Assistance in Finding a Doctor
- Childbirth Education
- Nutrition Education
- Breastfeeding Education & Support
- Help to Quit Smoking
- Baby Care Instruction
- Parenting Assistance
- Family Planning
- Emotional Support
- Connections to Other Community Resources
- Car Seat Safety Classes

INFORMATION LINES

EMERGENCY? CALL 911

Abuse Hotline 1-800-926-2873
Access FL (Medicaid) 1-866-762-2237
Adoption Hotline 1-800-962-3678
AIDS 1-800-352-2437
Child Abuse Hotline 1-800-422-4453
Child Find, Inc. 1-800-426-5678
Children's Home Society 1-800-266-2700
Domestic Violence Hotline 1-800-799-7233
Family Health Line 1-800-451-2229
Financial Services 1-800-342-2762
First Call for Help 1-850-243-9111
Florida Kidcare Insurance 1-888-540-5437
Florida SIDS Alliance 1-800-743-7352

Job Discrimination 1-800-342-8170
Lakeview Center 1-866-517-7766
Mobile Response Team 1-866-517-7766
Medicaid Information 1-800-303-2422
National Runaway Switchboard 1-800-RUNAWAY
Poison Control Nationwide 1-800-222-1222
Postpartum Support 1-800-944-4773
Shelter House 1-850-243-1201
STD Hotline 1-800-232-4636
Stuttering Foundation 1-800-992-9392
Substance Abuse Hotline 1-800-662-HELP
Suicide Prevention Hotline 1-800-273-8255
WIC Program Hotline 1-800-342-3556

DIAL 2-1-1 FOR FREE, CONFIDENTIAL INFORMATION AND REFERRALS

The graphic features a blue background with several colorful speech bubbles containing various community service needs. The text 'United Way 2-1-1 Connects You to Information about Community Services' is centered. Below this, the large text 'Dial 2-1-1' is displayed, followed by 'Free, confidential information & referrals, Available 24/7'. The 'LIVE UNITED United Way' logo is in the bottom right corner.

Speech bubbles include:

- I need help buying groceries this month...
- I'm feeling depressed...
- How can I get help finding legal aid?
- Where can I find a support group?
- I'm having trouble finding employment...
- I can't afford to pay my medical bills...
- Is there an after-school program in my area?
- I'm looking for affordable dental care...
- I need to find affordable housing...
- How can I help you?

United Way 2-1-1 Connects You to Information about Community Services

Dial 2-1-1

Free, confidential information & referrals, Available 24/7

LIVE UNITED
United Way

DEPT. OF CHILDREN & FAMILIES - MEDICAID - WIC - LEGAL SERVICES

Children and Family Services

Unemployed, uninsured or low income may be eligible for financial assistance or Medicaid

Florida System of Children and Family Services offers a one-stop eligibility screen for all available economic and medical services. Services include food stamps/EBT, Medicaid, Well Baby Care and Temporary Assistance for Needy Families (TANF).

Department of Children and Families Access Florida Line 1-866-762-2237

Florida DCF Client Services for Northwest Region 850-778-4045

or visit <https://www.myflfamilies.com/service-programs/access/>

Child Support Enforcement	850-488-5437
Medicaid for Pregnant Women	800-303-2422
County Health Departments	
Okaloosa, FWB	850-833-9240
Okaloosa, Crestview	850-689-7808
Walton, Santa Rosa	850-892-8105
Walton, DeFuniak Springs	850-892-8105
Career Source, job training & placement	
Fort Walton Beach	850-833-7587
DeFuniak Springs	850-520-5990
Tri-County Community Council	850-547-3689
Social Security Administration	800-772-1213

Legal Services

Walton and Okaloosa Legal Services	850-432-2336
Legal Services of N. Florida	850-862-3279
Child Support Enforcement	800-622-5437
Guardian Ad Litem	850-609-5467
Office of Public Defender	
Okaloosa	850-651-7350
Walton	850-892-8090
Florida Hwy Patrol, Troop A, Victim Advocate	850-873-7020

Nutrition for Women, Infants, and Children

WIC provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services.

Local WIC Offices:

Fort Walton Beach	850-833-9254
Crestview	850-689-7858
DeFuniak Springs	850-892-8020



FOOD - CLOTHING - TRANSPORTATION

Food

Catholic Charities of NWFL 850-244-2825
 Sharing and Caring
 Fort Walton Beach 850-244-0778
 Crestview 850-682-1907
 Niceville 850-678-8459

Caring and Sharing
 South Walton 850-267-2866
 DeFuniak Springs 850-892-7656

Harvest House Destin 850-837-2277
 Salvation Army 850-243-4531
 Striving for Perfection 850-862-3899

Okaloosa County Churches—Food Pantries

First UMC, Crestview 850-682-2018
 First Baptist Church 850-682-2544
 Central Baptist 850-682-5525
 Life Point Church 850-682-3518
 Catholic Care Center 850-682-4032
 First Presbyterian 850-682-2835
 Auburn Pentecostal 850-682-6357

Walton County Churches—Food Pantries

7th Day Adventist 850-892-7777
 Friendship Baptist 850-859-2287
 First UMC, DFS 850-892-5332
 First Baptist Church
 Heart & Hands Pantry 850-892-2722
 The Matrix Outreach 850-892-1090

Clothing

Catholic Charities of NWFL 850-244-2825
 Crestview Pregnancy Center ... 850-682-1011
 FWB Center for Women 850-862-9020
 First Presbyterian DFS 850-892-5832
 Goodwill

 Fort Walton Beach 850-864-6677
 Valparaiso 850-729-0131
 Crestview 850-689-2664
 Destin 850-837-8516
 Santa Rosa Beach 850-267-0555

Harvest House Destin 850-837-2277
 Pregnancy Center DFS 850-892-7400
 Sharing and Caring

 Fort Walton Beach 850-244-0778
 Crestview 850-682-1907
 Niceville 850-678-8459

Caring and Sharing
 South Walton 850-267-2866
 DeFuniak Springs 850-892-7656

Salvation Army 850-243-4531
 The Matrix Outreach 850-892-1090
 Waterfront Mission Thrift Stores

 Fort Walton Beach 850-244-2726
 Crestview 850-689-2700

Transportation

Okaloosa

Okaloosa Coordinated
 Transportation

*Rides must be scheduled
 by 1PM the day prior to
 requested travel

*Can schedule 7 days in
 advance

*Reduced fares available
 Call 850-833-9168

*Or visit ecrider.org



Walton

Tri-County Community Council

*Reservations must be
 made no later than noon
 the day before your
 appointment
 Call 850-892-2422



CHILD CARE - SPECIAL NEEDS

Special Needs

ARC of the Emerald Coast 850-863-1530

ARC of Walton County 850-892-5013

Offers a variety of programs for children and adults

The Children's Center 850-244-9187

Children's Medical Services 800-381-3685

Children under 21 with chronic conditions, whose physical functions are impaired as a result of accident, disease or birth defect and whose family cannot afford treatment

Capstone Adaptive Learning and Therapy Centers, Inc 850-432-1596

Services for children and adults

Caring Hearts 850-689-1376

Pediatric Day Nursing and Treatment Center for medically fragile and medically complex patients and their families

Early Steps 850-416-7656

Screening, evaluation, and referral for children up to three whose development is delayed

EC Children's Advocacy 850-833-9237
Center

Emerald Coast Autism 850-279-3000
Center

Hospice of the EC 850-689-0300

Goodwill Easter Seals of the
Gulf Coast 850-302-0576

Magnolia Pediatric Therapy
Pediatric speech, language, feeding/swallowing therapy, and social skills groups

Fort Walton Beach 850-226-8279
and Crestview

Destin 850-424-5469

Pediatric Therapy Center

Speech/language, feeding, physical, occupational, and school-based therapy

Crestview 850-682-8388

Tree House Therapy 850-226-7411

Supplemental Security Income
(SSI) 866-331-2194

Search for local child care facilities through the Florida Department of Children and Families at:

<https://cares.myflfamilies.com/PublicSearch>

Child Care and Services

Boys and Girls Club of the EC

Corporate Office 850-862-1616

Fort Walton Beach 850-862-1332

Destin 850-833-3132

DeFuniak Springs 850-865-5294

South Walton 850-622-0602

Caring Hearts 850-689-1376
Pediatric Day Nursing and Treatment Center for medically fragile and medically complex patients and their families

Head Start

Okaloosa 850-651-0645

Walton 850-892-7635

Early childhood education programs for birth to age 5

Early Learning Coalition 850-833-3627
of the Emerald Coast

Supports families through school readiness and early education programs, and offers financial assistance for eligible families



ALONE

Babies should never sleep in the same bed as adults or other kids.



BACK

Place baby to sleep on their back dressed in a one piece sleeper.



CRIB

Do not place toys, pillows, blankets, bumpers, or other objects in the crib, bassinet or play yard.

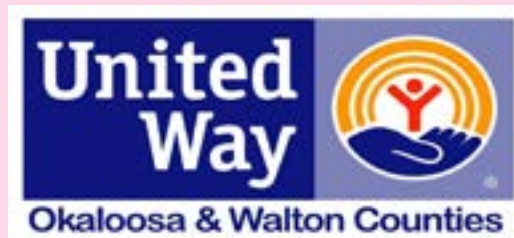
FAMILY ASSISTANCE - CONNECT

Family Assistance

90WORKS	855-90WORKS	Healthy Start Coalition	850-833-9284
ARC of The Emerald Coast	850-863-1530	Okaloosa HS Workers	850-683-5002
Alcoholics Anonymous	850-244-2421	Walton HS Workers	850-892-8015
American Cancer Society	850-244-3813	Hope House-Runaway Teen ...	850-682-2374
American Diabetes Assoc	800-342-2383	Legal Services of North FL	850-862-3279
American Lung Assoc	800-LUNGUSA	Lutheran Services	850-664-0145
American Red Cross	850-432-7601	Mental Health Association	850-244-1040
Big Brothers & Big Sisters	850-664-5437	Okaloosa AIDS Support	850-314-0950
Catholic Charities of NW FL	850-244-2825	Pathway Substance Abuse	850-609-1004
Children's Home Society	850-833-3872	Pregnancy Center DFS	850-892-7400
Child Support Enforcement	800-622-5437	Ronald McDonald House	850-477-2273
Crestview Pregnancy Center ..	850-682-1011	Youth Challenge Academy.....	904-682-4031
Department of Juvenile Justice		Tri-County Programs	850-892-2422
Fort Walton Beach	850-833-3906	UF/IFAS Extension	
Crestview	850-689-7901	Okaloosa	850-689-5850
Early Learning Coalition	850-833-3627	Walton	850-892-8172
Elder Services of Okaloosa	850-833-9165	<i>Information on farming, lawn care, bugs,</i>	
EC Children's Advocacy	850-833-9237	<i>money management, 4-H, health,</i>	
Epilepsy Foundation of FL	850-433-1395	<i>nutrition, car seat safety, and more</i>	
FL Division of Blind Services ...	850-245-0370		
FWB Center for Women	850-862-9020		
Fresh Start	850-243-5648		
Guardian Ad Litem			
Child Advocate	850-892-8676		
Good Will Easter Seals FWB ...	850-302-0576		
Healthy Families	850-983-5486		

United Way of Okaloosa & Walton Counties

A free resource and referral service. The first place to call when you do not know where to call **2-1-1**



CONNECT is here to help you connect with services in the community that benefit you and your family. Pregnant women, families, and caregivers with young children are welcome!

Services include...

- Pregnancy Education and Support
- Childbirth Education
- Breastfeeding Education and Support
- Help to Quit Smoking
- Counseling Services
- Infant Safety

For a complete list of home visiting services in Okaloosa and Walton County please call (850) 833 - 3999



HOUSING

Housing Assistance & Shelter

CALM House	850-974-3780
Fresh Start	850-243-5648
Habitat 4 Humanity	
Okaloosa County.....	850-315-0025
Walton County	850-660-1681
Hope House	850-682-2374
Opportunity Place	850-659-3190
Ronda Coon Women's Home ..	850-243-5800
Sharing and Caring	
Fort Walton Beach	850-244-0778
Crestview	850-682-1907
Niceville	850-678-8459
Caring and Sharing	
DeFuniak Springs	850-892-7656
South Walton	850-267-2866
Shelter House	
Program Office, FWB	850-863-4777
Crestview	850-683-0845
Walton	850-392-7190
Striving for Perfection	850-362-3899
The Matrix Outreach	850-892-1090
Tri-County Council	850-892-3615

Low Income Housing

Housing Authority	
Fort Walton Beach	850-243-3224
Niceville	850-678-7816
Crestview	850-682-2413
DeFuniak Springs	850-892-2823
Section 8 – HUD	
Fort Walton Beach	850-243-3224
Crestview	850-682-2413
DeFuniak Springs	850-892-8185

Low Income Apartments

Okaloosa

<i>Fort Walton Beach</i>	
Charlie Hill Terrace	850-243-3224
Sound Side Apts	850-586-1899
Church Street Apts	850-243-3224

Crestview

Brookmead Villas Apts	850-689-2272
Bent Creek Apts	850-682-5563
Brentwood Apts	850-682-9422

Niceville

Nicewood Garden	850-897-4272
Wildwood Apts	850-678-7734

Walton

Hazelwood Apartments	850-835-4483
Heritage Apartments	850-892-5232
Oakdale Apartments	850-892-7734
Quail Run Apartments	850-892-2823

Every year countless children die after being left behind in a hot car! Cars interior temperature can rise 20 degrees in just 10 minutes. And a child's small body heats up 3-5 times faster than an average adult.

Always remember to

LOOK
BEFORE YOU LACK

Even if you don't think it can happen to you, IT CAN!

**Parenting TIP* Leave a purse or item that you will need next to your child's car seat. When you arrive at your destination you will have to retrieve the item and will notice your child! For more information and safety tips visit kidsandcars.org*

**Your baby has you.
You have text4baby.**

Get FREE text messages on:

- Prenatal Care
- Baby Health
- Parenting & More!

Sign Up Now




MILITARY FAMILY SERVICES

THESE SERVICES ARE AVAILABLE TO MILITARY MEMBERS AND THEIR DEPENDENTS

Eglin Air Force Base

Hospital	850-883-9042
Airman & Family Readiness Center	850-882-9060
<i>Offers services to enhance readiness and quality of life for Airmen and their families</i>	
Exceptional Family Member Program	850-883-4342
<i>For families with special needs: assists with identifying and accessing programs and services</i>	
Family Advocacy Program	850-883-8616
<i>For prevention and intervention of family maltreatment</i>	
Lactation Consultants	850-883-8001
<i>Regina Humphreys</i>	850-502-7488
New Parent Support Program	850-883-9890
<i>Provides counseling, education and support for new parents or parents with children up to 3 years of age</i>	
Child Development Center	850-883-7425
Family Child Care	850-882-2994
Youth Center	850-882-8212
School Age Program	850-882-8291
Health Promotion	850-883-8020

Additional helping agencies on Eglin:

<https://www.eglin.af.mil/Units/Base-Helping-Units/>

Additional helping agencies on Hurlburt:

<http://www.hurlburt.af.mil/>

Hurlburt Field

Medical Service	850-881-1020
Airman and Family Readiness Center	850-884-5441
<i>Offers services to enhance readiness and quality of life for Airmen and their families.</i>	
Exceptional Family Member Program	850-884-6830
<i>For families with special needs - assists with identifying and accessing programs and services</i>	
Family Advocacy Program	850-881-5061
<i>For prevention and intervention of family maltreatment</i>	
New Parent Support Program	850-881-5256
<i>Provides counseling, education and support for new parents or parents with children up to 3 years of age</i>	
Child Development Center	850-884-6664
Family Child Care	850-884-4300
Youth Center and School Age Program	850-884-6355
Health and Wellness Center	850-884-4292

Duke Field

Airman and Family Readiness Center	850-883-6471
<i>Offers services to enhance readiness and quality of life for Airmen and their families</i>	
Chaplain/Chapel Staff	850-883-6922
Fitness Center	850-883-1487
Force Support Squadron	850-883-6203
Legal Services	850-883-6902
Personnel Customer Support	850-883-6458



EDUCATION - EMPLOYMENT

Education

County School Districts	
Okaloosa	850-833-3100
Walton	850-892-1100
CHOICE High School	850-833-3500
Early Head Start	850-951-0464
Early Learning Coalition	850-833-3627
Head Start	
Chautauqua Center	850-892-6144
Chester Pruitt	850-244-2606
Crestview Edney Center	850-682-2912
Crestview Baystreet Cntr	850-651-0645
Fort Walton Beach	850-244-2606
Lakeview Center	850-682-5931
Laurel Hill	850-652-4909
Kennedy Center	850-682-1992
McGriff Center	850-244-2606
Niceville Center	850-543-6960
Walton Center	850-892-7635
Rocky Bayou	
Christian School	850-729-7227
Seaside School	850-231-0396
Teen Parent Program	
Okaloosa	850-833-3500
Walton	850-892-1100
Walton Academy	850-892-3999
Walton Learning Center	850-520-4642
Walton Virtual School	850-892-1100 ext. 1513

Employment

AmeriCorps - NWFSC	850-729-6037
CareerSource	
<i>One-stop center for employment needs</i>	
Okaloosa	850-833-7587
Walton	850-520-5990
Employee FL Market Place	866-352-2345
<i>Connects job seekers and employers,</i>	
<i>assists with resumes, career research,</i>	
<i>finding training programs, connecting to</i>	
<i>local workforce experts, and more</i>	
Labor Finders	850-243-2699
<i>Daily labor for skilled/unskilled laborers:</i>	
<i>Go to 6B Hollywood Blvd between</i>	
<i>5:30 - 6 a.m. If jobs are available,</i>	
<i>transportation is provided, and payment</i>	
<i>is made on a daily basis.</i>	
Social Security Admin	800-772-1213
Vocational Rehabilitation	850-833-9114
<i>Helps individuals with physical or</i>	
<i>mental disabilities prepare for, gain, or</i>	
<i>retain employment</i>	

Adult Education and Literacy

GED	850-729-5387
CHOICE Institute	850-833-3500
Emerald Coast Technical	
Center.....	850-892-1240
Gulf Coast State College	850-769-1551
NWF State College	850-678-5111
Chautauqua/DFS	850-200-4100
Fort Walton Beach	850-863-6534
Crestview	850-200-4141
South Walton	850-200-4160
NWFSC Career Center	850-729-5227
Troy State University FWB	850-301-2100
University of West FL FWB	850-863-6565
English for Speakers of Other Languages	
Niceville	850-729-5387
Chautauqua Center	850-892-8100
Fort Walton Beach	850-863-6534
Crestview	850-689-7911
South Walton	850-367-2888

Prevent Sudden Infant Death Syndrome

- Always put baby on their back to sleep
- Baby should always sleep alone in a crib/bassinet
- Keep soft objects, toys, crib bumperpads and loose bedding out of crib
- Do not smoke around your baby
- Do not let your baby get too hot during sleep

COUNSELING

Counseling

(Mental Health, Substance Abuse, Crisis Response)

Bridgeway Center	850-833-7500
Beachside Counseling	850-833-3870
Catholic Charities of NW Florida	850-244-2825
Children's Home Society	850-266-2700
Chautauqua Healthcare Services	850-892-8045
Jo Ann Birge Women & Children's Center	850-892-8030
CDAC Behavioral Health, Substance Abuse	850-434-2724
Emerald Coast Children's Advocacy Center	850-833-9237
Family Support Team	850-892-8618

24 Hour on-call crisis counseling team

Journey Pure	844-849-7957
Lakeview Center	850-469-3500
Mobile Response Team	866-517-7766
Hope House (Lutheran Services)	850-682-2374
Mental Health Association	850-244-1040
Pregnancy Support Center DFS	850-892-7400
Pathway/Lakeview Center, Shalimar	850-609-1040
Turning Point Center	850-243-8086

For Psychological/Family Growth

United Way of Okaloosa & Walton Counties 2-1-1

Can connect you to additional resources and assistance



SHAKING A BABY CAN CAUSE:

- Bruising, swelling, and bleeding to baby's brain
- Permanent mental and physical disabilities
- Death

TAKE A BREAK! DON'T SHAKE!

- Know your limits and have a plan in place
- Try putting baby on their back, in a safe place, and check on them frequently
- Count to 10 and call a friend
- Get help

Babies cry for many reasons. Learn what to do when your baby won't stop crying.

Call 1-800-FLA-LOVE or ask your pediatrician about your

baby's crying.

SUPPORT GROUPS



DID YOU KNOW?

Women who smoke while pregnant are at high risk of:

- Low birth weight babies
- Premature deliveries

Their babies are at high risk of:

- Medical Complications
- Learning Disabilities
- Physical Growth Issues
- Sudden Infant Death Syndrome

AHEC QUIT SMOKING CLASSES

Call Today for Class
Reservations: (850) 398-6965

QuitLine for Phone Counseling:
(877) 822-6669

Support Groups

- Alcoholics Anonymous 850-244-2421
- Shelter House 850-243-1201
- *Battered Women's Support*
- CHADD 800-233-4050
- *Parents of Children with ADHD*
- The Compassionate Friends 850-865-7918
- *Supporting Family After a Child Dies*
- OASIS (AIDS) 850-314-0950
- Postpartum Depression 800-773-6667
- *National PPD MOMS Hotline*
- PPD Leaps, Niceville 850-418-4990
- Teenage Parent Program 850-833- 3500

Breastfeeding Support

- Aloha Nutrition 808-681-9202
- Beyond Breastfeeding 850-530-4681
- Christina Schaefer Lactation 850-259-1105
- Growing Green Families 850-696-0363
- Family Birth Place 850-278-3000
- Sacred Heart Hospital on the EC
- Fort Walton Beach 850-862-1111
- Medical Center
- La Leche League
- International 800-LALECHE
- Panhandle/Niceville 850-259-1105
- North Okaloosa Med Center 850-689-8100



BREASTFEEDING BENEFITS MOM AND BABY!

- Strengthens baby's immune system ... Fewer Illnesses
- Improves health and nutrition
- Helps maintain a healthy weight
- Reduces stress
- More sleep
- Close bonding
- It is FREE

Women, Infants, and Children
Provides healthy foods, nutrition education, breastfeeding support, and referrals for health care and community services.

Local WIC Offices:

- Fort Walton Beach 850-833-9254
- Crestview 850-689-7858
- DeFuniak Springs 850-892-8020

FAMILY PLANNING - PARENTING & CHILDBIRTH EDUCATION

Parenting/Childbirth Education

Beyond Just Buckled—Car Seat Safety	850-218-8200
Breastfeeding and Nutrition Education	
WIC Fort Walton Beach	850-833-9254
WIC Crestview	850-689-7858
WIC DeFuniak Springs	850-892-8020
<i>See Breastfeeding Support</i>	<i>Page 13</i>
Crestview Pregnancy Center	850-682-1011
Family Birth Center at Sacred Heart EC	850-278-3995
Fort Walton Beach Medical Center	850-862-1111
Healthy Families	850-983-5486
(Escambia, Santa Rosa, Okaloosa, Walton)	
Healthy Start	850-833-9284
(Okaloosa, Walton)	
North Okaloosa Medical Center	850-689-8475
Postpartum Depression	800-773-6667
Pregnancy Support Center DFS	850-892-7400
Teenage Parent Program	850-833-3500
UF/IFAS Extension - Car Seat Safety	850-689-5850

Adoptions/Foster Care Resources

Catholic Charities of NWFL	850-244-2825
Children’s Home Society	850-266-2700
Families First Network	
Fort Walton Beach	850-833-3905
Crestview	850-689-7782
DeFuniak Springs	850-892-8647

Family Planning

Okaloosa County Health Department	
Fort Walton Beach	850-833-9240
Crestview	850-689-7808
Walton County Health Department	850-892-8015
Fort Walton Beach Center for Women	850-862-9020

Plan your family size and practice baby spacing for a healthier you and baby.

The Department of Health in Okaloosa and Walton County has Family Planning Services that offer education, counseling, medical services, referrals, and FREE birth control!

Waiting at least 18 months between pregnancies:

- Gives you time to rebuild important nutrients and heal
 - Lowers your risk of a premature delivery
- Lowers your risk of having a low birth weight baby
 - Benefits the whole family

IMMUNIZATIONS

IMMUNIZATIONS CAN PROTECT THE HEALTH OF YOUR CHILD, YOUR FAMILY, YOUR FRIENDS, AND YOUR COMMUNITY.



Child immunizations are offered free at the Florida Department of Health in Walton County



Call to schedule an appointment: 850-892-8015

PRECONCEPTION HEALTH

Preconception health is a woman's health before she becomes pregnant. It is beneficial for you and your future baby.

4 tips for improving your preconception health:

01 FOLIC ACID & HEALTHY FOOD



Folic acid is a B Vitamin. Take 400 micrograms of folic acid every day. This vitamin can help prevent major birth defects. Consume healthy foods for proper nutrition.

02 STOP SUBSTANCE USE

Stop smoking, using street drugs, and excessive alcohol consumption. These substances are bad for your health, and they can lead to serious birth defects if you use them while pregnant.



03 HEALTHY WEIGHT

People who are overweight, obese, or underweight are at increased risk of health complications. Consult with your doctor on how to reach and maintain your healthy weight.



04 SEE YOUR DOCTOR

See your doctor for yearly health check-ups. Ask them about preconception health. Talk to them about your medical conditions, health behaviors, family medical history, and other concerns you may have.



PRECONCEPTION HEALTH - HOSPITALS

Well Visits for Baby

Regular pediatrician visits for baby help:

- Maintain health
- Track growth and development
- Early intervention
- Prevent illnesses through regular immunizations
- Get health, nutrition, and safety education
- Discuss concerns you may have

American Academy of Pediatrics recommends well-visits at:

- 2 to 5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3 years
- and at least once per year from age 3 years to 18 years

**Ask your child's doctor what the best well-visit schedule is for your child*

Hospitals

Fort Walton Beach Medical Center	850-862-1111
North Okaloosa Medical Center.....	850-689-8100
Twin Cities Hospital	850-678-4131
Sacred Heart of the Emerald Coast	850-278-3600
Sacred Heart Hospital, Pensacola	850-416-7000
Eglin Regional Hospital	850-883-9042
Healthmark Regional Medical Center	850-951-4500

OBSTETRICS & GYNECOLOGY - CLINICS

Prenatal Care Physicians for Pregnancy and Delivery and Woman Care (Obstetrics and Gynecology)

Okaloosa County

Sergio Cabrera, MD; Crestview 850-398-8940

Eglin Air Force Base – Military Care

OB/GYN Clinic 850-883-889

Family Medicine Residence Clinic 850-883-8600

North Okaloosa Physician Group; Crestview 850-689-2229

Gregory Coates, MD; Janet Hamby, MD, Jacob Lassiter, MD

NWFL Physicians for Women; Fort Walton Beach 850-315-8360

Diana Decotis-Smith, MD; Stephanie Caywood, MD

Hennessey Obstetrics & Gynecology;

Fort Walton Beach 850-243-2229

Niceville 850-279-6267

Michael Hennessey, MD; Megan Dixon PA-C; Kelsie Yang, PA-C

Sacred Heart Medical Group; Niceville 850-897-0110

Clarke Sledge, MD

Donald Whitaker, MD; Fort Walton Beach 850-863-1000

Walton County

Sacred Heart Medical Group, Miramar Beach 850-267-2961

Blakele Bakker, MD; Yolanda Jones, MD; Brett Tidwell, DO;

Anne Marie Whitlock, MD

Women and Children First; Santa Rosa Beach 850-267-2292

Jennifer Esses, MD

Woman Care Physicians (Gynecology)

Glenn M. Bankert, DO; Crestview 850-689-2223

Lisa Judge, MD; Niceville 850-729-1414

Stricker Mays, MD; Crestview 850-683-1100

Ann Nguyen, MD; Fort Walton Beach 850-837-0576

Midwife

Maria Milton, Flowersview 850-834-2946

Practical Midwifery 850-859-4100

Clinics

Children’s Volunteer Health Network 850-622-3200

Medical, dental, and mental health care for uninsured and underinsured school-aged children

Children’s Clinic Crestview 850-689-0555

Crossroads Center-Medical and Dental Clinic 850-389-3015

North Okaloosa Medical Group, Gateway Medical Clinic

Crestview 850-423-0061

DeFuniak Springs 850-892-3366

Healthmark Clinic 850-951-4500

Hope Medical Clinic 850-837-8424

Provides free, quality, accessible healthcare for the working uninsured and medically underserved. Contact the clinic to see if you qualify

PanCare Health

Bruce 850-835-1015

Freeport 850-880-6568

Point Washington Medical Clinic 850-865-2335

A ministry of Point Washington United Methodist Church; serving those who cannot afford medical treatment

Walton Community Health Center 850-892-8015

Postpartum Care

Postpartum care is when you receive a medical check-up after you give birth.

- Monitor postpartum recovery
- Examine your physical health
- Talk about breastfeeding
- Discuss family planning
- Talk about any concerns

HEALTH CARE - DOCTORS

Pediatricians

ABC Pediatrics

Crestview 850-689-0900 Niceville 850-729-3575
*Alberto Barbon, MD; Luis Gomez, MD; Sharon Skrabacz ARNP;
Lela Stroud, ARNP, NNP, BC, CPNP*

Lynn Keefe, MD Pediatrics; Niceville 850-279-6260

North Okaloosa Physician Group; Crestview 850-398-8725
Mervin Manuel, MD; Deena Wise, MD

Pediatrics of Okaloosa, Tracey Burton, MD; Niceville 850-678-9009

Sacred Heart Medical Group Pediatrics

Crestview 850-683-5100
*Rebecca Susong, MD; Stephen Wakefield, MD;
Lindsey Mann-Badyrka, APRN*

Freeport 850-278-3400
Molly Winter, MD

Miramar Beach 850-278-3885
Stephen Bolduc, MD

Santa Rosa Beach 850-278-3920
*Rickey Viator, MD; Tiffany Vroon, MD; Prabha Weiss, MD;
Crystal Tidwell, DO*

White-Wilson Medical Center

Fort Walton Beach 850-863-8203
*John Chiles, MD; Douglas Rigby, MD; Robert Shelton, MD;
Irina Smith, MD; Heather Shelton, PNP; Paul Tartarilla, ARNP*

Niceville 850-729-4641
*Evan Meeks, MD; Kyle Simmers, MD, FAAP;
Elizabeth McDowell, APRN*

Destin 850-269-6400
Richard Reno, MD;

Walton County DOH, Pediatric Primary Care Services 850-892-8015

Family Care Physicians

Okaloosa County

Ana Manuel, MD; Crestview 850-398-8725

Charles Barniv, MD; Destin 850-837-5181

Crestview Health Center 850-682-1164

Gateway Clinic; Baker 850-537-9312
Michelle Vandenbosch, MD

Gateway Clinic; Crestview 850-423-0061
Ann Gwinnup, ME; Myron Faircloth, DNP, FNP-BC

Magnolia Medical Clinic; Fort Walton Beach 850-243-7681
*John Sites, MD; Peter Senechal, MD; Christopher Paulson, MD;
Teresa Skojac, MD, MPH; Chris Pappas, MD; Susan Ott, ARNP*

Pat Tidwell, MD; Niceville 850-678-6735

White Wilson Medical Center

Fort Walton Beach 850-863-6600
*Andrei Androssov, MD; Christopher Hansen, MD;
Timothy Johnson, PA-C; Kate Siilva, PA-C*

Niceville 850-897-4400
R. Lee Barnes, MD; Andrew Yang, MD; Amanda Outly, PA-C

Sacred Heart Medical Group

Crestview 850-682-6122
*Kara Brooks, MD; Mark J. Cooper, MD; Lauren Franklin, MD;
John T. Johnson, MD*

Destin 850-837-0032
Kerrian Hudson, MD; David L. Zielinski, MD

Walton County

James Howell, MD; DeFuniak Springs 850-892-2888

Jose Jimenez, MD; Miramar Beach 850-622-3393

Lisa Clark, MD; South Walton 850-269-0111

Marcene Kreifels, MD; DeFuniak Springs 850-892-2266

Perry D. Hight, MD; Miramar Beach 850-502-7987

Ruben Garcia, MD; DeFuniak Springs 850-892-4791



DON'T PANIC

Don't abandon your baby



**We're here to help.
You are not alone.**

Give your baby to a staff member at a hospital,
24/7 fire station or ambulance station.

A *Safe Haven For Newborns* provides anonymous alternatives
to infant abandonment through education, prevention, direct
assistance and grass roots community involvement.

For more information visit: asafehavenfornewborns.com



The Gloria M. Siverio Foundation, 501(c)3

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1.877.767.BABY (2229)

EVERY CALL IS CONFIDENTIAL



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