A-1 Motel  
Motel lodging for $30.00 per day. 24-7  
12007 N Nebraska Avenue, Tampa, 33612 ................................................. 813-977-3890

Abe Brown Ministries  
Shelters for men and women released from prison. $35 minimum weekly rent. Also employment assistance, clothing, food and household goods, counseling, assistance with parole and probation requirements, and other services.  
M-F 8:00-5:00.  
2921 N 29th Street, Tampa, 33605 ......................................................... 813-247-3285  
FAX .......................................................... 813-248-3224  
Website ........................................................................................................ http://abebrown.org/home.shtml

Abundant Life Ministries  
40-bed homeless mission for men. $5 daily donation. Check-in 5:30-7:30. Check out at 5 am. Breakfast, lunch, and dinner. Meals follow church services. 9:00-5:00 every day.  
2801 N Tampa Street, Tampa, 33602 ............................................................. 813-274-3081

ADA Affairs  
Advocates for residents with disabilities; liaison with County government; and provides information regarding interpretation of the Americans with Disabilities Act.  
M-F 8:00-5:00  
601 E Kennedy Boulevard, 24th Floor, Tampa, 33602 ................................................................. 813-276-2742  
FAX .......................................................... 813-272-7142  
Website ........................................................................................................ http://www.hillsboroughcounty.org/liaisons/ada/

African American Affairs  
Liaison between county and African-American community; advocates concerns and coordinates efforts to identify, address and resolve problems and assist in delivery of services.  
M-F 8:00-5:00  
601 E Kennedy Boulevard, 24th Floor, Tampa, 33602 ................................................................. 813-276-2637  
FAX .......................................................... 813-272-7142  
Website ........................................................................................................ http://www.hillsboroughcounty.org/liaisons/ada/

Ageless Design  
Website offers services and products for Alzheimer's patients and caregivers.  
Website ........................................................................................................ www.alzstore.com

Agency for Community Treatment  
Treatment and housing for people with AIDS, substance abuse, or mental health problems. Long- and short-term inpatient, detox, and 50-bed transitional living.  
24-7  
4403 MLK Boulevard, Tampa 33614 ................................................................. 813-879-1649  
Administration ......................................................................................... 813-246-4899  
E-Mail ........................................................................................................ ACTSinc@fl.org

Aging Services  
Provides essential social and health services for elderly, promote social, physical, economic, and emotional well-being to encourage maximum independence and improve the quality of life for seniors and their caregivers.  
M-F 7:30-5:30  
601 E Kennedy Boulevard, 25th Floor, Tampa 33602 ................................................................. 813-272-6630  
FAX .......................................................... 813-272-7145  
Website ........................................................................................................ http://www.hillsboroughcounty.org/aging

AIDS Hotline  
Short-term counseling and referrals for patients with AIDS, HIV, hepatitis, tuberculosis, or STDs. 8 am-midnight  
Hillsborough ................................................................. 1-800-352-2437

Alaska Motel  
$35 daily rate. 24-7  
1301 E Hillsborough Avenue, Tampa 33604 ................................................................. 813-237-1186

Compiled and maintained by ACTION PLUS BAIL BONDS  
Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
Alpha House  
Services for pregnant/parenting women in crisis: maternity residence, transition housing, vocational assistance, programs for abused or neglected children, pregnancy testing, social service referrals, and substance abuse programs. M-F 8:30-4:30.  
201 S Tampania Avenue, Tampa 33604 ........................................... 813-875-2024  
FAX ................................................................. 813-877-7784  
Website .............................................................................. www.alphahouseoftampa.org

American Association of Retired Persons (AARP)  
Telephone, insurance, and other discounted services for people aged 50+.  
National ........................................................................ 1-866-595-7678  
Website .............................................................................. www.AARP.org/fl

American Red Cross  
Offers health and safety education, nursing assistant classes, emergency disaster services, transportation to medical appointments, and social service referrals. M-F 8:30-4:30.  
3310 W Main Street, Tampa 33607 ........................................... 813-348-4820  
FAX ................................................................. 813-348-4830  
410 Ware Boulevard, Suite 306, Brandon 33619 ........................................... 813-367-2832  
FAX ................................................................. 813-367-2838  
Website .............................................................................. http://www.redcrossstbc.org/index.html

American Red Cross Angel Wings  
Free transportation to and from medical appointments for clients in the 336 zip code. Appointments start at 9:30 and must be over by noon. Schedule 1-2 weeks in advance. Not income restricted. M-F 8:30-4:30.  
3310 W Main Street, Tampa 33607 ........................................... 813-348-4820  
Website .................................................. http://www.redcrossstbc.org/Red_Cross_Angels/red_cross_angels.html  
E-Mail .............................................................................. Rummier@tampabay.redcross.org

America’s Second Harvest of Tampa Bay  
Oversees other food banks and meal services. Provides referrals to Hillsborough food pantries. M-F 7:30-4:00  
5300 Adamo Drive, Suite G, Tampa 33619 ........................................... 813-254-1190  
FAX ................................................................. 813-258-5802  
Website .............................................................................. http://www.a2htampabay.org/index.php

Annie Apartments  
Efficiencies and 1- and 2-bedroom apartments.  
9603 N Nebraska Avenue, Tampa 33612 ........................................... 813-935-4775

Antigua Motel  
Rooms for $35 per night or $200 per week, 24-7  
1106 E Hillsborough Avenue, Tampa 33604 ........................................... 813-239-1112

Apartments.com  
Register at website for available apartments.  
Website .............................................................................. http://apartments.com

Asian American Affairs  
Advocate for the Asian community. Coordinates efforts to identify, address and resolve problems. M-F 8:00-5:00.  
601 E Kennedy Boulevard, 24th Floor, Tampa, 33602 ........................................... 813-276-8823  
FAX ................................................................. 813-272-7142  
Website .............................................................................. http://www.hillsboroughcounty.org/Office/AsianAffairs

Bay Area Commuter Services  
Carpool matchmakers. M-F 9:00-5:00  
1408 N Westshore Boulevard, Tampa 33607 ........................................... 800-998-RIDE (7433)  
Website .............................................................................. www.TampaBayRideShare.org

Bay Area Legal Services  
Nonprofit public interest law firm provides quality civil legal services to individuals and nonprofit community groups whose circumstances limit their access to legal assistance. M-F 8:30-5:00  
829 W Martin Luther King Jr. Boulevard, 2nd Floor, Tampa 33603 ................. 813-232-1343  
Website .............................................................................. http://www.bals.org/main/

Belmont Heights Estates  
Hope VI Housing Community low-income housing. Complete application process and check available units.  
M-F 9:00-5:00
Camp Knox Motel
$38.08-56.00 per night; $151.20 to 184.80 per week including tax. 24-7.
11104 E US Highway 92, Seffner 33584 .................................................. 813-686-2912

CAPS Program
Driver's license maintenance, restoration and reinstatement. M-F 8:30-5:00
1333 W Cass Street, Tampa 33606 .......................................................... 813-250-0227
FAX .......................................................... 813-250-0550
Website .......................................................... www.CAPSofAmerica.com
E-Mail .......................................................... info@CAPSofAmerica.com

Catholic Charities
Adoption, foster care, counseling, immigration, pregnancy plus and social service referrals. M-F 8:00-5:00
2021 E Busch Boulevard, Tampa 33612 .................................................. 813-631-4370
FAX .......................................................... 813-631-4395

CDC National STD Hotline
Registry of testing sites for HIV and other communicable diseases. 24-7
National .......................................................... 1-800-227-8922
Website .......................................................... www.ashastd.org

Children's Services, Hillsborough County Department of
Manages residential and non-residential services for at-risk children and parents, emotionally handicapped youth, and runaway and ungovernable children and families including day care, residential treatment, counseling, and emergency shelter. M-F 8:00-5:00
3110 Clay Mangum Lane, Tampa 33618 .................................................. 813-264-3821
FAX .......................................................... 813-264-3874
Website .......................................................... http://www.hillsboroughcounty.org/childrensservices/

Christian Counseling Center
Individual and group counseling. M-F 10:00-8:00
1060 W Busch Boulevard, Tampa 33612 .................................................. 813-935-3917
Website .......................................................... www.cctb.org
E-Mail .......................................................... tbbaccc@earthlink.net

Christian Social Services
Food and other emergency assistance. Bring SS card for all household members, proof of residency and documentation of emergency. Also has thrift store. M-F 9:00-4:00
5514 Land O'Lakes Boulevard, Land O'Lakes 34639 ...................................... 813-995-0088
Website .......................................................... http://www.jolumc.org/

Christlike Ministry
40-room men's shelter for homeless or substance abusers. No sex offenders. 40-day step-down program.
$5 donation for shelter. Check in 5:30-7:30 pm. 3 meals daily. Christ-centered, Bible-oriented. 9-5 every day
3011 N Orient Road, Tampa 33619 .................................................. 813-623-1099, 620-0259
Website .......................................................... www.prisonministry.net/cmin
Contact .......................................................... Pastor Tony Jenkins, Ron Lewis, Bill Branton

Citizens' Action Center Information and Referrals
Information line to help citizens access county and other government services.
601 E Kennedy Boulevard, Tampa 33602 .................................................. 813-272-6333
Website .......................................................... http://www.hillsboroughcounty.org/onr/helpline/home.cfm

Clifford Hill Community Outreach
Shelter with meals for adults. Available to ex-offenders, including sex offenders. Emergency clothing referral. 24-7
1303 E New Orleans Avenue, Tampa 33603 .................................................. 813-237-5439
FAX .......................................................... 813-234-4762
Contact .......................................................... Helen Pridgen

Columbia Motel
Motel rooms for working people. Single daily rate $40; double $45; weekly $210. M-F 9-5
1042 E Hillsborough Avenue, Tampa 33604 .................................................. 813-236-5941

Compiled and maintained by ACTION PLUS BAIL BONDS
Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
Corporation to Develop Communities of Tampa, Inc
Employability skills training and job placement. Financial literacy and Home Buyer Education to lead to affordable housing. Small business classes and technical assistance.
2631 E. Lake Ave, Tampa 33610 ......................................................... 813-248-9738
Website ........................................................................................................ www.CDCofTampa.org

Cornerstone Outreach
Referrals for rent and utilities assistance. Part of Somebody Cares Tampa Bay, a network of independent, community based non-profit agencies that assist poverty families and the working poor.
550 N Reo Street Suite 300, Tampa ......................................................... 813-867-3808
Website ........................................................................................................ http://www.sctb.org/directory_profile.asp?relationid=2804&pageno=1&keywords=&categoryid=&state=&country=&letter=C

Criminal Justice Forum WTAN 1340 AM
Has knowledge of housing for inmates, SOD and mental health inmates, and re-entry initiative
St. Petersburg .......................................................... 727-532-0041
FAX ........................................................................................................... 727-538-0987
Website ........................................................................................................ www.CriminalJusticeForum.com
E-Mail ......................................................................................................... info@criminaljusticeforum.com
Contact ..................................................................................................... Frank Kopczynski

Crossover for Women
18-month, Christ-centered women's residential program for substance abuse.
PO Box 172913, Tampa 33612 ................................................................. 813-655-4457
Website ........................................................................................................ www.myflorida.com/dor

Department of Children and Families
Main office to qualify and receive food stamps, Medicaid, and AFDC assistance. Very busy phone.
Keep calling. M-F 8-5
1313 N Tampa Street, Tampa 33602 ......................................................... 813-272-3970
201-14th Avenue SE (Ruskin Neighborhood Service Center), Ruskin 33570 .... 813-671-5050

Department of Highway Safety & Motor Vehicles Driver License Offices
Issues driver licenses and ID cards.
Website ........................................................................................................ http://www.hsmv.state.fl.us/offices/hillsborough.html
2211 N Falkenburg Road, Brandon 33619
M-F 8-4 ................................................................................................... 813-635-5200
408 W Renfro Street, Plant City 33566
Tu-F 7:30-6 ........................................................................................... 813-757-9050
10101 Adamo Drive, Tampa 33619
Tu-F 7:30-6 ........................................................................................... 813-272-2713
14220 N Nebraska Avenue, Tampa 33613
Tu-F 7:30-6 ........................................................................................... 813-975-6544
2814 E Hillsborough Avenue, Tampa 33610
Tu-F 7:30-6 ........................................................................................... 813-272-3771
4100 W Martin Luther King Jr. Boulevard, Tampa 33614
Tu-F 7:30-6 am-6 pm, Sat 9-1 ............................................................... 813-871-7375
6283 W Waters Avenue, Tampa 33634
M-F 8-4 ................................................................................................... 813-635-5200

Downtown Health Center, HCHD
Health services include adult and child healthcare, immunizations, family planning, maternity, and pharmacy.
M-F 7:30-5:00
1105 E Kennedy Boulevard, Tampa 33602 ............................................. 813-307-8000
Website ........................................................................................................ http://www.hillscountyhealth.org/locations/hchd_main.htm

Dress for Success Tampa Bay
Provides interview suits and career development services. 24-hour voicemail
1705 N Howard Avenue, Tampa 33607 ..................................................... 813-259-1876, 813-220-0868
FAX ........................................................................................................... 813-685-7079
Website .................................http://dressforsuccess.org/where_we_are/affiliate.asp?sisid=69&pageid=1
E-Mail ...................................................................................................... tampabay@dressforsuccess.org
Contact .................................................................................................. Pat Ellington

Compiled and maintained by ACTION PLUS BAIL BONDS
Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
Drug Abuse Comprehensive Coordinating Office (DACCO)
CARF Accredited, non-profit drug treatment and prevention agency. Services include residential treatment, aftercare, adult intervention, children's and adult outpatient services and case management, day-night services, methadone, and supportive services.
1920 E Hillsborough Avenue, Suite 200, Tampa 33610 ........................................... 813-231-1340
Admissions ......................................................................................................................... 813-984-1818
Website .............................................................................................................................. http://www.dacco.org/index.html

Dutch Motel
$40 daily room rate. M-F 9-5.
108 W Hillsborough Avenue, Tampa 33607 ................................................................. 813-237-0673

East Lake Inn
Single $42; double $52. 24-7
6529 E Hillsborough Avenue, Tampa 33610 ................................................................. 813-622-8339

East Tampa Mobile Home Rentals
1-2-3 bedroom mobile homes. $125-175 per week. M-F 9-5
5250 E Broadway Avenue, Tampa 33619 ................................................................. 813-620-3870

Elder Help Line
Referrals for elderly and disabled clients, and government and social service information for all callers.
7 am-11 pm
Hillsborough ................................................................................................................ 813-273-3779

Electric Low Income Energy Assistance Program (LIHEAP)
Assistance on electric bill for low-income clients
Hillsborough ................................................................................................................ 813-272-6533

Employability Workshops
Located in University Neighborhood Center. Assists clients with job training, education, and job referrals. M-F 8-5
13605 N 22nd Street, Tampa 33613 ................................................................. 813-975-2153
Contact ....................................................................................................................... L. B. Anderson

Employment Opportunity Program
Employment assistance for ex-offenders and non-offenders. By appointment only. 24-hour voicemail
2410 N Tampa Street, Tampa 33602 ................................................................... 813-307-4709
FAX ............................................................................................................................... 813-276-2047
E-mail ............................................................................................................................ andersonl@hillsboroughcounty.org
Contact ....................................................................................................................... L. B. Anderson

Epilepsy Foundation Hotline
Information and services for epilepsy patients. M-Th 9-5, F 9-3
Hillsborough ................................................................................................................ 1-800-332-1000
Website ........................................................................................................................ www.EpilepsyFoundation.org

Escondido Palms
Assisted living facility (ALF). 24-7
1908 E 131st Avenue, Tampa 33612 ........................................................................ 813-977-7878

Esther Ross Transitional Housing
4-bed, faith-based, transitional (6-12 months) housing for women requires no money down. Assistance with GED, substance abuse. Computers available. $80 week, $100 with food. Weekly church attendance mandatory.
3908 N Darwin, Tampa, 33603 ............................................................................. 813-276-9894

Family Development and Project Opportunity
Services for families in need of long term intervention include case management, educational and vocational training, employment counseling, and clothing and uniform assistance. In Neighborhood Service Centers. M-F 7-5
2103 N Rome Avenue, Tampa 33607 ........................................................................ 813-272-5074
FAX ............................................................................................................................... 813-276-6495
307 N Michigan Street, Plant City 33563 ................................................................. 813-757-3871
FAX ............................................................................................................................... 813-757-0872
201 - 14th Avenue SE, Ruskin 33570 ................................................................... 813-671-7647
FAX ............................................................................................................................... 813-671-7656
13605 N 22nd Street, Tampa 33613 ........................................................................ 813-975-2153
FAX ............................................................................................................................... 813-975-2126
Family Resource Center
Counseling services. M-F 9-5
1427 Oakfield Drive, Brandon 33511 .............................................. 813-684-5048
FAX ................................................................. 535-2212

Family Support Services Travelers' Aid
Emergency assistance for mortgage, electric, water, transportation, and rent. Emergency discounted Greyhound
Bus fares. M, Tu, Fr 8-12, 1-5; W 1-5; Th 8-12
14901 Bearss Avenue, Tampa 33613 .................................................. 813-264-9949

Feel at Home
Assisted living facility (ALF).
129 W 131st Avenue, Tampa 33612 ...................................................... 813-933-9845

First Baptist Church of College Hill
Legal Services 2nd and 4th Sat 10-noon; Notary 10-1. No appointment necessary.
3838 29th Street, Tampa 33610 ................................................................. 813-248-6600
FAX ................................................................. 813-247-6492
Website .............................................................................................................. http://www.fbcch.org
E-Mail ........................................................................................................ info@fbcch.org

Floyd 'Doc' Kelton Health Center, HCHD
Health services include child health, child immunizations (8-4), family planning, maternity, and WIC (8-5).
Walk-ins should call ahead after 2:30 every day, on the 1st and 3rd Wednesday afternoons, and all day on
the 4th Tuesday. Clinic open 8-5; phones answered 24-7
4704-B W Montgomery Avenue, Tampa 33616 ........................................ 813-307-8055
FAX ................................................................. 813-272-6767
Website ............................................................................................................ http://www.hillscountyhealth.org/locations/kelton_main.htm

Francis House
Support center for HIV-infected or -affected men, women and children. Services include counseling, recreation,
childcare and after-school program, and adult respite. M-F 8-6.
4703 N Florida Avenue, Tampa 33603 ...................................................... 813-237-3066

GED Classes
Located inside Plant City Neighborhood Service Center. M-F 7-5
307 Michigan Street, Plant City 33563 ......................................................... 813-757-3871
Located inside University City Neighborhood Service Center. M-F 8-5
13605 N 22nd Street, Tampa 33613 ......................................................... 813-975-2153

Greyhound Bus Lines
Commercial bus transportation inter- and intra-state. 5 am - Midnight
610 Polk Street, Tampa 33602 ................................................................. 813-229-2174, 1-800-231-2222

HARTaccess
Door-to-door van service for disabled people who cannot use HARTline busses. Nominal fee. M-F 8-5
405 E 21st Avenue, Tampa 33605 ................................................................. 813-623-5835
Website ....................................................................................................... www.heartline.org

HARTflex
Flexible bus schedules for people unable to get to bus stop. Route is designed into neighbors within 3/4 mile
of scheduled route. Additional fee.
405 E 21st Avenue, Tampa 33605 ................................................................. 813-623-5835
FAX ................................................................. 813-664-1119
Website ....................................................................................................... www.heartline.org

HARTLINE
Offers senior permits (over 65, need Florida ID, cost $2 fee for 5 years); Youth permit (5-17, need
birth certificate); Medical permit for Medicare recipients (need Florida ID, $2 for 2 years), and bike on
bus permits (minimum 8 years, $2 fee). M-F 8-5
1211 N Marion Street, Tampa 33602 ......................................................... 813-623-5835
405 E 21st Avenue, Tampa 33605 ................................................................. 813-623-5835
Website ....................................................................................................... www.heartline.com

Hayes Motel

Compiled and maintained by ACTION PLUS BAIL BONDS
Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
Healthy Start
Free and voluntary home visiting program to improve birth outcomes. Must meet Healthy Start risk criteria for services. Part of County Health Department. M-F 8-5
Hillsborough ................................................................. 813-307-8016
FAX . ............................................................................... 813-274-1943
Website .................................................. http://www.hillscountyhealth.org/healthy_start/healthy_start.htm

Hillsborough County Cooperative Extension Service
Provides information and education in family and consumer services, horticulture, and agriculture. Master Gardener Program and Expanded Road and Nutrition Education program for limited income families. M-F 8-5
5339 S County Road 579, Seffner 33584 ........................................... 813-744-5519
FAX . ............................................................................... 813-274-1943
Website ............................................. http://www.hillsboroughcounty.org/coopextension/

Hillsborough County Health & Social Services
Outpatient primary medical and pharmacy services. Please call first. Doctors not always present. 8:30 am-5:00 pm Monday & Wednesday, 8:30 am -7:00 pm Tuesday & Thursday, and 8:30 am-12:30 pm Friday.
601 E Kennedy Boulevard, 24th Floor, Tampa 33602 .................. 813-272-5040
FAX . ............................................................................... 813-276-2865
Website .......................................................... http://www.hillsboroughcounty.org/hss/socialservices/

Hillsborough County Health Care Services
Health care network with primary care, diagnostic, hospital, drugs, vision, dental, home health and other medically necessary services for clients below federal poverty level, clients without insurance and Medicare recipients below poverty level. M-F 8-5
601 E Kennedy Boulevard, 24th Floor, Tampa 33602 .................. 813-272-5040
FAX . ............................................................................... 813-276-2865
Website .......................................................... http://www.hillsboroughcounty.org/hss/hhcprogram/

Hillsborough County Health Department STD, HIV and AIDS Services
Education, testing, prevention, and treatment referrals for sexually transmitted diseases. M-F 8-5
1105 E Kennedy Boulevard, Tampa 33602 .................. 813-307-8003
Website ............................................. http://www.hillscountyhealth.org/std/std_main.htm

Hillsborough County Homeless Recovery Services
Services for homeless clients include screening, triage, and social service referrals. M-F 8-5
New clients 8:00 am
2410 N Tampa Street, Tampa 33602 ........................................... 813-276-2976

Hillsborough County Sheriff's Office
ID available at Criminal Registration Unit when released. M-F 8-5
Hillsborough ................................................................. 813-242-5127

Hillsborough Ex-Offender Re-Entry Network
Assists ex-offenders with job placement and social service referrals.
2410 Tampa Street, Tampa 33602 ........................................... 813-307-4709
E-Mail ........................................ anderson@hillsboroughcounty.org

Hillsborough House of Hope
Christian 3-person residential program serving women coming from the Hillsborough County jail system. 24-7
PO Box 320064, Tampa 33679 ........................................... 813-231-5122
Contact ........................................ Linda Walker
Website .................................................. http://members.ij.net/anglers/hoh/hoh_home.html

Homeless Coalition of Hillsborough County
Homeless advocacy services and social service referrals. M-F 8:30-5.
1102 N Florida Avenue, 2nd Floor, Tampa 336 .................. 813-223-6115
FAX . ............................................................................... 813-223-6178
Website .......................................................... http://www.homelessofhc.org/
E-Mail .......................................................... info@homelessofhc.org

Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
Homes For Hillsborough, Inc.
Self-help home ownership, sweat equity, and home ownership counseling. M-F 8:00-5:30
201 - 14th Avenue SE, Ruskin 33570 ......................................................... 813-672-7860
Website ............................................. http://www.hud.gov/local/fl/homeownership/programs/countylist06.cfm

Hope House
18-bed recovery residence for men. Min/ 6 month, very structured program. Must be evaluated by detox facility.
12-step program and group activities, church, and household chores required. GED classes. $300 monthly.
No capital crimes or sex offenders. 24-7.
Hillsborough ........................................................................................................ 813-997-3679
Contact ........................................................................................................ Rev. Marie Johnson
Website .................................................................................................... http://www.ilovejesus.com/missions/lovehouse/

House of David
90-day residential program for sex-offenders, substance abusers, and homeless clients. Clothing available.
Referrals for temporary housing and other social services. Sandwiches served every day at 2-3 and 8-9.
Phone answered M-F 9:30-5
3705 N Nebraska Avenue, Tampa 33603 ......................................................... 813-241-0689
Contact ........................................................................................................ Pastor Davis

Housing and Community Code Enforcement
First time home buyer programs and housing rehab funds. M-F 9-4
10119 Winhorst Road, Tampa 33619 .............................................................. 813-274-6600
Website ........................................................................................................ www.Hillsboroughcounty.org

Housing Authority of the City of Tampa
Manages public housing communities and other subsidized programs. Online application process. Check
1529 W Main Street, Tampa 33607 ................................................................. 813-253-0551
Website ........................................................................................................ http://www.thafl.com/index.html

Hunger Hotline
Referrals to 2000 Florida agencies offering assistance programs including hot meals and shelter, canned goods
and commodities, clothing, furniture, and rent and utility assistance. Project of Florida Association for Community
Action (FACA). M-F 8-5
Toll Free ...................................................................................................... 1-800-329-3663
Website ........................................................................................................ http://www.faca.org/

Integrity House
Halfway house rooms for $115 per week.
1308 E Poinsettia Avenue, Tampa 33612 ...................................................... 813-977-6407

John's Crossings, Inc.
Halfway house for clients with addictions. 24-7
5931 N Rome Avenue, Tampa 33604 .............................................................. 813-234-6400

Joyce Ely Health Center, HCHD
Health services include child health, child immunizations (8-4), family planning, maternity, and WIC. Walk-ins
should call ahead after 2:30 every day, on the 1st and 3rd Wednesday afternoons, and all day on the 4th Tuesday.
M-F 8-5. Phone answered 24 hours.
205 - 14th Avenue SE, Ruskin 33570 ............................................................. 813-307-8056
FAX ............................................................................................................. 813-671-7755
Website ........................................................................................................ http://www.hillcountyhealth.org/locations/jec_main.htm

Kids Café
Serves hot meals to children, ages 5-12 years, after school and all year. 10 locations, mostly at Boys' and Girls' Clubs. Part of America's Second Harvest of Tampa Bay.
Hillsborough .................................................................................................. 813-254-1190
Website ....................................................................................................... http://www.a2htampabay.org/kidsCafe.php

Lee Davis Neighborhood Center
HSS office for 33602, 03, 05, 08, 14, 21, and 33619 (N of Hwy 60) for DCF referrals for housing, job,
financial, medical, and utilities assistance. Other on-site programs include Children's Summer Food
Program, Tampa Urban League, and Community Health. M-F 7:30-5:00
3402 N 22nd Street, Tampa 33605 .................................................................813-272-5220
FAX .................................................................813-272-7209
Website ... http://www.hillsboroughcounty.org/hss/services/leedavis.cfm?code=LeeDavis

Liberty Manor for Veterans, Inc.
Provides affordable, permanent, supported housing to male veterans
10015 North 9th Street, Tampa 33612 .................................................................813-352-7856

Lifetime Cancer Screening
Cancer screening including mammogram. Special programs for low-income individuals. M-F 8-5
4117 E Fowler Avenue, Tampa .................................................................813-745-6769

Lighthouse Gospel Mission Faith House
Long term addiction recovery program. M-F 8-5
7211 S 78th Street, Tampa 33659 .................................................................813-677-5220
Website ........................................www.lighthouseministriesoftampa.com

Low Income Energy Assistance Program
Energy assistance to households below 150% of the Federal Poverty Guidelines. Also crisis payments are available on a limited basis. M-F 7-5:
307 N Michigan Street, Plant City 33563 .................................................................813-757-3871
FAX .................................................................813-757-0872
Website ...................................................http://www.hillsboroughcounty.org/hss/services/plantcity.cfm?code=PlantCity
201 - 14th Avenue SE, Ruskin 33570 .................................................................813-671-7647
FAX .................................................................813-671-7656
Website ...................................................http://www.hillsboroughcounty.org/hss/services/ruskin.cfm?code=Ruskin
3402 N 22nd Street, Tampa 33605 .................................................................813-272-5220
FAX .................................................................813-272-7209
Website ...................................................http://www.hillsboroughcounty.org/hss/services/leedavis.cfm?code=LeeDavis

Lutheran Church of Our Savior
Food pantry for zip codes 33614, 15, 25, 26, 34, and 35. Food bank is open M-W-F 1-3. Photo ID required for adults; birth certificate, shot record, or school record for children; and utility bill as proof of residence. M-F 9:00-3:30
8401 W Hillsborough Avenue, Tampa .................................................................813-884-1232

Meals on Wheels
African-American heritage promotion, education, and preservation. 24-hour message line
550 W Hillsborough Avenue, Tampa 33615 .................................................................813-238-8410
Website ................................................http://www.mealsonwheelstampa.com/

Medical and Dental Program of Hillsborough County
Health care for clients with no insurance. Co-payments based on income. M-F 8-5
601 E Kennedy Boulevard, 25th Floor, Tampa 33602 .................................................................813-272-5040
Website ................................................http://www.hillsboroughcounty.org/hss/hhcprogram/

Mental Health Care Crisis Unit
Mental health services and homeless outreach provides short term intensive case management; screening evaluation for dually diagnosed referrals; and assistance in housing placement. M-F 9-5
601 E Kennedy Boulevard, 25th Floor, Tampa 33602 .................................................................813-272-5040
Website ................................................www.mhc.org

Mercy House of Catholic Charities
Transitional housing for women and children with HIV. M-F 8-5.
1417 N Albany Avenue, Tampa 33607 .................................................................813-272-3643
Website ................................................www.CatholicCharities.org

Metropolitan Ministries
Residence for 39 families and 14 single women, meal service, emergency food, clothing vouchers and vital services to homeless and poor including homeless prevention, recovery and sobriety, education, employment, career and skill assessment, and child care. Thrift store redeems clients' vouchers for clothing and household goods. Sells at low prices.
2101 N Florida Avenue, Tampa 33602 .................................................................813-209-1000
Food . .................................................................813-209-1044

Compiled and maintained by ACTION PLUS BAIL BONDS
Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
10 am
Free pregnancy test, counseling, and need based items such as clothing, formula, and diapers. T, Th, and F

GED classes. M
and utilities assistance. Other on

HSS office for 33509, 10, 11, 81, 30, 47, 64, 66, 67, 87, and 94 provides housing, job, financial, medical,
on the 4th Tuesday. Phones answered 24
Walk

HIV testing and counseling, birth control, gynecological exams, Pap smears, vasectomy, hormone replacement
Pregnancy testing (walk
Motel single rooms for $175 per week

Residential substance abuse prog

集团公司 single rooms for rent starting at $300 per month includes everything. M

Food pantry for needy clients
705 E Brandon Boulevard, Brandon 33511 ......................................................... 813-707-1523

Neptune Apartments
Available apartments on recorded message with telephone referral. $490 for 1-bedroom.
3914 W Neptune Street, Tampa 33629................................................................. 813-258-0096

New Beginnings of Tampa
Faith-based substance abuse program minimum 90-days. M-F 9-5
1402 E Chilkoot Street, Tampa 33612 ................................................................. 813-972-5220

Noah Community Outreach
Residential substance abuse program for men and women. Family housing available after program graduation.
3401 E 25th Avenue, Tampa 33605 ................................................................. 813-248-0078

Operation Street Grace - First Baptist Church of Odessa
Provides food for needy. Arranges delivered food to families in distress. Food bank. M-F 9-4; Pantry Sa 9-12
1234 Gunn Highway, Odessa 33556 ................................................................. 813-920-2949
Contact ......................................................................................................................... Tom Wade

Orange Motel
Motel single rooms for $175 per week. Charge for additional person
7800 N Nebraska Avenue, Tampa 33604 ................................................................. 813-231-4603

Palms of Livingston
Apartments start at $550. M-F 9-5, Sa 10-5, Su 1-5.
15420 Livingston Avenue, Lutz 33559 ................................................................. 813-910-0077

Pilgrims Rest Missionary Baptist Church
Food bank, homeless services
4202 W Nassau Street, Tampa 33607 ................................................................. 813-872-6247

Planned Parenthood
Pregnancy testing (walk-ins welcome) and options counseling, emergency contraception (morning-after pill),
HIV testing and counseling, birth control, gynecological exams, Pap smears, vasectomy, hormone replacement
and abortion referrals. Clinic hours: M-Tu 9-7, W 9-1, Th 10-6, F 9-2, Sa 9-1
8068 N 56th Street, Tampa 33617 ................................................................. 813-980-3555
FAX ......................................................... 813-980-7233
Website ......................................................................................................................... www.PPswcf.org

Plant City Health Center, HCHD
Walk-ins should call ahead after 2:30 every day, on the 1st and 3rd Wednesday afternoons, and all day
on the 4th Tuesday. Phones answered 24-7
302 N Michigan Avenue, Plant City ................................................................. 813-307-8057
FAX ......................................................... 813-757-3895
Website ......................................................... http://www.hillscountyhealth.org/locations/plant_city_main.htm

Plant City Neighborhood Service Center
HSS office for 33509, 10, 11, 81, 30, 47, 64, 66, 67, 87, and 94 provides housing, job, financial, medical,
and utilities assistance. Other on-site services include United Food Bank, Veteran’s Affairs, and
GED classes. M-F 7-5
307 N Michigan Street, Plant City 33563 ................................................................. 813-757-3871
FAX ......................................................... 813-757-0872
Website ......................................................... http://www.hillsboroughcounty.org/hss/services/plantcity.cfm?code=PlantCity

Pregnancy Care Center
Free pregnancy test, counseling, and need based items such as clothing, formula, and diapers. T, Th, and F
10 am-2 pm; Th evening 6 pm-9 pm
14620 N Nebraska Avenue Unit C, Tampa 33613 ..................................................... 813-978-9737

Rainbow Gardens
Rooms for rent starting at $300 per month includes everything. M-F 9-5
909 E Lotus Avenue, Tampa 33612 ................................................................. 813-935-5934

Compiled and maintained by ACTION PLUS BAIL BONDS
Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
Rent.com
Register at website for available apartments
Website .......................................................................................... www.rent.com

Rockport Institute
Website with techniques and instructions to write a resume that gets results.
Website .......................................................................................... http://www.rockportinstitute.com/resumes.html

Ruskin Neighborhood Service Center
HSS office for 33509, 10, 34, 47, 69, 70, 71, 72, 73, 86, 98, 33619 (S of Causeway Blvd), 33834 (Bowling Green) and 34221 (Ruskin/Palmetto) provides housing, job, financial, medical, and utilities assistance. Veterans’ Affairs, Voc Rehab, and DCF on-site. M-F 7-5 New clients 7-8
201 - 14th Avenue SE, Ruskin 33570 ..................................................... 813-671-7647
FAX ............................................. 813-671-7656
Website ................................ http://www.hillsboroughcounty.org/hss/services/ruskin.cfm?code=Ruskin

Salvation Army Adult Rehabilitation
6-month substance abuse program for men. 24-7
13815 N Salvation Army Lane, Tampa 33613 .................................... 813-972-0471
Website .......................................................................................... http://www.satampa.org/

Salvation Army Transitional Housing
Transitional housing for women and children. M-F 8:30-5:00.
1603 N Florida Avenue, Tampa 33602 ............................................. 813-226-0055

Scottish Rite Clinic for Childhood Language Disorders – All Children’s Specialty Care of Tampa
All Children’s Specialty Care of Tampa. Provides help with speech and language disorders including hearing tests, devices, and audio logs. Sliding fee schedule. M-F 8-5
12220 Bruce B. Downs Boulevard, Tampa 33612 ............................ 813-631-5014
Toll Free ......................................................................................... 1-800 456-4543
FAX ............................................. 813-631-5040
Website .......................................................................................... www.allkids.org

Self Reliance, Inc.
8901 N Armenia Avenue, Tampa 33604 ............................................. 813-375-3965
Website .......................................................................................... www.self-reliance.org

Seminole Heights Baptist Church Mission of Tampa
Food pantry open Monday 10-12 and Thursday 5-7. Phone answered M-F 8-4.
801 E Hillsborough Avenue, Tampa 33604 ........................................ 813-236-5757

Senior Home Improvement Program
60+ emergency home repairs for clients that are 60 or older and full-time residents. M-F 9-5
1704 W North B Street, Tampa 33606 ............................................. 813-250-9336

Seniors in Service
Volunteers aged 60+ assist homebound, elderly citizens to maintain independence. Also Foster Grandparents work with at-risk children. M-F 8-5
1306 W Sligh Avenue, Tampa 33604 ............................................. 813-932-5228
Website .......................................................................................... www.seniorsindeference.org

SHARE, Florida
Distributes low-cost food packages.
Hillsborough .................................................................................... 813-248-3379
Toll Free ......................................................................................... 1-800-596-3379
Website .......................................................................................... http://www.shareflorida.com

Shaws Motel
Single rooms are $35 daily and $175 weekly. 24-7
1509 E Hillsborough Avenue, Tampa 33610 ........................................ 813-234-4191

SHINE
Answers consumer questions on Medicare. 7 am-11 pm
Toll Free ......................................................................................... 1-800-963-5337
Simply Spring Thrift Store
Inexpensive family clothing, furniture, household goods, electronics, and accessories. Sponsored by The Spring of Tampa Bay Women's Shelter. Tu-Sa 9:30-5:00
209 N Willow Avenue, Tampa 33606 .......................................................... 813-258-1185

Social Security Administration
National number provides location of the nearest SS office, general information on retirement, survivors, disability, or Supplemental Security Income (SSI) benefits. 7 am-7 pm Monday-Friday.
All areas .......................................................... 1-800-772-1213
Website ........................................................................... www.socialsecurity.gov

The Spring
Women's domestic abuse shelter. 24-7
Hillsborough.......................................................... 813-247-7233

St. Vincent de Paul Society
Thrift store has inexpensive clothing articles. Free clothing for those with referrals from church.
Food bank in Tampa location available with church referral. M-F 9-6, Sat 9-5
1311 - 3rd Street NE, Ruskin 33570 ...................................................... 813-645-5255
12310 N Nebraska Avenue, Tampa 33612 ........................................... 813-977-7057

Sulphur Springs Health Center, HCHD
Health services include child health, child immunizations, family planning, maternity, and WIC. Walk-ins should call ahead after 2:30 every day, on the 1st and 3rd Wednesday afternoons, and all day on the 4th Tuesday. Phones answered 24-7.
8605 N Mitchell Avenue, Tampa 33604 ............................................. 813-307-8054
FAX .......................................................... 813-975-2148
Website ...................................................................... http://www.hillscountyhealth.org/locations/sssprings_main.htm

Sunshine Line - HARTLINE
Free monthly bus passes for transportation-disadvantaged, low income, disabled clients. Must have SS card, date and time of appointment, and call 5 days in advance. M-F 8-5
4023 N Armenia Avenue, Ste 300, Tampa 33607 ................................ 813-272-7272-1-3
FAX .......................................................... 813-975-2148

Sunshine Line - MMG
Door-to-door van service for Medicaid clients. 48-hour notice required. M-F 8-5
502 N Oregon Avenue, Ste 704, Tampa 33607 ..................................... 813-253-3618

Sunshine Line - HARTLINE
Free monthly bus passes for transportation-disadvantaged, low income, disabled clients. Must have SS card, date and time of appointment, and call 5 days in advance. M-F 8-5
4023 N Armenia Avenue, Ste 300, Tampa 33607 ................................ 813-272-7272-1-3
FAX .......................................................... 813-975-2148

Tampa Bay Dream Center
Advocates for poor and less fortunate people. Services include food, clothing, children's tutoring and mentoring, and referrals. Tu-F 10-5
1805 N Florida Avenue, Tampa 33602 .............................................. 813-318-0771
FAX .......................................................... 813-223-7842
Website ...................................................................................... http://www.tbdreamcenter.org/
E-Mail ..................................................................................... Website@TBDreamCenter.org

Tampa Bay Online
Website with general Tampa information and classified ads, including jobs and rentals.
Website .............................................................................. www.TBO.com

Tampa Care Clinic
HIV primary care funded by Ryan White Foundation. M-W 8-4:30, Th 8-7, F 8-1.
4200 N Armenia Avenue, Ste 3, Tampa 33607 813-870-4460

Compiled and maintained by ACTION PLUS BAIL BONDS
Any changes should be referred to 727-598-0041 or Info@Exoffender.org.
Tampa Crossroads
Residential and non-residential services to non-violent ex-offenders: 78 residential care units; substance abuse and mental health treatment; counseling; employability skills training; case management; and education and transitional housing assistance. 24-7
5120 N Nebraska Avenue, Tampa 33607 ................................................ 813-238-8557
Website .................................................................................................................. http://www.tampacrossroads.com
E-Mail .................................................................................................................... info@tampacrossroads.com

TB Clinic, HCHD
Specialized TB therapy. M-F 8-5. Phones answered 24-7
8515 N Mitchell Avenue, Tampa 33604 ............................................................ 813-307-8047
FAX ................................................. 813-975-2014
Website .......................................................... http://www.hillscountyhealth.org/locations/spec_clinic.htm

TBAN Gufcoast
Case management for HIV-infected clients; food services including a large food pantry; emergency financial assistance for rent and utilities; transportation; mental health therapy; and HIV prevention and testing. M-F 9-5.
7402 - N 56th Street, Tampa 33617 ................................................................. 813-769-5190
FAX .......................................................... 813-769-5191
Website ............................................................................................................... http://gcjfs.org/svc-aidsnetwork.htm

Telecommunications Relay, Inc., Florida
TDD phone systems and relay service for hearing impaired clients, M-F 8:30-5:00; TDD and Customer Service 24-7
1820 E Park Avenue, Ste 101, Tallahassee 32301 ............................................... 1-800-222-3448
TDD .................................................. 1-800-955-8770
TDD Customer Service ......................................................................................... 1-800-676-3777

Trinity Café
Serves midday meals to homeless clients 11:30-12:30. Must get meal ticket at 9 am.
1603 N Florida Avenue, Tampa 33602 ............................................................ 813-226-0055 x286

Unique Lady's Of Character
A program/housing/ministry that helps women who are coming out of Jail/Prison, who struggles with all types of addiction. Helping women/children who are homeless, sexually abused, and/or domestic violence.
6215 E Hillsborough, Tampa 33610 .............................................................. 813-620-4712

United Food Bank
Referrals to food bank available at Plant City Neighborhood Service Center for needy clients. M-F 7-5
307 N Michigan Street, Plant City 33653 ............................................................. 813-757-3871

University Area Community Health Center, HCHD
Health services include child health, child immunizations (8-4), family planning, maternity, and WIC. Walk-ins should call ahead after 2:30 every day, on the 1st and 3rd Wednesday afternoons, and all day on the 4th Tuesday. M-F 8-5. Phones answered 24-7
13601 N 22nd Street, Tampa ............................................................. 813-307-8058
FAX ................................................................................................................. 813-903-3360
Website .............................................................................................................. http://www.hillscountyhealth.org/locations/n22street_main.htm

University Oakwoods
Studio apartments for $365 monthly; with loft $440. M-F 9-5 Sa 11-4
1250 E 113th Avenue, Tampa 33612 ............................................................. 813-977-3401

Urban League
Located in West Tampa Neighborhood Service Center. Located in West Tampa Neighborhood Service Center.
Job placement, health mobile, family services, assistance with utility bills, and other services. Low Income Home Energy Assistance Program (LIHEAP), M-F 8-5
2103 N Rome Avenue, Tampa 33607 ............................................................. 813-272-5074

USF Speech Communications Disorder Center
Speech and language services for children. Referrals through community therapists. Sliding fee scale.
M-F 8-5; appointments 8-6
4202 E Fowler Avenue, Tampa 33620 ............................................................. 813-974-2008

Verizon Lifeline Services
Reduced-rate telephone service and installation refund for clients receiving food stamps, Section 8,
Women Wheels of Success

Veterans’ Affairs
Advocacy services assists vets, dependents, and survivors with federal state and local benefits. M-F 8:00-4:30
Main Office - 1101 E 136th Avenue, Tampa 33613 .....................................813-975-2181
FAX .................................................................813-975-2187
Website .......................................................... http://www.hillsboroughcounty.org/hss/socialservices/veterans.cfm
Located inside Plant City Neighborhood Service Center. M-F 7-5
307 N Michigan Street, Plant City 33563 ..............................................................813-757-3871
Located inside Ruskin Neighborhood Service Center. By appointment 2nd Tuesday of the month. M-F 7-5
201 - 14th Avenue SE, Ruskin 33570 ..............................................................813-975-2181
Located in West Tampa Neighborhood Service Center. M-F 8-5
103 N Rome Avenue, Tampa 33607 ..............................................................813-272-5074

Veteran’s Center
Psychological counseling for combat veterans. M-F 8:30-5:30
8900 N Armenia #312, Tampa 33604 ..............................................................813-228-2621

Vision and Dental Services
Prescription eyeglasses and dental services to clients whose income is too high for other programs. Need SS card, photo ID and proof of Tampa residency. M-F 1-5
102 E 7th Avenue, Tampa 33602 ..............................................................803-274-5835
Contact ........................................................................................................ Eric LoBalbo
E-Mail ........................................................................................................ eric.lobalbo@tampagov.net

Vocational Rehabilitation
Located in University Neighborhood Center. Assists clients with disabilities with job training and education for re-employment. M-F 8-5
13605 N 22nd Street, Tampa 33613 ..............................................................813-975-2153

West Tampa Neighborhood Service Center
HSS office for 33601, 047, 09, 11, 14, 16, and 29 provides assistance in housing, employment, financial and medical services. On-site services include Aging Services, Urban League, Veterans’ Affairs, and WIC
2103 N Rome Avenue, Tampa 33607 ..............................................................813-272-5074
FAX .................................................................813-276-6495
Website .......................................................... http://www.hillsboroughcounty.org/hss/services/westtampa.cfm?code=WestTampa

Westport Commons
1,2, and 3 bedroom apartments $475-585. M-F 9-5 Sa 11-4
1537 W Spruce Street, Tampa 33607 ..............................................................587-9044
FAX ............................................................813-254-1436

Wheels of Success
Transportation assistance to low- and moderate-income working families. Provides dependable transportation and assists with repairs and preventative maintenance. Repayment based on income. Ex-offenders qualify after 1 year. M-F 9-4
Tampa ...........................................................813-417-1090
Website .......................................................... www.WheelsOfSuccess.org

Women-Infants-Children Nutrition Program (WIC)
Provides food and nutritional education for eligible women, new mothers, infants and children under 5 years old.
1105 E Kennedy Boulevard, Tampa 33602 ........................................................813-307-8074