

# HEALTH & NUTRITION Programs

## Tampa Family Health Centers

Since 1984, Tampa Family Health Centers (TFHC) has been committed to its mission: to provide quality, caring and accessible health care to a culturally diverse community. TFHC is the patient centered medical home to 93,000 patients in 17 locations throughout Hillsborough County and no patient is ever turned away because of inability to pay. In Sulphur Springs, TFHC has highly experienced, board certified providers who offer the following services: Family Practice, Pediatrics, Women's Care, Pediatric and Adult Dental, Podiatry, and Optometry. In addition, the center offers an on-site Pharmacy, Financial Assistance, and Community Resources Navigation Services.  
**Clinic Hours:** Monday-Friday, 8am-5pm  
**Pharmacy Hours:** Monday-Friday, 8:30am-5:30pm  
**Dental Hours:** Monday-Friday, 8am-5pm  
**Extended Hours:** please visit the website for locations at [www.tampafamilyhc.com](http://www.tampafamilyhc.com)  
**For Appointments:** 813-397-5300  
**Contact:** For additional administrative

information, contact Harold A. Jackson at [HAJackson@HCNetwork.org](mailto:HAJackson@HCNetwork.org)

**Location:** Tampa Family Health Centers Sulphur Springs, 8108 N. Nebraska Ave., Tampa, FL 33604

## YMCA HEALTH AND NUTRITION PROGRAMS

The YMCA provides a range of nutrition and wellness activities for the Sulphur Springs community. The current programs are as follows:

### Sulphur Springs Community Garden

Maintained by the YMCA staff and residents, the Community Garden is open to the public as a space to plant, harvest and gather. Seasonal projects are great learning and volunteering opportunities.  
**Days/Times:** Open year-round  
**Location:** Directly opposite of Layla's House  
**Contact:** Urtorio Brown at 813-399-5988 or [urtorio.brown@tampaymca.org](mailto:urtorio.brown@tampaymca.org)



### Veggie-Van

The Veggie-Van is a Mobile Market Place which brings healthy fruits and vegetables to your neighborhood.  
**Location:** As scheduled  
**Contact:** Elizabeth Roman at 813-229-9622, ext. 1729, or [elizabeth.roman@tampaymca.org](mailto:elizabeth.roman@tampaymca.org)



SULPHUR SPRINGS  
NEIGHBORHOOD  
of PROMISE

# COMMUNITY Programs

## FAMILY SUPPORT

### Devereux Kids Family Support Services

Providing mentoring and support for families with a minor child living in the home in the 33604 zip code; partnered with a mentor, the program brings together the family's natural support system and providers to help them achieve their individual goals and meet basic needs that will improve overall family functioning, so that their children can thrive. Self-referrals from motivated families are welcome.

**Parent Support Group:** Devereux is also offering families ongoing social connection through parent peer groups. This group gets together for social and emotional connection and fun. (Parents supporting each other). Devereux provides childcare, refreshments, activities, field trips, workshops, conferences and other events. There is no cost. Any parent or caregiver can participate.

**Contact:** Devereux Kids at 813-915-7101 or stop by the Sulphur Springs Resource Center Monday through Thursday



## JOBS AND OTHER SERVICES

### Sulphur Springs Resource Center

Provided by United Way Suncoast, the Resource Center provides a range of services including employment assistance, computer access, education training, legal assistance (non-criminal), and financial assistance.  
**Hours:** Monday-Thursday, 8am-7pm; Friday, 8am-2pm  
**Contact:** Xavier Russell at 813-936-3064 or [xrussell@uwsuncoast.org](mailto:xrussell@uwsuncoast.org)  
**Location:** Sulphur Springs Resource Center, 8412 N. 12th St., Tampa, FL 33604

## HOUSING PROGRAMS

### Affordable Housing in Sulphur Springs

Rebuilding Together Tampa Bay has recently announced a major affordable housing program in Sulphur Springs. Beginning in summer 2016, eighteen new homes will be built with the goal of doing 6 houses every 6 months. There will be 3 bedroom/2 bath homes and some 4 bedroom homes. In addition to the new homes, RTTB will continue with its home renovation program and eighteen renovated homes are proposed.  
**Contact:** Jose Garcia, at 813-878-9000 or visit [www.rttb.org](http://www.rttb.org)

### Building a Healthier Sulphur Springs (BAHSS)

Provided by Rebuilding Together Tampa Bay, the BAHSS program is designed in partnership with Sulphur Springs Neighborhood of Promise

to improve the homes and lives of qualified low-income residents (owners and tenants) at no charge. The program consists of: installation of a variety of products which will improve the health, safety and energy efficiency within each household via a Health Home Kit; home maintenance and fiscal responsibility educational workshops; and supplemental support from community organizations, ensuring ongoing community building programs; Do not miss this opportunity. Program is offered on a first-come, first-served basis.

**Contact:** Jacqueline Reddick at 813-878-9000, ext. 3, or visit [www.rttb.org](http://www.rttb.org)  
**Location:** As scheduled

### Solita's House...Providing the Keys to Homeownership

Solita's House Inc. has the vision to become a national leader in providing individuals and families with education, coaching and partner resources to promote positive behaviors which expand their economic capacity, enable wise use of credit, grow individual and family assets and support quality living in the community. Solita's House offers Home Buyer Education Workshops, Financial Literacy Workshops for youth and adults, Savings Match Programs as well as Credit Builder Loan Products. Services are free of charge.

**Contact:** Anthony Thomas at 813-425-4847, ext. 304 or visit [www.solitashouse.com](http://www.solitashouse.com)  
**Location/Main Office:** 3101 E. 7th Ave., Tampa, FL 33605  
**Location/Sulphur Springs Office:** Community House, 1505 E. Eskimo Ave., Tampa, FL 33604

2016-2017  
COMMUNITY  
PROGRAMS

# EDUCATIONAL Programs

## EARLY CHILDHOOD LEARNING *0-5 years old*



### Layla's House

A parent and child together learning center for early childhood development and family support from birth to age 5; provided by Champions for Children.

**Little Steamers:** Monday and Wednesday, 10am-Noon

**Growing Together:** Tuesday, 10-11am

**Baby & Me:** Tuesday, 11am-Noon

**Wonder Years:** Thursday, 10-11am

**Discovery Time:** Thursday, 11am-Noon

**Music and More:** Friday, 10-11am

**Little Amigos:** Friday, 11am-12pm

**Who's The Man?:** Saturday, 11am-Noon

**Contact:** Call 813-443-5004 or visit [www.laylathouse.com](http://www.laylathouse.com); or find us on Facebook for other activities

**Location:** Layla's House, 1506 E. Eskimo Ave., Tampa, FL 33604

### Parents as Teachers (PAT)

Ongoing/open enrollment year-round; Personal visits customized for the needs of your family. Discuss parenting challenges you face and help you understand the ages and stages of your child; provided by Champions for Children.

**Contact:** Georgina Rivera, Parents as Teachers, at 813-673-4646 ext. 1145, or visit [www.championsforchildrentampabay.org](http://www.championsforchildrentampabay.org)

**Location:** Home-based

### Sulphur Springs Head Start

For children ages 3-5 years old, Head Start provides early childhood development, education, nutrition programs and focuses of getting a child ready for kindergarten.; Offered by the Hillsborough County Public Schools.

**Contact:** Calvin Barrs, 813-740-7870

**Location:** Sulphur Springs K-8 Community School, 8412 N. 13th St., Tampa, FL 33604

## ELEMENTARY SCHOOL PROGRAMS *Kindergarten-Fifth Grade*

### Big Brothers Big Sisters

One-to-one mentoring services primarily focused on youth at-risk for academic failure who are ages 5 through 8 (or kindergarten through 3rd grade) and their siblings. The outcomes sought include increased school attendance, on time grade promotion, increased parental involvement and positive social behaviors.

**Contact:** Vanessa Balazs at 813-997-6851 or [VanessaB@BBBSTampaBay.org](mailto:VanessaB@BBBSTampaBay.org)

**Location:** Sulphur Springs K-8 Community School, YMCA, and community-based



### City of Tampa Parks & Recreation Dept.

Offering a wide range of activities, the After School Activity Program (ASAP) provides a safe, supportive environment for children 5 to 12 years of age that includes homework help; life skills programs; participation in team sports, games and fitness activities; exploration of the arts and development of lifetime friendships. A current Recreation Card and registration is required to participate. The program is free but space is limited and filled on a first-come, first-served basis. Please note that the Springhill location will serve 5th Grade only from the Elementary School level.

**Days/Times:** Aug. 10, 2016 -May 26, 2017; Monday-Friday from 2-6pm, except holidays; early release days will be from 1-6pm

**Contact:** Harold Hart at 813-478-4454 or [harold.hart@tampagov.net](mailto:harold.hart@tampagov.net)

**Location:** Springhill Park Community Center, 1000 E. Eskimo Ave., Tampa, FL 33604

### Frameworks

Offering social and emotional learning programs to bolster academic performance, build positive emotional intelligence and enhance social awareness.

**Contact:** Kim Williams at 813-574-6912 or [Kwilliams@myframeworks.org](mailto:Kwilliams@myframeworks.org)

**Location:** Sulphur Springs K-8 Community School and the YMCA

### Parents and Children Advance Together (PCAT)

Offering an after-school literacy program for kindergarten students that attend Sulphur Springs K-8 Community School and need additional help with reading and reading comprehension; students are recommended into the program by their teachers.

**Contact:** Christene Worley at 813-598-2103 or [Christene.pcat@gmail.com](mailto:Christene.pcat@gmail.com); or visit [www.pcatliteracyministries.org](http://www.pcatliteracyministries.org)

**Location:** 8516 N. 12th St., Tampa, FL 33604

### Sulphur Springs YMCA Community Learning Center in Partnership with the City of Tampa Parks and Recreation Department

Students are able to apply to participate in year-round engaging education-based curriculum that supports classroom assignments, gain academic support through disguised learning opportunities, explore new interests, develop new skills through a variety of enrichment clubs and receive snack and dinner daily. There are



varying specialty camps offered specific to each age group. Examples of clubs offered are Computer Coding, Dance, Empowerment courses and sports.

The After School program is offered to kindergarten-6th grade students. There will be a program for K-6th grade on the Sulphur Springs K-8 Community School campus and select programs offered for 5th and 6th grade students at the Springhill Park Community Center.

**Days/Times:** Monday-Friday, School Dismissal until 6pm

**Cost:** \$35 per child (Family Discounts and Financial Assistance Available)

**Contact:** Lakema Massey at 813-924-4207 or [lakema.massey@tampaymca.org](mailto:lakema.massey@tampaymca.org); visit [www.tampaymca.org/ssymca](http://www.tampaymca.org/ssymca)

**Location:** Sulphur Springs K-8 Community School/ Springhill Park Community Center

## TEEN PROGRAMS *Middle and High School*

### Abundant Life Church

Offering a new program for 6th to 12th grades, focused on positive social behavior, academic support (homework help) and college preparatory activities.

**Contact:** Curt McKay at 813-443-2538; schedule to be announced

**Location:** Abundant Life Church, 8117 N. 13th St., Tampa, FL 33604

### Big Brothers Big Sisters

One-to-one mentoring services primarily focused on youth at-risk for academic failure. Our community-based program allows teens to develop a positive relationship with an adult mentor while having fun in their community. Outings with a mentor include arts and crafts, taking a bike ride or attending a sporting event. The outcomes sought include increased school attendance, on time grade promotion, increased parental involvement and positive social behaviors.

**Contact:** Vanessa Balazs at 813-997-6851 or [VanessaB@BBBSTampaBay.org](mailto:VanessaB@BBBSTampaBay.org)

**Location:** Community- based

### City of Tampa Parks & Recreation Dept.

Offering a wide range of activities, the After School Activity Program (ASAP) provides a safe, supportive environment for Middle & High School Students (6th -12th grades). The Program, Teens Leading Change (TLC) is offered to participants and includes homework help; life skills programs; participation in team sports, games and fitness activities; exploration of the arts and development of lifetime friendships. A current Recreation Card and registration is required to participate. The

program is free but space is limited and filled on a first-come, first-served basis.

**Days/Times:** Aug. 10, 2016 - May 26, 2017; Monday -Friday from 3-7pm, except holidays; early release days will be from 1-7pm

**Contact:** Harold Hart at 813-478-4454 or [Harold.hart@tampagov.net](mailto:Harold.hart@tampagov.net)

**Location:** Springhill Park Community Center, 1000 E. Eskimo Ave., Tampa, FL 33604

### Youth Spring Into Action Teen Council

Devereux Kids mentors youth ages 13-18 who are members of the Sulphur Springs Youth Leadership Council (YSIA). This teen-led program offers leadership development, community service projects, field trips for positive social interaction and mentoring/tutoring for scholastic achievement. YSIA focuses on educational advancement to promote student success through exposure to career exploration including college tours, as well as conducting workshops on college/career planning and tutoring and topics of interest to teens. Devereux staff work with parents as partners.

**Contact:** Terence Brown at 813-394-8968 or [tbrown14@devereux.org](mailto:tbrown14@devereux.org)

**Location:**Community-based

### Frameworks

See full description under Elementary School Programs.

### Sulphur Springs Museum and Heritage Center

Offers Sulphur Springs Transforming Youth into Leaders (SSTYL), a youth program focusing on science and technology and how it relates to history and the environment.

**Contact:** Norma Robinson at [Norma@sulphurspringsmuseum.org](mailto:Norma@sulphurspringsmuseum.org);

**Location:** Sulphur Springs Museum and Heritage Center, 1101 E. River Cove St., Tampa, FL 33604

### Young Life

Young Life's programs include one-on-one with teens, group activities and community service activities.

**Schedule:** As available

**Contacts:** Russell T. Johnson, at 813-389-5144 or [russellthomasjohnson@gmail.com](mailto:russellthomasjohnson@gmail.com)

**Location:** As scheduled

## RECREATION PROGRAM

### Intramural Sports Program

The City of Tampa Parks and Recreation Department is developing an Intramural Sports Program for the Sulphur Springs community to take place during the 2016-17 school year. The programs and leagues will consist of a basketball, flag football and soccer league; a boys and girls track program; and softball and volleyball clinics for girls. These programs will be offered during the school year.

**Contact:** For more information, please contact Harold Hart at 813-478-4454 or [Harold.hart@tampagov.net](mailto:Harold.hart@tampagov.net)

**Location:** As scheduled

