

2023-2025



Coalition of Bay, Franklin & Gulf Counties
800-895-9506
healthystartbfg.com

Family Resource Directory

Healthy Mothers
Healthy Babies
Healthy Families

EMERGENCY INFORMATION LINES

EMERGENCY? CALL 911

Bay County

Ascension Sacred Heart Bay ER.....	850-769-1511
Ascension Sacred Heart Beach ER.....	850-804-2900
Bay County Sheriff's Office.....	850-747-4700
Callaway Fire Department.....	850-871-5300
Gulf Coast Regional Medical Center ER.....	850-769-8341
Lynn Haven Fire Department.....	850-265-7335
Mexico Beach Fire Department.....	850-258-4682
Panama City Beach Fire & Rescue Dept.....	850-233-5120
Panama City Beach Police Department.....	850-233-5000
Panama City Police Department.....	850-872-3112
Springfield Fire Station.....	850-872-7535
Springfield Police Department.....	850-872-7545

Gulf & Franklin Counties

Apalachicola Volunteer Fire Department.....	850-653-4716
Apalachicola Police Department.....	850-653-9755
Franklin County Sheriff's Office.....	850-670-8500
Gulf County Sheriff's Office.....	850-227-1115
Port St Joe Police Department.....	850-227-1414
Port St Joe Fire Department.....	850-229-2770

Toll Free

Abuse, Neglect, Exploitation Hotline.....	800-962-2873
Access FL (Medicaid).....	866-762-2237
Adoption Hotline.....	800-962-3678
AIDS.....	800-352-2437

Child Abuse Hotline.....	800-422-4453
Child Find, Inc.....	800-426-5678
Children's Home Society.....	800-632-1400
Domestic Violence Hotline.....	800-799-7233
Family Health Line.....	800-451-2229
Financial Services.....	877-693-5236
Florida Kidcare Insurance.....	888-540-5437
Florida SIDS Alliance.....	800-743-7352
Job Discrimination.....	800-342-8170
Medicaid Information.....	800-303-2422
National Runaway Safeline.....	800-786-2929
Poison Control Nationwide.....	800-222-1222
Postpartum Support.....	800-944-4773
Sexual Assault.....	866-218-4738
STD Hotline.....	800-232-4636
Stuttering Foundation.....	800-992-9392
Substance Abuse Hotline.....	800-662-4357
Suicide Prevention Hotline.....	800-273-8255
WIC Program Hotline.....	800-342-3556

*A special
delivery
should be
handled
with care*



If you're pregnant or trying to get pregnant, or if you know someone who is, there are several important points to remember.

- See a healthcare professional regularly.
- Get plenty of rest and exercise.
- Eat a well-balanced diet.
- Avoid using any alcohol, tobacco or other drugs without your doctor's approval.

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ARE YOU PREGNANT?

For a Pregnancy Test, Contact:

Pregnancy Resource Center.....850-763-1100
 Bay County Department of Health850-872-4455
 A Sheltering Tree.....850-763-1433

CONGRATULATIONS ON BECOMING A MOTHER!

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

Healthy Start of Bay, Franklin and Gulf Counties 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?

Bay, Gulf and Franklin Counties
 800-895-9506

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
- Connection to Other Community Resources
- Car Seat Safety Classes

Healthy Start Services are FREE!

Florida Department of Children and Families Services

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

Florida Dept. of Children and Families 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

or visit www.dcf.state.fl.us/ess or

www.myflorida.com/accessflorida

Department of Children & Families850-872-7648

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:

Bay County850-872-4666
 Franklin County.....850-404-6350
 Gulf County850-227-1276



SAFE SLEEP FOR BABY

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.

Food

Bay County Food Pantries

Catholic Charities.....	850-763-0475
First Baptist Church of Callaway	850-871-2772
Salvation Army	850-769-5259
St. Andrews Christian Care Center	850-763-2345

Franklin and Gulf Counties Food Pantries

CareerSource Gulf Coast	850-229-1641
Capital Area Community Action Agency	850-653-8057
Eastpoint First Baptist Church	850-670-8468
Franklin's Promise Coalition.....	850-653-3930

Clothing

Bay County

A Sheltering Tree (Baby Clothes)	850-763-1433
Catholic Charities.....	850-763-0475
Family Services	850-785-1721
Hope 29:11 Resources	850-640-4930
Salvation Army	850-769-5259
St. Andrews Christian Care Center	850-763-2345

Franklin and Gulf Counties

Port St. Joe Care Closet.....	850-227-1724
Wewahitchka Care Closet.....	850-639-2744

Government Resources/Legal Services

Bay County Child Support Collections	850-763-9061
Child Support Enforcement.....	800-622-5437
Florida Bar Lawyer Referral Service.....	800-342-8011
Guardian Ad Litem.....	850-747-5180
Legal Services of N. Florida	850-769-3581
Medicaid and Food Stamps	850-872-4185
Migrant National Assistance	800-234-8848
Office of Public Defender	850-784-6155
Social Security Administration	866-348-5833

Transportation

Bay County

Bayway Public Transportation.....	850-769-0557
Medicaid Transportation (Bay Area).....	850-785-0808
Ride on Commuter Services.....	850-332-7976 x224

Franklin and Gulf Counties

Arc on the Gulf	850-229-6550
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Housing Assistance & Shelter

Bay County

Anchorage Children's Home.....	850-763-7102
Bethel Village	850-914-0533
Catholic Charities.....	850-763-0475
Doorways of NWFL	850-481-5446
Habitat for Humanity.....	850-784-9975
Humble House	850-640-2022
Panama City Housing Authority	850-769-5278
Panama City Rescue Mission.....	850-769-0783
Salvation Army	850-769-5259

Low Income Housing

Apalachicola Housing Authority	850-653-9304
Gulf County SHIP Program	850-229-6125
Panama City Housing Authority	850-769-5278

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 the health of your baby.

Prenatal care will:

- Improve the health of your pregnancy
- Reduce the fetus and infant's risk of 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

Child Care and Services

Bay County

Early Education and Care.....850-818-9003

Early Learning Coalition of NWFL850-747-5400

Franklin County

Early Education and Care.....850-653-3366

Early Learning Coalition of NWFL850-747-5400

Gulf County

North Florida Child Development850-639-5080

Early Learning Coalition of NWFL850-747-5400



**Improving Pregnancy Outcomes
Reducing Infant Mortality Rates**

Promoting Healthy Growth and Development



- Pregnancy education and support
- Breastfeeding education and support
- Parenting education and support
- Nutritional education
- Child development education and support
- Family planning education
- Other community resources
- Childbirth education
- Newborn care instruction
- Help to quit smoking
- Counseling services
- School readiness
- Infant safety
- Home visiting

Our goal is to link you to services that help you and your family.

1-800-895-9506 • healthystartbfg.com



What is a Father?

F

F is for Foundation

Parenting is like building a house - you need a strong foundation. As a father, you have an opportunity to be the strong, steadfast foundation in your child's life.

A

A is for Awareness

Be aware of what is going on in your child's life, including their health, school, and interests. Your child wants to spend time with you and looks to you as a role model. Be aware of the example you are setting.

T

T is for Teach

One of the most important jobs of a father is to teach, guide, and instill proper values in his children so they have what they need to succeed in the future. Your children look to you as a leader.

H

H is for Health

With all the bustle around your developing child, it can be easy to forget that your own health is important, too. By taking care of your physical and mental health, you are modeling healthy habits for your child and doing your part to be around for your child's life longer.

E

E is for Engage

Children who have actively involved fathers are more likely to be successful in life! Be involved with your child early on, especially during the early days of their life, so that you can develop a strong bond with your child that lasts throughout their life.

R

R is for Responsible and Resourceful

Raising a child is a great joy, and there are many responsibilities involved. It is important to be resourceful in what you have and to learn new skills so that you can support your family in many different ways.

If you are interested in participating in the T.E.A.M. Dad program and live in Bay County, call 850-896-9718.

If you live in Franklin or Gulf County call 850-370-0844.

Counseling

Mental Health Support/Counseling

Emerald Coast Behavioral Hospital	850-763-0017
Florida Therapy Services	850-769-6001
Life Management Center.....	850-522-4485 x5
Mental Health & Suicide Hotline.....	850-522-4485
NAMI Mental Health Support.....	850-867-6210

Abuse Services

Domestic Violence Hotline.....	850-763-0706
Gulf Coast Sexual Assault Program	866-218-4738
Human Trafficking Hotline	888-373-7888
Salvation Army Domestic Violence Shelter	850-763-0706

Support Groups / Counseling

A New Day.....	850-249-5476
Alcoholics Anonymous	850-784-7431
Angel House Bereavement Center.....	850-257-5036
CARE Chemical Addictions Recovery Effort.....	850-872-7676
Gamblers Anonymous.....	800-522-4700
Humble House	850-640-2022
Life Management Center.....	850-522-4485
Narcotic Anonymous	863-683-8224
Live the Life.....	850-832-3291

4 Tips to Improve your PRECONCEPTION HEALTH

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

1. 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.

2. STOP SUBSTANCE USE

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

3. 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.

4. 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.

Home Visiting Programs

Bay County

Early Education and Care.....	850-818-9003
Healthy Families	850-522-4485
Healthy Start.....	850-872-4130
Parents as Teachers.....	850-215-1320

Franklin County

Healthy Families	850-323-6015
Healthy Start.....	850-370-6351
HIPPY.....	850-340-3531

Gulf County

Healthy Families	850-323-6015
Healthy Start.....	850-227-4396
HIPPY.....	850-340-3531

Adoptions/Foster Care Resources

Bundle of Hope	850-215-6878
Catholic Charities.....	850-763-0475
CMS Medical Services Foster Care	850-630-7120
Life Management Center.....	850-522-4485
Pregnancy Resource Center.....	850-763-1100

Family Planning

Bay County Health Department	850-872-4455
Franklin County Health Department.....	850-697-4121
Gulf County Health Department.....	850-227-1276

ALONE BACK CRIB



1-800-895-9506

Healthy Start Coalition of Bay, Franklin, Gulf Counties, Inc.



Hospitals

Bay County

Ascension Sacred Heart.....850-769-1511
Gulf Coast Regional Medical Center.....850-769-8341

Franklin and Gulf Counties

Ascension Sacred Heart.....850-229-5600
George E. Weems Memorial Hospital.....850-653-8853

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

Bay County

All About Women OB/GYN.....850-304-0719
Dr. Bryce Jackson.....850-784-6877
Emerald Coast OB/GYN850-769-0338
Panama City Gynecology850-785-0515

Pediatricians

Bay County

Avicenna Free Clinic850-215-8200
Baldwin Pediatrics.....850-522-1522
Bright Pediatrics850-257-5147
Emerald Coast Pediatrics (Beach).....850-238-8720
(19th Street)850-785-4381
(Baldwin Road).....850-747-3661
Future Pediatrics (Downtown).....850-767-4777
Future Pediatrics (Panama City Beach).....850-236-0488
Mohammed Zeinomar, MD.....850-913-1666
Rainbow Pediatrics (Beach)850-249-3500
(Forest Park Circle)850-257-5524
Samir Ebeid, MD850-785-0321
Sunshine Pediatrics850-747-8787
Yahia Rahim-Abdul, MD850-872-0021

Franklin and Gulf Counties

Apalachicola Primary Care850-370-1000
Elizabeth F. Curry, MD.....850-229-3710

Child Welfare & Behavioral Health Services

Bay County

North Florida Health Network.....850-747-5755
Gulf Coast Children's Advocacy Center.....850-872-7760

Clinics

Bay County

Avicenna Free Clinic850-215-8200
FL Dept of Health.....850-872-4455
PanCare Health850-747-5272
St. Andrews Community Clinic.....850-785-1419

Franklin and Gulf Counties

PanCare Health850-697-5000
Eastpoint Medical Center850-670-8585
Franklin County Dept of Health850-653-2111
Gulf County Dept of Health850-227-1276



Education

Adult Education and Literacy

Bay County

Bay District Schools	850-767-4100
CareerSource Gulf Coast	850-872-4340
Florida State University / Panama City	850-872-4750
Goodwill Career Training Center	850-522-3900
Gulf Coast State College	850-769-1551
Tom P. Haney Technical Center	850-767-5500
Troy State University.....	850-747-0634

Franklin County

Franklin County School District.....	850-670-2810
Franklin County Adult Education	850-670-2810

Gulf County

Gulf County Adult School / Wewahitchka.....	850-639-9292
Gulf Coast State College / PSJ Campus.....	850-227-9670
Gulf County Adult School / PSJ	850-227-1744
Gulf County District Schools.....	850-229-8256

7 Ways to Not Forget Your Child in the Car

There are things you can do to ensure the safety of your child while in the car!

1. Be extra alert if your routine changes. That's when the risk of unintentionally leaving your child in your car increases.
2. Put something of your child's, like a toy, on the front seat. Even if you can't see your child in the backseat (especially if he/she is in a rear-facing car seat), the toy should trigger a reminder that your child is there.
3. Leave an item you'll need at your next destination in the backseat, such as your cell phone, purse, or briefcase.
4. Place your child's car seat in the middle of the backseat rather than behind the driver. That way, it's easier to see her in your rearview mirror.
5. Set up a system with your child-care provider. If you don't plan to drop off your child that day, call her. If the child doesn't arrive as expected, have the caregiver call you.
6. Discuss the topic of hot-car deaths with every person who drives your child anywhere. This includes partners, grandparents, babysitters and friends.
7. Always "look before you lock." Get in the habit of checking the backseat every time you get out of the car.

Healthy Start has Life-Meters, as visual reminders that can be placed on any window in your car. Life-Meters also reflect the temperature in the car. If you would like a Life-Meter(s), please complete a Contact Form on our website located at: <http://www.healthystartbfg.com/contact>

MILITARY FAMILY SERVICES

"THESE SERVICES ARE AVAILABLE TO MILITARY MEMBERS AND THEIR DEPENDENTS"

Tyndall Air Force Base

Bay County Vet Center	850-522-6102
325th Medical Group	850-283-2778
New Parent Support Program	800-342-9647
<i>Provides counseling, education and support for new parents or parents with children up to 3 years of age</i>	
Airman & Family Readiness Center	850-283-2400
Financial Assistance	850-283-2402
Family Advocacy Program	850-283-7511
<i>For prevention and Intervention of family maltreatment</i>	
Family Child Care	850-283-6233
Child and Youth Services	850-283-4366
Health Promotion	850-283-3826

NSA Panama City Navy Base

Bay County Vet Center	850-522-6102
New Parent Support Program	850-234-4248
<i>Provides counseling, education and support for new parents or parents with children up to 3 years of age</i>	
Fleet & Family Readiness Center	850-235-5800
Financial Assistance	850-235-5800
Family Advocacy Program	850-235-5800
<i>For prevention and Intervention of family maltreatment</i>	
Child and Youth Services	850-234-4938
School Age Program	850-234-4938

10 Great Reasons to Breastfeed



1. BEST for your baby
2. Always ready when needed
3. Always the right temperature
4. Easy for baby to digest
5. Has antibodies that cannot be duplicated
6. No bottles to sterilize
7. Helps mom lose baby weight
8. Changes as your baby changes
9. No allergies to mom's milk
10. **FREE**



Coalition of Bay, Franklin & Gulf Counties

800-895-9506

healthystartbfg.com

Healthy Start Service Locations

Bay County

531 Jenks Ave. Suite C
Panama City, FL 32401
850-215-1320

Gulf County

2475 Garrison Ave.
Port St. Joe, FL 32456
850-227-1276

Franklin County

139 12th Street
Apalachicola, FL 32320
850-653-2111

Emerald Coast OBGYN

103 E. 23rd St,
Panama City, FL 32405
850-769-0338

All About Women OBGYN

70 Doctors Dr.,
Panama City, FL 32405
850-785-1517



Affiliated Agency



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facebook **f**