

2026-2028



**Healthy
Start**

Bay, Franklin, Gulf
Healthy Start Coalition

800-895-9506

healthystartbfg.com

Connect 
Families  Resources

***Family
Resource
Directory***

EMERGENCY INFORMATION LINES

EMERGENCY? CALL 911

Bay County

Ascension Sacred Heart Bay ER.....	850-769-1511
Ascension Sacred Heart Beach ER	850-804-2902
Bay County Sheriff's Office.....	850-747-4700
Callaway Fire Department.....	850-871-5300
HCA Florida Gulf Coast.....	850-747-1700
HCA Florida Panama City ER.....	850-772-6200
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
Struder Family Children's Hospital Pediatric ER.	850-769-1511

Gulf & Franklin Counties

Apalachicola Volunteer Fire Department	850-653-4716
Apalachicola Police Department	850-653-9755
Franklin County Sheriff's Office	850-670-8500
Ascension Sacred Heart Gulf ER	850-229-5600
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)	850-300-4323
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.....	800-500-1119
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 Dometic Violence Hotline.....	800-799-7233
National Maternal Mental Health Hotline.....	833-852-6262
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:

Bay County Department of Health850-872-4666

Pregnancy Resource Center.....850-763-1100

Franklin County Dept of Health850-404-6350

Gulf County Dept of Health850-872-4666

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 **Florida Prenatal & Infant 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

- Breastfeeding Education & Support
- Car Seat Safety
- Care Coordination
- Cessation Support • Baby Care Instruction
- Connection to Other Community Resources
- Family Planning
- Healthy Living
- Mental Health Support
- Parenting Assistance
- Pregnancy Support

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 & Families - 850-872-7648

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 County.....	850-872-4666
Franklin County.....	850-404-6350
Gulf County	850-872-4666

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.

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
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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	850-730-1440
Capital Area Community Action Agency	850-653-8057
Eastpoint First Baptist Church	850-670-8468
Franklin's Promise Coalition	850-653-3930
Tabernacle of Faith	850-370-0116

Government Resources/Legal Services

Bay County Child Support Collections	850-763-9061
Child Support Enforcement	850-488-5437
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
Office of Public Defender	850-784-6155
Social Security Administration	866-348-5833

Housing Assistance & Shelter

Bay County

Anchorage Children's Home	850-763-7102
Bethel Village	850-769-0783

Catholic Charities.....	850-763-0475
Doorways of NWFL	850-215-8800
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	850-312-5063
Panama City Housing Authority	850-769-5278
Springfield Housing Authority	850-769-1596

Transportation

Bay County

Bayway Public Transportation.....	850-769-0557
Medicaid Transportation (Bay Area).....	850-769-0557
Emerald Coast Regional Council.....	850-332-7976

Franklin and Gulf Counties

Arc on the Gulf	850-229-6327
Big Bend Transit.....	850-229-6550

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

Connect

Families + Resources

Improving Pregnancy Outcomes

Reducing Infant Mortality Rates

Promoting Healthy Growth and Development



- Pregnancy education and support
- Breastfeeding education and support
- Parenting education and support
- Healthy Living
- Child development education and support
- Family planning education
- Other community resources
- Pregnancy support
- Newborn care instruction
- Help to quit smoking
- Mental health 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 **F**ather?

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, Franklin or Gulf County, call 850-370-0844.

Adoptions/Foster Care Resources

Bundle of Hope	850-203-3111
Catholic Charities.....	850-763-0475
CMS Medical Services Foster Care	803-701-1396
Life Management Center.....	850-522-4485
Pregnancy Resource Center.....	850-763-1100

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.....	800-950-6264

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

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.

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

Family Planning

Bay County Health Department 850-872-4455
 Franklin County Health Department..... 850-653-2111
 Gulf County Health Department..... 850-227-1276

Home Visiting Programs

Bay County

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

Franklin County

Healthy Families 850-323-6015
 Healthy Start..... 850-370-6351
 HIPPY..... 850-340-0753

Gulf County

Healthy Families 850-323-6015
 Healthy Start..... 850-227-4396
 HIPPY..... 850-340-0753



1-800-895-9506

Bay, Gulf, Franklin Healthy Start Coalition, Inc.



Healthy Start

Bay, Franklin, Gulf
 Healthy Start Coalition

Child Welfare & Behavioral Health Services

Bay County

Gulf Coast Children's Advocacy Center.....850-872-7760
NWF Health Network850-747-5755

Clinics

Bay County

Avicenna Free Clinic850-215-8200
FL Dept of Health.....850-872-4455
PanCare Health (Panama City).....850-747-5272
 (Youngstown).....850-753-3246
 (GCSC)850-873-3535
St. Andrews Medical Center.....850-785-1419

Franklin and Gulf Counties

Franklin County Dept of Health850-653-2111
Gulf County Dept of Health850-227-1276
North Florida Medical850-670-8585
PanCare Health (Port St. Joe)850-229-1043
 (Wewahitchka)850-639-2028
 (Carabelle).....850-697-5000

Hospitals

Bay County

Ascension Sacred Heart Bay850-769-1511
HCA Florida Gulf Coast850-769-8341

Franklin and Gulf Counties

Ascension Sacred Heart Gulf.....850-229-5600
George E. Weems Memorial Hospital850-653-8853

Pediatricians

Bay County

Avicenna Free Clinic850-215-8200
Ebeid MD Pediatrics & Pediatric Cardiology..850-785-0321
Emerald Coast Pediatrics (Beach).....850-238-8720
 (19th Street)850-785-4381
 (Baldwin Road).....850-747-3661
Mohammed Zeinomar, MD.....850-913-1666

Pediatric Associates (Midtown)	850-522-1522
(Downtown)	850-767-4777
(Beach)	850-236-0488
Rainbow Pediatrics (MLK Blvd)	850-257-5524
(Forest Park)	850-640-4341
(Beach)	850-257-5524
Sunshine Pediatrics	850-747-8787
Yahia Rahim-Abdul, MD	850-872-0021

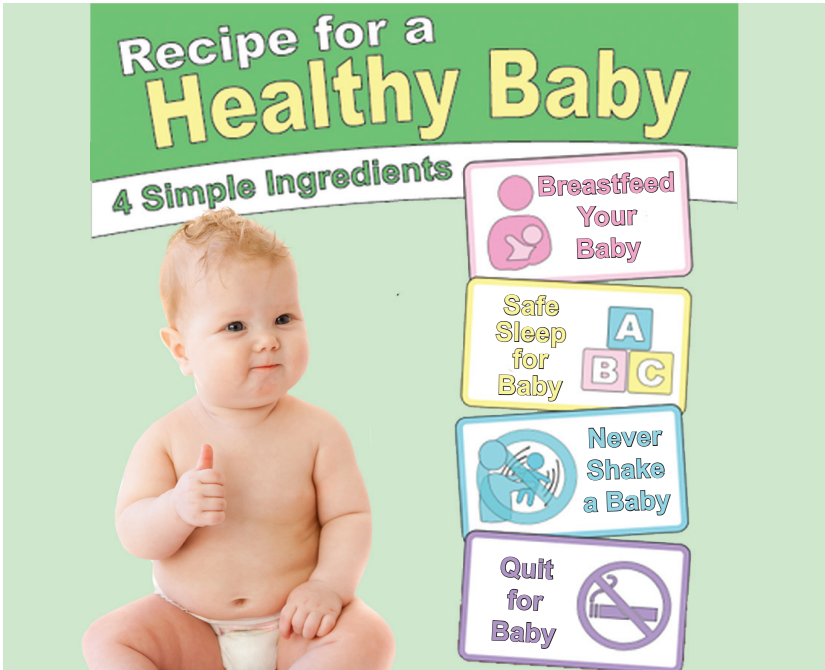
Franklin and Gulf Counties

Apalachicola Primary Care	850-370-1000
Studer Family Children’s Hospital Pediatrics Port St. Joe	850-229-3710

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/GYN	850-769-0338



Education

Adult Education and Literacy

Bay County

Bay District Schools	850-767-4100
CareerSource Gulf Coast (2 Locations).....	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

CareerSource Gulf Coast	850-338-6606
Franklin County School District.....	850-670-2810
Franklin County Adult Education	850-670-2810

Gulf County

CareerSource Gulf Coast	850-227-9670 ext 5504
Gulf Coast State College / PSJ Campus.....	850-227-9670
Gulf County Adult School / PSJ	850-227-1744
Gulf County Adult School / Wewahitchka.....	850-639-9292
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.

MILITARY FAMILY SERVICES

“THESE SERVICES ARE AVAILABLE TO MILITARY MEMBERS
AND THEIR DEPENDENTS”

Tyndall Air Force Base

325th Medical Group	850-283-2778
Bay County Vet Center	850-522-6102
Child and Youth Services	850-283-4366
Child Development Center	850-283-2205
Family Advocacy Program	850-283-7511

For prevention and Intervention of family maltreatment

Family Child Care	850-283-2218
Health Promotion	850-283-7100
Military & Family Readiness Center	850-283-2400
New Parent Support Program	850-283-7511

*Provides counseling, education and support for new parents
or parents with children up to 3 years of age*

NSA Panama City Navy Base

Bay County Vet Center	850-522-6102
Child Development Center	850-234-4750
Family Advocacy Program	850-235-5800

For prevention and Intervention of family maltreatment

Fleet & Family Support Center	850-235-5800
New Parent Support Program	850-234-4248

*Provides counseling, education and support for new parents
or parents with children up to 3 years of age*

Youth Center	850-234-4938
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10 Great Reasons to Breastfeed



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



Healthy Start

Bay, Franklin, Gulf
Healthy Start Coalition

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 OB/GYN

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



All About Women OB/GYN

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

