

Do you have a 3- or 4-year-old at home? He/she may qualify for the school system's Special Education preschool program. Call (904)346-4601 for a Child Find appointment. The program is whole day and the school system provides a bus ride and meals. (The Special Education Department includes Gifted students as well.) "You never know until you try."



## Florida **V****P****K**

Participation is free for all eligible 4-year-olds.

To be eligible, a child must:

- Reside in Florida, AND
- Be 4 years old on or before Sept. 1<sup>st</sup>.

Go to [www.ecs4kids.org](http://www.ecs4kids.org) or call (800) 238-3463 or 726-1500 for more information.

### School Readiness Program

(Daycare and after-school care up to age 9.)

- All adults in the home (18 or older) must be in school or working at least 20 hours per week.
- You must meet income limits. For example, total household income for a family of 4 must be below \$37,650 per year.
- Teen parent living with family? Family income is not used.

Go to [ecs4kids.org](http://ecs4kids.org) and apply or contact Mary Quigley at (904) 726-1500.



The Council on Aging is the "go-to" source for help with bills, legal matters, etc. for those who are at least 60 years old. 261-0701 or [www.nassaucountycoa.org](http://www.nassaucountycoa.org).

### **Mental Health Services in Nassau County are provided through:**

\*Starting Point (formerly Sutton Place)- 225-8280, Crisis Intervention Walk-Ins: 8am-5pm. Call them for help from 5pm until 8am.

\*Florida Psychological Associates- 277-0027. They provide comprehensive behavioral health services.

The **Child Advocate Rapid Response Team (C.A.R.R.T.)** is a school-based program that provides advocacy (which includes crisis counseling) for children and their families who are victims of or witnesses to a crime or violence (including bullying.) They offer assistance to children who may be experiencing difficulties in their home or at school. Call 225-8520 or 277-9063 for more information. Their brochure may be seen at <https://www.nassau.k12.fl.us/Page/774>. You may also call Angie McClellan to complete the application over the phone.

The Barnabas Center's **"Women's Health Initiative Nassau"** (WHIN) is a program specifically designed for women who have gone through a major life event (past or current) and would like support, encouragement, and ideas for a healthier life. Interventions include: Women Helping Women support group, Life Skills classes, journaling, art therapy, relaxation and meditation techniques, and counseling. Call Mary Grice at 261-7000 to enroll. (WHIN is at the Fernandina location on Wednesdays from 1pm – 3pm. Help with gas is possible.)