

## Tallahassee Community College Resource Directory Fall 2020

During the transition to online learning, Student Services Case Management is here to support our TCC students, faculty, and staff. The following resource directory consists of both on- and off-campus resources that are available to students, as well as faculty and staff, during this time.

**PLEASE NOTE: The resources listed below are subject to change given developing COVID-19 safety guidelines.**

Always call before going to a service center. If you would like one-on-one support or have any questions about the resources below, please email [CaseManagement@tcc.fl.edu](mailto:CaseManagement@tcc.fl.edu)

### Academic Assistance

#### **The Learning Commons** (850) 201-8195

Offers tutoring services to all students, including Spanish, English, math, and writing. Students also have access to computers and technology tutoring. Monday-Thursday 7:30am – 7:30pm Friday 7:30am-5:00pm.

#### Internet Access:

##### **Spectrum** 1-844-579-3743

In an effort to ensure Americans have necessary access to online resources, qualifying households with students can get 60 days of FREE access with a Spectrum Internet account. Available for households with K-12 or college students. Limited to new accounts who do not already have a Spectrum Internet subscription. Installation fees will be waived

##### **Comcast** 1-800-934-6489

Comcast is also offering FREE internet access for 60 days for qualifying students. In order to see if you qualify, please call the above number and request to “Talk to an agent”.

##### **Xfinity**

Through 12/31/2020. Get wifi and a \$150 prepaid Visa card. Enter your school email and zipcode to see if your eligible.

### Food Pantries and Supplemental Nutrition:

#### **Talons Market**

Available to TCC students who are currently enrolled in the present semester. Students will set up an appointment online and be able to pick up to 10 items. Students are able to attend to the market 6 times a semester. Items include no perishable and basic necessities. The Market is open Monday – Wednesday 11am-2pm. Contact Case management or [talmarket@tcc.fl.edu](mailto:talmarket@tcc.fl.edu) if you have any questions.

#### **SNAP Benefits** <https://dcf-access.dcf.state.fl.us/access/scrflstartappl.do?performAction=init>

In order to apply for food stamps, please use the following link. You will need:

- Social Security number and date of birth.
- Income information such as job, child support or any other sources.

- Resource or asset information such as checking, savings accounts, vehicles, homes, land or life insurance.
- Housing expenses such as rent or utilities.
- Health insurance information.
- All U.S. citizens applying for, or receiving Medical Assistance, including children, are required to provide proof of U.S. citizenship and identity.

**WIC Benefits** (850) 404-6350

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

**Good News Outreach** (850) 412-0016

548 E Bradford Rd Tallahassee, FL 32301. Food Ministries offers help to the individuals and families with bags of groceries to take home through their food pantry. Pantry is open Wednesday and Friday 9am-2pm and Thursdays 8am-2pm. Bring proof of your residency in Leon county. You can receive groceries once a month. One can schedule transportation with Big Bends 2-1-1 Lyft program.

**Faith Presbyterian Church** (850)385-6151

8am-10:30am. 3<sup>rd</sup> Saturday of every month. 2200 North Meridian Road Tallahassee, FL 32303. Manna on Meridian addresses the needs of low-income individuals and households that lack a reliable access to affordable, nutritious food and may experience hunger on a regular basis. We also provide basic clothing to residents who lack the means or resources to purchase them on their own. The center is also providing clothing.

**Salvation Army** (850)222-3255

Monday-Friday 10am-1pm. 2410 Allen Rd, Tallahassee, FL 32312. Food pantry will be open for individuals in need. You will need to bring a valid photo ID and your food stamps card if you receive them.

**Second Harvest of the Big Bend**

Offers one the ability to find a food pantry within their specific county with dates, times, and addresses. <https://fightinghunger.org/find-a-food-pantry/>

Rent and Utility Assistance:

**Capital Area Community Action Committee** (850) 222-2053

For more information regarding rent assistance, utility services, Head Start, and Getting Ahead Staying Ahead programs, please follow the following link. <http://capitalareacommunityactionagency.com/>. Services are dependent upon fiscal funding.

**Low Income Home Energy Assistance Program (LIHEAP)** 1-866-674-6327

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps low-income households with their home energy bills. To qualify for the program, you must need help paying your home energy costs. Your annual household income (before taxes) must also be below the

maximum income level for your state and household size. <https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4468>.

**Leon County Catholic Churches NWFLT** (850) 222-2180

Provide services such as utility bill assistance (including propane) if the applicants utilities have either been shut off, or if the customer has a letter informing that utilities will be turned off by a certain date. Emergency rent help if applicant has an eviction notice. Blankets and space heaters for the homeless and very low income. Their office is at 1380 Blountstown Hwy, Tallahassee, Florida 32304.

**ECHO, Emergency Services Program** (850) 224-3246

Provides a number of resources on a limited basis. They include a mid-day meal, financial assessments and budgeting counseling, debt reduction, and also furniture. Other resources from the ECHO affiliated churches may be free food, clothing, diapers, as well as small household items. 702 W Madison St, Tallahassee, Florida 32304.

Emergency Shelters:

**Kearney Center** (850) 792-9000

The Kearney Center provides 24-hour comprehensive emergency services to individuals experiencing or on-the-verge of experiencing homelessness within the Big Bend (8-county) region. This facility serves as a point of entry into assistance by coordinating services and responding to the immediate needs of individuals and families until appropriate permanent housing can be arranged.

In an effort to operate as safely as possible and to reduce the number of people in the building in response to COVID-19, the Kearney Center is limiting its services to those clients in doing intakes and housing clients in hotels. Call 850-629-9270 for intake assistance. [https://kearneycenter.org/wp-content/uploads/2020/03/COVID-19-response-for-website-3\\_18\\_20-1.pdf](https://kearneycenter.org/wp-content/uploads/2020/03/COVID-19-response-for-website-3_18_20-1.pdf).

**City Walk Urban Mission**

(850) 528-3909

Men's home for those who had previously been incarcerated, are experiencing homelessness, need support for sober living and are getting back into the community. One must apply to be apart of the 12-month program and go through an interview process. Also assist with providing clothes and personal hygiene items. 1105 N. Monroe St. in Tallahassee, FL.

- Have opened a new facility that can house women and men who need housing.
  - The new facility is a first come first serve basis except those who are frequenters
    - The capacity is 100 beds – there are two people per room
    - Doors open at 6pm with dinner being served at that time also. Check is from 7-8pm. Check out is 7am.

**Refuge House** 850-681-2111

Refuge House has two emergency shelters: one in Leon County and one in Taylor County. Our shelters offer a safe place for adults and families at risk of domestic violence, sexual assault or prostitution, who have no other safe housing option. For the safety and security of those at Refuge House, the locations of the shelters are confidential.

**Capital City Youth Services – Going Places Street Outreach (850) 576-6000**

An outreach service for homeless, runaway/sex trafficked, and LGBTQ+ individuals up to age 22. Services they offer include survival aid, hygiene items, communication with loved ones, STD testing, pregnancy testing and support, and emergency housing. Tuesday – Thursday 2pm to 5pm. Friday 2pm-5pm. 654 Dunn Street, Tallahassee, Florida, 32304

Health Care:

**COVID-19 Information**

For the most up-to-date information regarding the COVID-19 virus, you can utilize the following link: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> this website will provide information about the virus, as well as help individuals through the COVID-19 testing process.

**Tallahassee Memorial Hospital Urgent Care (850) 431-7801**

1541 Medical Dr, Tallahassee, FL 32308

**Capital Regional Medical Center Urgent Care (850) 325-5000**

Capital Regional Medical Center 2626 Capital Medical Blvd Tallahassee, FL 32308

**Bond Clinic (850) 576-4073**

Bond Community Health Center, Inc. is a 501(c)(3) community health center, providing access to the highest quality comprehensive family health services with concern for the lower socioeconomic groups. Sites include: Bond CHC mobile Unit, Bond on Magnolia, Bond Specialty & Community Wellness Center, and the Kay Freeman Health Center.

For a list of services provided, please utilize the following link:

<http://www.bondchc.com/services/bondchc/bondchc>

**Neighborhood Medical Center Lincoln Center (850) 224-2469**

All patients receive care based upon a sliding scale. Care is available to those with and without insurance. Monday-Friday 8am to 6pm. 438 W Brevard Street Tallahassee, FL 32301

**Leon County Health Department (850) 606-8150**

Services include STD testing and education, dental assistance, WIC assistance, family planning, and immunizations. Monday – Friday 8am-5pm except holidays. 2965 Municipal Way Tallahassee FL, 32304

**Walk-in Clinic Locators**

Minute Clinic Locator: <https://www.cvs.com/minuteclinic/clinic-locator/>

Patient's First Locator: <https://patientsfirst.com/>

Mental Health Services:

**TCC Counseling Center (850) 201-7726**

The TCC Counseling Center offers free individual therapy, education and outreach, and crisis intervention. Although the counseling center is not currently open, counselors are available via phone for appointments. Please call the number provided in order to schedule an appointment.

**Suicide Prevention Hotline 1-800-273-8255**

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Baycare**

For off campus or tele-counseling services, TCC contracts with BayCare to provide three free counseling sessions with licensed mental health providers in the community. For this service call 1-800-878-5470, tell them you are a TCC student, and they will connect you with local licensed therapists.

**2-1-1 Big Bend**

24 hour confidential support hotline. They offer telephone counseling, crises intervention, and referrals. An app is also available that allows access to over 1,000 programs within the Big Bend area. Call 2-1-1 or (850) 617 6333

**Crisis text Line**

Free 24 hour support line. One is connected to a live, trained Crisis Counselor who responds on a secured platform to get one to a calm, safe place. Text HOME to 741741

**Capital Regional Behavioral Health Center : Outpatient Services (850) 325-5750**

To assist university students with their mental health. The program consists of 12 hours per week of therapeutic group activities. The services is offered at FSU's campus but is offered to all college students.

Accessibility Services:

**Student Accessibility Services (850) 201-8430**

The Students Accessibility Service center assists students with disabilities in order to ensure reasonable accommodations. Although the SAS office is not currently seeing students face-to-face, advisors are available via phone to assist students with their accommodations. To make an appointment, please use the number provided above.

**Vocational Rehabilitation (850) 245-3440**

Vocational Rehabilitation (VR) is a federal-state program that helps people who have physical or mental disabilities get or keep a job. VR is committed to helping people with disabilities find meaningful careers.

**Federal Programs**

To see If you qualify for disability services and benefits, please use the following link:

<https://www.usa.gov/disability-services>.

**Victim Advocate**

If you or someone you care about has been the victim of a crime you may need to talk with someone confidentially about your options. Although the Victim Advocate is not currently meeting with students face-to-face, you can speak with her via phone or email.

Michelle Tibbits-McClellan  
(850) 201-6241  
[tibbitsm@tcc.fl.edu](mailto:tibbitsm@tcc.fl.edu)

### Legal Services

#### **Legal Services of North Florida** (850) 385-9007

Serve the legal needs of children, elderly, victims of abuse, veterans, and people with disabilities in civil matters. Eligibility will be based upon legal problem and income. Intake for services can be completed online or over the phone. Hours of operation are Monday-Thursday 8:30am-5:15pm. 2119 Delta Blvd. Tallahassee, Florida 32303

#### **Legal Aid Foundation** (850) 222-3292

Provide quality legal assistance pro-bono to those within the Tallahassee area on multiple matters. Applications can be emailed or mailed in due to COVID.

<https://www.legalaidtallahassee.org/>

301 S. Monroe St. Leon County Courthouse Suite 108, Tallahassee, FL 32301

- Mobile Law Clinic: twice a month, allows a 30minute consultation with a volunteer attorney to receive free advice on legal matters. Appointments must be made 5 days prior.

### How to File for Unemployment:

If you are in need of unemployment benefits, you can utilize the following link:

<https://www.usa.gov/unemployment>. This website will also provide you with additional federal aid programs that you may qualify for at this time. Once you have checked if you are eligible on this site, you can find the Florida Unemployment portal under “How do I Apply?”.