

UF/IFAS Extension Broward County Family Youth and Consumer Sciences

COMMUNITY RESOURCES

Why use community resources?

Community resources are important to Broward individuals and families. Community resources are like community assets. They help meet certain needs for those living in and around the county. Community resources can be used to improve the quality of community life. Often needed resources are only a phone call away. A newly discovered resource and/or a helpful resource person can be like finding valuable treasure. It is good to help others and it is also rewarding.

When individuals and families actively engage with and use available resources, they can respond more effectively to their health-related and other types of identified needs. They help us develop healthy behaviors and promote healthy, independent individuals and families.

UF/IFAS Extension, Broward County has information on a wide range of topics from health and nutrition, food safety, saving money at the grocery store, gardening, community development and more. Our evidence based resources and Family and Consumer Sciences Extension agent and staff are here to help you. Whether you're retired, a parent, a teen, a visitor or somewhere in between, we've got *Solutions for Your Life*. The Family and Consumer Sciences Extension program provides science-based information and educational programming to the community to empower individuals and families to make informed decisions about their well-being and to help them make changes to improve their health and quality of life.

Community resources can be essential in helping the people access assistance and expand their range of outlets of support to meet their needs.

For additional information please contact:

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Visit us on the web:
<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/SolutionsForYourLife.com>



UF IFAS, Broward Extension- Family and Consumer Sciences Program

3245 College Avenue
Davie, FL 33314
954-357-5270 *(If you have any questions, call this number)*

Broward Meals on Wheels

451 North State Road 7
Plantation, FL 33317
954-731-8770
To provide essential services that improve health, reduce isolation and promote independent living for seniors

North East Focal Point Senior Center

227 NW 2nd Street
Deerfield Beach, FL 33441
954-480-4460
Provides supportive services to individuals age 60 and above, helping to improve their independence and encourage their involvement with the community

**Department of Children and Families
SNAP (Food Stamp Assistance Program)**

311 North State Road 7
Plantation, FL 33317
954- 267-2135
Offers food pantry services

**Broward County Health Department
Administration Offices**

780 SW 24th Street
Fort Lauderdale, FL 33315
954-467-4700

WIC Nutrition Program-Call Center

954-762-5111
To promote and protect the health and safety of all persons in Broward County through the delivery of quality public health services

HOPE Outreach

4700 SW 64th Avenue– Suite A
Davie, FL 33314
954-321-0909
Offers food pantry services

YMCA of Broward County Corporate Office

900 SE 3rd Avenue – Suite 300
Fort Lauderdale, FL 33316
954-334-9622
Provides community programs and services that build healthy spirits, minds and bodies



**Feeding South Florida
(Daily Bread Food Bank)**

2501 SW 32nd Terrace
Pembroke Park, FL 33023
954-518-1818
Food Bank - distributes to food pantries and homeless shelters

Jubilee Center of Broward County

2020 Scott Street
Hollywood, FL 33020
954-920-0106
Provides Service to the poor and homeless of Broward County

Our Father's House Soup Kitchen

2380 Martin Luther King Boulevard
Pompano Beach, FL 33066
954-968-7550
Dedicated to feeding and clothing the hungry in Broward County.

South Florida Coalition for the Homeless

1203 North Federal Highway
Hollywood, FL 33020
954-925-6466
Uniting those who are committed to putting an end to homelessness and improving the conditions of persons living without shelter

Pantry of Broward

610 NW 3rd Avenue
Ft. Lauderdale, FL 33311
954-358-1481
Offers food pantry services for senior citizens over 60

St. Laurence Chapel

1698 Blount Road
Pompano Beach, 33069
954-972-2958
A day shelter for the homeless offering breakfast and lunch, showers, clean clothing and other services

Salvation Army

1445 West Broward Blvd.
Fort Lauderdale, FL 33312
954-524-6991
Provides transitional housing programs, children's programs, social services and disaster relief

Second Chance Society

1835 SE 4th Avenue
Fort Lauderdale, FL 33316
954-763-5999
Provides the small things that matter for so many that have nothing

United Way of Broward County

1300 S. Andrews Avenue
Fort Lauderdale, FL 33316
954-462-4850
To improve the lives of individuals and families in Broward County

Women in Distress of Broward County, Inc.

P.O. Box 50187
Lighthouse Point, FL 33074
954-760-9800
Provides victims of domestic violence with safe shelter, crisis intervention and resources, and educates the community

Pat Larkin Center

520 Martin Luther King Boulevard
Pompano Beach, FL 33060
954-786-4585
Serves as a food pantry for program participants

The Cooperative Feeding Program

1 NW 33rd Terrace
Lauderhill, FL 33311
954-792-2328
Provides counseling, support and distributes meals

TO OBTAIN SNAP BENEFITS
Access FL 1-866-762-2237
(On-line process)

WEBSITE
www.myflorida.com/accessflorida

OTHER USEFUL NUMBERS

American Red Cross, Broward	954-797-3800
Elderly & Veterans Services	954-357-6622
FEMA, Disaster Hotline	800-621-3362
Homeless Information	954-563-4357
Aging & Disability Resource Center	954-745-9779
First Call for Help	954-537-0211 or 211



Motivational Moment:

“When we give cheerfully and accept gratefully, everyone is blessed.” – Maya Angelou

“The best way to not feel hopeless is to get up and do something. Don’t wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.”
– Barack Obama