

# October Calendar

## Neighbor Services at Causeway Center

Schedule your appointment here

[feedingtampabay.org/gethelp](https://feedingtampabay.org/gethelp)



### health + wellness

#### Health Insurance Navigation

##### Family Healthcare Foundation

County Health Plans	Medicare
Marketplace	KidCare
Medicaid	

THURSDAYS 10:00AM - 4:00PM

WED 10/15 AT 9:00AM - 4:00PM



#### Hygiene Support

##### Empath Health - Outreach Team

Toiletries
Feminine Hygiene Products
Clothing

TUES 10/21 AT 9:00AM - 3:00PM



### individual support

#### Anti-Human Trafficking

##### Selah Freedom

Safe House Connections
Survivor Resources

TUES 10/21 AT 3:00PM - 7:00PM

Unable to come in person?

Call their helpline [1-888-837-3363](tel:1-888-837-3363)



#### Physical Health Checks

##### BayCare Faith Community Nurses

Blood Pressure	Advance Directives
Pre-Diabetes	Medical Referrals
Stroke Risk	Spiritual Assessment

TUES 10/7 AT 3:00PM - 7:00PM

THURS 10/16 AT 3:00PM - 7:00PM

MON 10/20 AT 10:00AM - 2:00PM



#### Physical Health Checks

##### BayCare Community Health Team

BMI	Blood Pressure
Blood Sugar	Cholesterol Screening
A1C / Glucose	Medical Referrals

MON 10/13 AT 10:00 AM - 2:00 PM

THUR 10/23 AT 3:00PM - 7:00PM



#### Senior Support

##### Seniors in Service

Senior Opportunity	Therapy
Companionship	Legal Services
Health Buddies	Safe haven

MONDAYS

9:00AM - 4:00PM

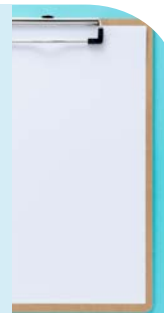


#### Preventative Health Checks

##### Empath Health - EPIC Team

HIV Testing	Health Education
HEP C Testing	Counseling
Medical Referrals	

TUES 10/14 AT 3:00PM - 7:00 PM



#### Flu Vaccination

##### BayCare Community Health Team

Come get your annual flu vaccination!

MON 10/13 AT 10:00 AM - 2:00 PM



#### Legal Services

##### Bay Area Legal Services

Veterans Advocacy	General Law
Senior Advocacy	Family Law
Disaster Recovery	

MON, WED

10:00AM - 1:00PM



# October Calendar

## Neighbor Services at Causeway Center

**We're here to help.** Our team can help you find the resources you need. Walk in and speak with a Navigator today!



### kids + families

#### Baby Items

##### Feeding Tampa Bay Navigators

Once-monthly pickup of diapers. Additional baby items available, pending supply.

*Various Sizes Available*



### groceries + meals

#### the bistro

##### Hot Meals

Sandwiches, Salads, and Flatbreads

MON, WED

11:00AM - 2:00PM



#### the market

##### Groceries

Available once a month per household. Schedule a visit at [feedingtampabay.org/market](https://feedingtampabay.org/market)

*Appointments open online 2 weeks in advance beginning at 1:00pm.*

TUE, WED, THU

1:00PM - 7:00PM



by  
appointment  
only

#### Children's Clothing

##### Clothes for Kids

Order a wardrobe for school-aged children for customized packing and delivery to the Causeway Center.

MON - THURS

9:00AM - 4:00 PM



#### Hispanic Support Services

##### Multicultural Alliance for Hispanic Development

Immigration Guidance	SSI/SSDI
New Arrival Support	Tax Services
Notary Services	Birth Certificate
Health Insurance	Job Search
Resource Connections	Resume Writing

WEDNESDAYS 9:00AM - 3:00PM



#### s'well shopping hours

##### Groceries

Available once a month per household for enrolled seniors.

*Shopping Days*

MONDAYS 10:00AM - 2:00PM

TUESDAYS 1:00PM - 4:00 PM

*Upcoming Enrollment Days*

FRIDAY 11/14 AT 9:00AM - 3:00PM



by  
appointment  
only

### financial support

#### SNAP Assistance

##### Feeding Tampa Bay Navigators

Apply for funds to purchase groceries at most major retailers

TUES, THU 9:00AM - 2:00PM



#### Housing Assistance

##### Metropolitan Ministries

Meet with Met Min to determine eligibility and apply for assistance

Rent  
Mortgage  
Utilities

MON, WED

9:00AM - 5:00PM

Speak to a  
Navigator for  
appointment



#### Utility Assistance

##### TECO

Meet with a TECO provider about your payments and connect to assistance

MONDAYS 10:00AM - 2:00PM



# October Calendar

## Neighbor Services at Causeway Center

**feeding**  
TAMPA BAY

### classes + special events

#### ***Tobacco Cessation Class***

##### **Florida Area Health Education Centers**

Learn how to quit all forms of nicotine.  
Receive nicotine replacement resources and  
create a quit plan.



Scan the code  
to register!



THURS 10/16 AT 1:00PM - 3:00PM

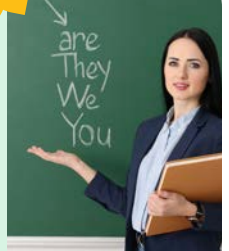
#### ***ESOL Classes***

##### **Light House Ministries**

Learn skills to improve reading,  
writing, and speaking in English. This  
class is Beginner Level. Speakers of  
all languages welcome.



New Classes  
Begin Oct 9!



THURSDAYS 11:00AM - 1:00PM

#### ***Lets Talk About Breast Cancer***

##### **Empath Health**

Get the tools to learn symptoms and risk  
factors. Discover more about preventative  
practices, screening, and early detection



WED 10/22 AT 10:00AM - 11:00AM

### keep on your radar



#### **Hurricane Season Ends November 1!**

Sign up to get text alerts from Feeding Tampa Bay  
in the event of a hurricane or other disaster.

Text "FTBFYI" to 833-530-3663 to stay informed.



**Feeding Tampa Bay's Causeway Center**  
3624 Causeway Blvd. Tampa, FL 33619  
**813-254-1190**



**CLOSED**

**Neighborhood Closures**  
Wednesday October 8th

**We honor all survivors. You are not  
alone, we are here for you.**