

January Calendar

Neighbor Services at Causeway Center

Schedule your appointment here

feedingtampabay.org/gethelp



health + wellness

Health Insurance Navigation

Family Healthcare Foundation

County Health Plans	Medicare
Marketplace	KidCare
Medicaid	

THURSDAYS 10:00AM - 4:00PM

WED 01/14 AT 9:00AM - 4:00PM



Physical Health Checks

BayCare Community Health Team

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

MON 01/12 AT 10:00AM - 2:00PM

MON 01/29 AT 3:00PM - 7:00PM

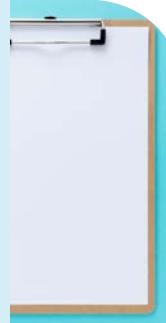


Sexual Health Services

Empath Health - EPIC Team

HIV Testing	Health Education
HEP C Testing	Counseling
Medical Referrals	

THUR 01/15 AT 3:00PM - 7:00PM



Physical Health Checks

BayCare Faith Community Nurses

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

MON 01/05 AT 10:00AM - 2:00PM

TUE 01/06 AT 3:00PM - 7:00PM

MON 01/19 AT 10:00AM - 2:00PM

TUE 01/20 AT 3:00PM - 7:00PM

MON 01/26 AT 10:00AM - 2:00PM



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

*Closed 01/21

WEDNESDAYS 9:00AM - 3:00PM



individual support

Anti-Human Trafficking

Selah Freedom

Safe House Connections and Survivor Resources

TUE 01/06 AT 9:00AM - 4:00PM

Unable to come in person?
Call their helpline 1-888-837-3363



Senior Support

Seniors in Service

Volunteer Opportunities	General Law
Companionship	Family Law
Health Buddies	

MONDAYS

9:00AM - 4:00PM



Legal Services

Bay Area Legal Services

Veterans Advocacy	General Law
Senior Advocacy	Family Law
Disaster Recovery	

*Closed 01/21

MON, WED

10:00AM - 1:00PM



Intimate Partner Violence

The Spring of Tampa Bay

Domestic Violence Support	Injunction Help
Risk Assessment	Education
Safety Planning	Referrals

Talk to a FTB team member or Call 813-247-7233
to contact a domestic violence helpline



MON - THU

9:00AM - 4:00PM

January Calendar

Neighbor Services at Causeway Center

kids + families

Baby Items

Feeding Tampa Bay Navigators
Once-monthly pickup of diapers.
Additional baby items available,
pending supply.

MON, 9:00AM - 4:00 PM

TUE - THU, 9:00AM - 6:00 PM



Children's Clothing

Clothes for Kids

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

MON, 9:00AM - 4:00 PM

TUE - THU, 9:00AM - 6:00 PM



Family Support

Positive Spin

Family Advocacy
Case Management
Support Groups

TUES 9:00AM - 4:00PM

THURS 3:00PM - 7:00PM



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

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

TUESDAY 4:00PM - 7:00PM

WED, THU 1:00PM - 7:00PM



s'well shopping hours

Groceries

Available once a month per
household.

*Program Enrollment Required

MONDAYS 10:00AM - 2:00PM

TUESDAYS 1:00PM - 4:00 PM



Upcoming Enrollment Dates

MON 1/5 - FRI 1/9 9:00AM - 3:00PM

financial support

SNAP Assistance

Feeding Tampa Bay Navigators

Apply for funds to purchase groceries at
most major retailers

*Closed 01/8

THURSDAY 10:00AM - 5:00PM



Housing Assistance

Metropolitan Ministries

Meet with Met Min to
determine eligibility and
apply for assistance

Rent
Mortgage
Utilities

MONDAY 9:00AM - 4:00PM

WEDNESDAY 9:00AM - 5:00PM



Utility Assistance

TECO

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

*Closed 01/19

MONDAY 9:30AM - 2:00PM



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



Schedule your appointment here

feedingtampabay.org/gethelp





January Calendar

Neighbor Services at Causeway Center

classes + special events

Cancer Overview Class

Empath Health

Learn the essentials on six common cancers: definition, signs/symptoms, risk factors, diagnosis, and treatment options. Discover healthy lifestyle changes for prevention. Knowledge is power—sign up!

THU 01/28 AT 10:00AM - 11:00AM



TECO Weatherization

TECO

Ready to lower your utility bills? Start with a possible free energy audit to find savings. Gain access to cost-saving improvements like insulation and energy efficient LED bulbs.

THURSDAYS 9:00AM - 3:00PM



keep on your radar



Health Insurance Open Enrollment!

November 1, 2025 - January 15, 2026

Food and health go hand-in-hand. Call our partner Florida Blue at 1-866-986-2583 to get educated on your choices, or book an in-person appointment with one of our onsite partners.



Feeding Tampa Bay's Causeway Center

3624 Causeway Blvd. Tampa, FL 33619

feedingtampabay.org/gethelp

Call our Helpline for more information: 813-710-9003

Register here!

feedingtampabay.org/gethelp



English Language Classes

Light House Ministries

Class teaching skills to improve reading, writing, and speaking in English

Intro Session

THURS 01/08 AT 11:00AM - 1:00PM

Registration Help: 863-687-4076 Ext. 271

chart@lighthousemin.org



Pathways to Prosperity

Suncoast Credit Union

Build a brighter future through financial education and coaching to reach your goals and become economically self-sufficient and independent.

Intro Session

THURS 01/29 AT 5:30PM - 6:30PM



Hours of Operation at the Neighborhood

Monday	9am - 4pm
Tuesday	9am - 6pm
Wednesday	9am - 6pm
Thursday	9am - 6pm
Friday	Closed
Sat-Sun	Closed

CLOSED

Neighborhood Closures

Thursday, January 1st
Wednesday, January 21st