



# January 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 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

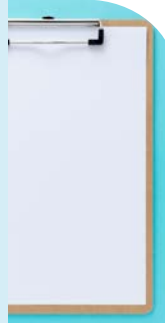


#### Sexual Health Services

##### 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](tel:1-888-837-3363)



#### Senior Support Seniors in Service

Volunteer Opportunities  
Companionship  
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



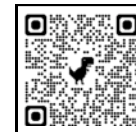


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### kids + families

#### 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](https://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

by  
appointment  
only



#### 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

by  
appointment  
only



### 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!

we can  
help!



# January Calendar

## Neighbor Services at Causeway Center

Register here!

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



### 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



#### 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](mailto:chart@lighthousemin.org)



#### Pathways to Prosperity

##### Suncoat 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



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

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

#### 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