



United Way of
Collier and the Keys

FLORIDA KEYS COVID-19 COMMUNITY RESOURCE GUIDE

Formed in April 2020 after a history of partnership, United Way of Collier and the Keys was created when United Way of the Florida Keys and United Way of Collier County collectively sought an opportunity to accomplish greater local impact, powered by regional collaboration.

The vision for United Way of Collier and the Keys is to foster the opportunity for Collier and Monroe County residents to thrive, thereby elevating the overall quality of life in our communities. We accomplish this by strengthening education and improving health and financial stability in both counties.

Serving the Monroe County community for more than 30 years, we have helped thousands of residents through our internal programs or working alongside our funded non-profit partner organizations.

To learn more or to support our work, please visit KeysUnitedWay.org or UWCollier.org, or call the Key West office at 305-735-1929 or Naples office at 239-261-7112.



United Way of Collier and the Keys compiled and produced this special COVID-19 edition of the Community Resource Guide.

Please email ResourceGuide@KeysUnitedWay.org to update or add community information to the current online version or future printed editions of this guide.

To access the most updated resource list including COVID-19 programs and information, please visit KeysHelp.org

HOTLINES

211 of Miami-Dade and Monroe.....	855-883-4429 or 211 or Text your ZIP code to 898211
AARP.....	888-687-2277
Abuse Hotline	800-96-ABUSE (962-2873)
Alcoholics Anonymous.....	800-662-4357
Alliance for Aging.....	305-670-6500
Alzheimer's Association of South FL ..	800-272-3900
American Cancer Society.....	800-227-2345
American Pregnancy Hotline.....	800-672-2296
American Red Cross.....	800-RED-CROS (2767)
Cancer Information Service.....	800-4CANCER (422-6237)
Child Support Enforcement	888-369-0323
DCF Abuse Hotline	800-962-2873
Disaster Hotline (Monroe)	800-955-5504
Early Steps Southernmost Coast	888-624-7837
Elder Abuse Hotline	800-962-2873
Family Health Line of FL	800-451-2229
FEMA	800-621-FEMA (3362)
FL Bar Referral Service	800-342-8011
FL Department of Elder Affairs.....	850-414-2000
FL Domestic Violence Hotline	800-500-1119
FL Kid Care	1-888-540-KIDS (5437) or TTY 1-800-955-8771
Gamblers Anonymous	888-ADMITIT (236-4848)
Guidance Care Center / MH Crisis	305-434-7660
Healthcare.gov (ACA Insurance).....	800-318-2596
Immigration (USCIS).....	800-375-5283
LGBTQ Helpline.....	305-646-3600
Medicare.....	800-633-4227
Nat'l Child Sex Abuse Line.....	800-4ACHILD (422-4453)
Nat'l Suicide Prevention Line	800-SUICIDE (784-2433)
Poison Control	800-222-1222
Postpartum Support International.....	800-944-4773 or Text 503-894-9453
Runaway Helpline	800-RUNAWAY (786-2929)
Seniors Helpline.....	305-646-3606
Smoking Quit Line	800-QUITNOW (784-8669)
Social Security Administration.....	800-772-1213
Veteran's Assistance	800-827-1000
Veteran's Crisis Line	800-273-8255 Ext 1 or send a text message to 838255

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This section is intended to provide an overview of information and additional resources specifically related to COVID-19 for Monroe County residents. The other resources listed within the guide may also be applicable in navigating the effects of the pandemic.

HEALTH & SAFETY

COVID-19 Information from the Monroe County Health Department

For the most up to date information, go to

<http://monroe.floridahealth.gov/programs-and-services/community-partners/covid19.html>.

Safety Precautions

Wear a facial covering anytime that you are inside a building or anytime that you are unable to socially distance. Stay six feet apart from people when possible, wash your hands for 20 seconds, and stay home if you start to feel ill.

What is COVID-19?

COVID-19 is a newly emerging disease that has a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. Symptoms include but are not limited to:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

How is it Spread?

- Person-to-person and between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.
- Everyone plays a part in lowering the impact within our communities and workplaces – taking every day preventative actions helps to impede the spread of respiratory diseases such as COVID-19.
- Preventative actions include:
 - Washing your hands frequently with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
 - Avoiding close contact with people who are sick.
 - Staying home when you are sick. This message cannot be emphasized enough.
 - Employees who have symptoms of acute respiratory illness are recommended to stay home and not come to work until they are free of fever (100.4° F or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). Employees should notify their supervisor and stay home if they are sick.

What do I do if I think I'm sick with COVID-19?

If you are infected with COVID-19, the Health Department suggests that you call your primary healthcare provider to get information on what you should be doing to protect yourself and your family from COVID-19. The CDC recommends those who are

ill with COVID-19 stay home except to get medical care. Take the following precautions:

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation,** ride-sharing, or taxis.
- **As much as possible, stay in a specific room** and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- **Monitor your symptoms**
 - Watch for symptoms of COVID-19, such as fever and cough.
 - Follow care instructions from your healthcare provider and local health department. In Monroe County, calls are made daily to those who have COVID-19 to help monitor their symptoms and well-being.

Health Resources

For Quarantine and Exposure Guidance and more, visit the websites below:

- Centers for Disease Control – <http://www.cdc.org>
- Monroe County Health Department - <http://monroe.floridahealth.gov/>
- Known COVID-19 testing locations can be found at <http://monroe.floridahealth.gov/programs-and-services/community-partners/testing.html>

- Additional guidance is available for those living in close quarters and shared housing at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>
- If you have questions about pets, see <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html>

LOCAL RESOURCES

A comprehensive listing of local, state and federal COVID-19 related resources, information and programs can be found at www.KeysHelp.org. Listings are all subject to change; please reach out directly to the organization to confirm availability. Resources include but are not limited to:

Financial Assistance

If you are financially impacted by COVID-19, please visit www.KeysHelp.org to apply for limited emergency financial assistance, based on availability.

Financial assistance including with rent and utilities is subject to change, with availability increasing or decreasing due to funding. Below are organizations who may be able to assist.

- **Catholic Charities:** ccadm.org – County-wide 305-292-9790
- **Centro Campesino:** centrocampesino.org – County-wide (305) 245-7738, emergencyassistance@ccfcfl.org.
- **Cornerstone Resource Alliance:** keysra@keysra.org – Key West, 305-240-1191 or 305-240-4226
- **Florida Keys Outreach Coalition:** fkoc.org – County-wide, Key West 305-295-7741; Upper Keys 305-916-5454
- **Keys Area Interdenominational Resources (KAIR):** kaironline.org – Marathon 305-743-4582
- **Samuel's House:** samuelshouse.org – Key West 305-296-0240
- **Sister Season Fund** (for tourism industry workers in 33040): sisterseason.com – Key West 305-849-0991 or 305-304-9828

Mental Health Resources

- **Catholic Charities:** Counseling services available free of charge via tele-health or telephone for individuals over the

age of 60 who need counseling as a result of the stressors and effects of COVID 19. ccadm.org – County-wide 954-332-7070

- **Community Health of South Florida (CHI):** Behavioral Health Telehealth - CHI Tavernier Health Center 305-743-0383 Wednesdays and Thursdays - Evaluations and Medical Management 8:30am-4:00pm. CHI Marathon Health Center 305-743-4000. Fridays - Evaluations 8:30am-10:30am, Therapy 1:30-4:00pm
- **Guidance/Care Center:** mental and substance use disorder treatment, crisis counseling and other supportive care to those in the Keys impacted by COVID-19. Walk in crisis: 8-5 pm Monday thru Friday in Key Largo & Key West, or 24 hours at the Marathon site. The crisis number for all Monroe County Residents is 305-434-7660 #8 guidancecarecenter.org – Countywide 305-434-7660
- **Key Bridge:** Mental health and substance abuse agency with licensed counselors, doctors & psychiatrist on staff. Outpatient care for all ages; Vivitrol provider. Individual, group, and family therapy. keybridgetreatment.com – Key West 305-783-3677
- **Lower Keys Medical Center:** Inpatient & outpatient mental and chemical dependency services. kmc.com – Key West 305-294-5531

Meal Resources:

- Lower Keys:
 - SOS Foundation – Mondays/Thursdays 9:30am-6pm, Tuesday/Wednesday 9:30am-3:30pm, 5640 Maloney Ave, Stock Island
 - St. Peter Catholic Church – Wednesdays 9:30am-12pm, 31300 Overseas Hwy, Big Pine Key
 - Big Coppitt First Baptist Church – Thursdays 2pm-6pm, 200 Avenue F, Big Coppitt Key
 - FKOC Loaves and Fishes – Mondays/Fridays 9am-4pm, 2221 Patterson Ave, Key West
 - MCC Cooking with Love – Saturdays 10am-1pm, grocery delivery for the homebound, Key West

- Bahama Village Food Pantry, Frederick Douglass Gym – Monday - Friday 1:30 - 7:30pm and Saturday 11:30am - 4:30pm, 111 Olivia St, Key West
- Middle Keys:
 - KAIR – Mondays/Thursdays/Fridays 9am-12pm, Tuesdays 12pm-3pm, 3010 Overseas Hwy, Marathon
- Upper Keys:
 - St Justin's Martyr Catholic Church – Mondays 3-5:30pm, 105500 Overseas Hwy, Key Largo
 - Church of the Nazarene – Mondays 3:30-5:30pm, 100390 Overseas Hwy, Key Largo
 - First Baptist Church of Key Largo – Wednesdays 5-7pm, 99001 Overseas Hwy, Key Largo
 - Burton Memorial United Methodist Church – Mondays/Wednesdays 9am-12pm, Tuesdays/Thursdays 5pm-7pm, 93001 Overseas Hwy, Tavernier
 - First Baptist Church of Islamorada – Tuesdays 10-11am, 4:30-6pm, 81201 Overseas Hwy, Islamorada
- Monroe County School District:
 - Meals are available to all children ages 1-18
 - Students attending in person will be offered a meal at breakfast and lunchtime
 - Meals will be given on the A/B schedule. When students leave for the day, they will be offered meals for their off day (to include the weekends)
 - Parents of students attending virtually will be welcome to stop by to pick up meals at any school
- Florida Keys Healthy Start Coalition
 - Healthy Start is currently able to help with formula, breastfeeding support and emergency toddler nutrition. They are also offering breastfeeding support and nutrition support through secure, private virtual meetings.
 - Please call 305-293-8424, reach out through social media, or chat on their website to reach any Coalition representative or to request assistance. See KeysHealthyStart.org for updates and a complete listing of their programs and services.

- Monroe Women, Infants, and Children
 - The Florida Department of Health in Monroe County's WIC (Special Supplemental Food Program for Women Infants and Children) offers food/nutrition/breastfeeding assistance to low income pregnant women or families with infants or children under the age of 5 years who reside in Monroe County. Those individuals/families who meet these criteria and are experiencing a loss of income due to the COVID-19 crisis are encouraged to sign up for WIC to help with food costs. Families that meet these criteria and are currently receiving unemployment or Medicaid benefits automatically qualify financially for WIC benefits. Others will need to provide proof of income and/or explain income loss to qualify.
 - For more information or to apply: Key West area – call 305-676-3852 and Upper Keys call 305-676-3933. (During the COVID-19 Pandemic, all applications will be done by phone and necessary documents can be faxed or emailed; please do not come to the WIC office).

STATE AND FEDERAL RESOURCES

Reemployment (aka Unemployment)

Visit www.FloridaResources.org for more information and their FAQ's regarding COVID-19 and reemployment. If you have any questions or concerns regarding the Reemployment Assistance Program, please call (800) 204-2418.

The Reemployment benefits application is available in multiple languages including English, Spanish, Creole.

For more reemployment information, please visit www.keysunitedway.org/COVID-19ApplicationAssistance

US Small Business Administration

- Disaster assistance in response to the coronavirus. See sba.gov/funding-programs/disaster-assistance for more information
- Coronavirus (COVID-19): Relief options and Additional Resources. See <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

- Small Business Owner's Guide to the CARES Act. See <https://www.keysunitedway.org/sites/keysunitedway.org/files/F2CF1DD78E6D6C8C8C3BF58C6D1DDB2B.small-business-owner-s-guide-to-the-cares-act-final-.pdf>.

Food Benefits

The Supplemental Nutrition Assistance Program (SNAP) provides food benefits and education on food preparation to low-income households. Recipients spend their benefits, provided on an electronic card, to buy eligible food in authorized retail food stores. If you are experiencing a loss of income due to COVID-19, you may be eligible for these benefits.

Florida Food Assistance Program (SNAP):

<https://www.benefits.gov/benefit/1244> for general information or apply online at <http://www.myflorida.com/accessflorida/>.

MONROE COUNTY MUNICIPALITIES

For the latest on ordinances and guidance related to COVID-19, please visit the following:

Key West: <http://www.cityofkeywest-fl.gov/>

Marathon: <https://www.ci.marathon.fl.us/>

Key Colony Beach: <https://keycolonybeach.net/>

Layton: <https://www.cityoflayton.com/>

Islamorada: <https://www.islamorada.fl.us/>

MONROE COUNTY SCHOOL DISTRICT

Please visit <https://www.keysschools.com/> and their [MCSD COVID-19 Response](#) page for all COVID-19 updates related to Monroe County School District schools.

- **A Return to Face-to-Face Instruction: Answering Those “What if..?” Questions** in English, Spanish and Creole is available at <https://tinyurl.com/yyrgbwmb>
- **MCSD COVID-19 Dashboard** shows the confirmed positive cases. View the dashboard at <https://tinyurl.com/y3gmqo94>

COMMUNITY SERVICES

211 of Miami-Dade and Monroe: Provides information & referral to statewide resources such as suicide prevention, food banks, shelters, legal assistance & more. Statewide, dial 2-1-1.

CareerSource- South Florida: Assistance writing resumes, job seeking, networking and job readiness skills. careersourcesfl.com – Key Largo 305-853-3540, Key West 305-292-6762

City of Key West, Major Parks and Facilities: Maintains public parks, trails and beaches, free parking locations, gyms & pool schedules. cityofkeywest-fl.gov – Key West 305-809-3769

The College of the Florida Keys (formerly FKCC): Classes, workshops, degree & certification programs, library, computer access, student clubs and organizations. cfk.edu – Key West 305-296-9081

Community Foundation of the Florida Keys: Making Key West and the Florida Keys a better place to live now and in the future by encouraging philanthropy and matching these acts of caring to the community needs. cffk.org – Countywide 305-292-1502

Conch Republic App: Essential information from DOH-Monroe regarding COVID-19, testing, and phased re-opening. A searchable guide to health providers and the insurances they accept. Listings and information regarding businesses, community organizations and events in the Keys. To get the app [text "Conch" to 305-422-1212](https://text.conchapp.com).

Cornerstone Resource Alliance: Supportive services such as case management, ID assistance, bus tickets, medical and mental health referrals, mail, and connection to services such as food stamps etc. keysra.org – Key West, 305-240-1191 or 305-240-4226

Key West Business Guild: LGBTQIA-supported network that encourages commerce and events with local LGBTQIA-friendly businesses. gaykeywestfl.com – Key West 305-294-4603, 800-535-7797

League of Women Voters of the Lower Keys: Dedicated to fostering an informed, engaged electorate and to defending voters' rights. 305-509-7348 lowerkeyslwv.org/

Monroe County Homeless Services Continuum-of-Care: Promotes community-wide goal of ending homelessness by facilitating the Continuum-of-Care process. monroehomelesscoc.org – Countywide 305-440-2315

Monroe County Public Library: Free internet, physical and digital books & movies to lend, children's program, community events. keyslibraries.org – Key West 305-292-3595, Big Pine 305-872-0992, Marathon 305-743-5156, Islamorada 305-664-4645, Key Largo 305-451-2396

Monroe County Stars of Hope: Provides financial support to first responders and their families working in Public Safety. Key West 305-293-7325

Monroe County Veteran's Affairs: Transportation to the Miami VA for a veteran with an appointment, 305-295-5159. benefits.va.gov/benefits – Veteran's Benefit Office: Key West 305-295-5150, Key Largo 305-453-8777

United Way of Collier and the Keys: Enhances the overall quality of life in Monroe County and helps residents to succeed by improving financial stability, providing resources and referrals, and strengthening health and education. keysunitedway.org/ – Countywide 305-735-1929

Weatherization Assistance Program - DEO/WAP: A federally funded program designed to lower the energy bills for homes that fall within income guidelines. monroecounty-fl.gov/280/Weatherization-Assistance-Program-WAP – Countywide 305-292-4405

DOMESTIC VIOLENCE & SEXUAL ASSAULT SERVICES

Christina's Courage: Services for survivors of sexual assault regardless of reporting intention, Sexual Assault Nurse Examiner (SANE) exams, advocacy services, and therapy. Key West 305-916-0673, Therapy Services 305-295-8839 christinascourage.org

Coordinated Victim's Assistance Center (CVAC): Provides crisis intervention, education, case management, and supportive services. casa-us.org/cvac-office – Statewide 305-285-5900

Domestic Abuse Shelter of the Florida Keys, Inc: Emergency housing, crisis intervention, and case management. domesticabuseshelter.org – Countywide 24-hour hotline 305-743-4440, Office 305-743-5452, text message 24-hour hotline 305-240-0105

Florida Council Against Sexual Violence: Emergency shelter sites, support services, education, resource & referral, counseling services, case management. fcasv.org – Statewide 888-956-7273

Florida Dept of Children and Families - Domestic Violence: 24/7 emergency shelter, counseling, supportive services, legal services, resource and referral. myflfamilies.com – Statewide 800-500-1119, Southern region 786-257-5148

Living Springs Counseling: Workshops for community leaders, churches and parents on reducing domestic violence in our families. Parenting workshops approved by Upper Keys Family Court for mandated parenting classes. dolphinslivingsprings.com – Countywide 305-432-9554

Monroe County Sheriff's Office Victim Advocate Program: Emergency response and support services. keysso.net – Lower Keys 305-745-3184, Middle Keys 305-289-2430, Upper Keys 305-853-3211

EMERGENCY & ECONOMIC SERVICES

Catholic Charities of Monroe County: Rental, utilities, and mortgage assistance. ccadm.org – Countywide 305-292-9790

Florida Department of Children and Families (DCF): Temporary Assistance to Needy Families (TANF). tanfprogram.com – Statewide 866-762-2237

Florida Keys Outreach Coalition: Financial crisis support and referral. fkoc.org – Lower Keys 305-295-7741, Upper Keys 305-916-5454

Keys Area Interdenominational Resources (KAIR): On-going emergency food assistance, brown bag lunches, volunteer opportunities. kaironline.org – Marathon 305-743-4582

Monroe County Social Services: Limited rent & utility assistance, prescription drug assistance, burial/cremation assistance. monroecounty-fl.gov/280/Weatherization-Assistance-Program-WAP – Countywide 305-292-4408

Red Cross: Provides crisis response services, including emergency needs. redcross.org/local/florida/south-florida – 305-644-1200

Salvation Army of Monroe County: Holiday assistance, emergency financial assistance, food assistance program. salvationarmyflorida.org/florida-keys – Countywide 305-294-6505

Sister Season Fund: Limited emergency rental and utility assistance for tourism industry workers in Key West. sisterseason.com – Key West 305-849-0991 or 305-304-9828

Social Security: Medicare, SSDI, SSI, RSDI, Medicare Part B, Social Security. [ssa.gov](https://www.ssa.gov) – Nationwide 800-772-1213

FOOD & NUTRITION SERVICES

Burton Memorial Church: Ongoing food assistance, soup kitchen, faith-based community outreach, volunteer opportunities. [bmumc.net](https://www.bmumc.net) – Tavernier 305-852-2581

First Baptist Church of Islamorada: Food pantry, clothing closet, weekly community dinner, faith-based community outreach/referral program. [fbclislamorada.org](https://www.fbclislamorada.org) – Islamorada 305-664-4910

First Baptist Church of Key Largo: Emergency food assistance, faith-based community outreach, weekly community dinner, volunteer opportunities. [fbckl.com](https://www.fbckl.com) – Key Largo 305-451-2265

Florida Department of Children and Families (DCF): Federal Food Stamp (SNAP) program, referral services. [myflfamilies.com](https://www.myflfamilies.com) – Statewide 866-762-2237

Florida Keys Outreach Coalition - Loaves & Fish Food Pantry: Emergency and on-going food assistance, resource & referrals. [fkoc.org](https://www.fkoc.org) – Key West 305-295-7580

Glad Tidings Tabernacle: On-going food assistance & Thanksgiving meals. [gladtidingskeywest.com](https://www.gladtidingskeywest.com) – Key West 305-296-5773

Independence Cay: Hot lunch daily, supportive services & referrals. [indycay.org](https://www.indycay.org) – Marathon 305-743-4582

Inez Martin Backpack Nutrition Program: Food sent home with enrolled students to supplement weekend meals. [wesleyhouse.org](https://www.wesleyhouse.org) – Key West 305-809-5000

Keys Area Interdenominational Resources (KAIR): On-going emergency food assistance, brown bag lunches, volunteer opportunities. [kaironline.org](https://www.kaironline.org) – Marathon 305-743-4582

Metropolitan Community Church: Meals & grocery delivery for homebound individuals, holiday food baskets. [mcckeywest.com](https://www.mcckeywest.com) – Key West 305-294-8912

Monroe County Nutrition Program: Congregate meals/nutrition sites for adults aged 60 or older, home delivered meals, Senior Centers, community volunteer opportunities. [monroecounty-fl.gov](https://www.monroecounty-fl.gov) – Countywide 305-292-4522

Monroe County Social Services: On-going emergency food assistance, home delivered meals. monroecounty-fl.gov – Key West 305-292-4408, Tavernier 305-852-7125

SOS Foundation: On-going and emergency food assistance, clothing distributions, daily hot meal deliveries to congregate sites for children and seniors, volunteer opportunities. sosmission.org – Key West & Key Largo 305-292-3013

St Mary's Martha Ministry: Providing meals daily for the homeless shelter, volunteer opportunities, faith-based community outreach. stmarykeywest.com – Key West 305-294-1018

St. Justin the Martyr Catholic Church: Ongoing emergency food assistance, faith-based community outreach, affordable day care. st-justinthemartyr.org – Key Largo 305-451-1316

St. Peter Catholic Church: Big Pine food pantry, faith-based community outreach, volunteer services. stpeterbpk.org – Big Pine Key 305-872-2537

WIC: Assistance for Women, Infants & Children, Florida Department of Health (DOH) in Monroe County. monroe.floridahealth.gov – Key West 305-676-3852, Marathon 305-676-3975, Tavernier 305-676-3933

HEALTH SERVICES

A.H. of Monroe County, Inc: Housing assistance, HIV testing & support, health clinics, medical supplies, case/ care management, support groups, follow-up care. ahmonroe.org – Countywide 305-296-6196

American Cancer Society: Education, research, advocacy services, supportive groups, resource and referral, follow-up care, transportation to appointments. cancer.org – Countywide 305-594-4363, Nationwide 800-227-2345

Cancer Foundation of the Florida Keys: Assistance with rent, food, transportation, utilities, cancer education, and supportive services. cancerffk.org – Countywide 305-294-7300

Community Health of South Florida (CHI): Primary Care, pediatrics, OB/GYN, dental and pharmacy. chisouthfl.org – Marathon 305-743-4000, Tavernier 305-743-0383

Compassionate Care Hospice: Providing hospice and palliative care services. amedisys.com – Countywide 786-329-4035

Fishermen's Community Hospital: Diagnostic imaging, emergency services, outpatient rehab, cardiovascular services, urgent care & walk-in clinic. fishermenshospital.org – Marathon 305-743-5533, Walk-in Clinic 305-743-2253

Florida Department of Health (DOH) in Monroe County: HIV, TB, hepatitis, and STD clinics; child and adult immunizations; family planning; Healthy Start; refugee health; tobacco prevention; school health; environmental health. monroe.floridahealth.gov – Countywide 305-293-7500

Florida Keys Area Health Education Center (FKAHEC): Smoking cessation, health care screening, school health clinics, referral services. keysahec.org – Countywide 305-743-7111

Good Health Clinic, Inc: Community clinic, health screening and testing, primary care, referrals & follow-up care. thegoodhealthclinic.org – Tavernier 305-853-1788, Marathon 305-946-1314

Guidance/Care Center: Center for Wellness provides integrated health care for those 18+ with a mental health diagnosis. Includes screenings, physicals, preventative care, referrals and treatment of chronic conditions. gcmk.org – Marathon 305-434-7660

Island Home Care Agency, Inc: Disability & rehabilitation-related occupational/ physical therapy, home health care nursing services. ihcgroup.com – Key West 305-735-4460

Keys Medical Group: Family practice, orthopedics/sports medicine, gastroenterology, pulmonology, obstetrics & gynecology, behavioral health, in multiple locations. Make appointments online at KeysMedicalGroup.com.

Kindred Hospice: Hospice care and Memory Care Program for Alzheimer's and other forms of dementia. kindredhealthcare.com – Upper Keys 305-451-7005, 866-546-3733

Living Waters Rx Project: Provides funding for qualifying low-income participants to fill prescriptions, including case management. dolphinslivingsprings.com – Countywide 305-432-9554

Lower Keys Medical Center: 24-hour emergency department, radiology and laboratory, urgent care, intensive care, maternity, labor and delivery, surgical services, pharmacy, women's imaging center, behavioral health/psychiatric services, rehabilitation services, nutrition, free classes. LKMC.com – Key West 305-294-5531

Mariners Hospital: Emergency care, critical care hospital, intensive care, lab testing, diagnostic imaging/radiology, health screening & referrals. baptisthealth.net – Tavernier 305-434-3000

Rural Health Network of Monroe County: HIV Testing, STD screening, pregnancy testing, dental clinic, community clinic, mental health & substance abuse services, referrals. rhnmc.org – Key West 305-517-6613

US Department of Veteran's Affairs: Medical health clinics. va.gov – Key West 305-293-4863, Key Largo 305-451-0164

VITAS Healthcare: Hospice care and related services. vitas.com – Upper Keys 305-420-2800

Womankind, Inc: Health clinic for women, men, teens; family planning; gynecology services; STD screening & education; primary care. womankindkeywest.com – Key West 305-294-4004

HOUSING SERVICES

A.H. of Monroe County: Housing assistance, HIV testing & support, health clinics, medical supplies, case/care management, support groups, follow-up care. ahmonroe.org – Countywide 305-296-6196

Advocate Program: Veteran support services to transition out of homelessness. advocateprogram.com – Miami 786-227-5842

Catholic Charities: Permanent, supported housing programs for disabled individuals & families, rental/utilities/mortgage assistance. ccadm.org – Key West 305-292-9790

FKOC Peacock Supportive Living: Supportive living for adults with chronic mental illness, supportive services, permanent housing. fkoc.org – Key West 305-295-8693

Florida Keys Children's Shelter: Runaway youth shelter, case management, food, clothing, alternative education, transportation & supportive services to youth. fkcs.org – Key West & Tavernier 305-852-4246

Florida Keys Outreach Coalition: Emergency shelter, transitional & permanent supportive housing programs. fkoc.org – Key West Men's Program 305-294-0304, Women's Program 305-296-8937

Guidance/Care Center: The Heron Assisted Living Facility, a congregate, state-licensed facility in Marathon, provides supportive living services for 16 adults who have a history of serious, long-term behavioral health needs. gcmk.org – Marathon 305-743-4129

Habitat for Humanity: Affordable home ownership program for low to moderate income households, housing education and support.

habitatupperkeys.org – Upper Keys 305-453-0050;

habitatmiddlekeys.org – Middle Keys 305-743-9828;

habitatlowerkeys.org – Key West & Lower Keys 305-294-9006

Independence Cay: Emergency shelter for men, shower & laundry facilities, transitional housing, meals, supportive services & referrals.

kaironline.org – Marathon 305-743-4582

Key West Housing Authority: Low-income, subsidized rental housing under HUD Section 8 & Section 42. kwha.org – Key West 305-296-5621

Keys Overnight Temporary Shelter (KOTS): 24-hour homeless shelter, shower facilities, meals and supportive services. keyscra.org – Key West Shelter, 305-292-2744, Supportive Services, 305-240-1191 or 305-240-4226

MARC Housing program: Housing, supportive living services & case management for developmentally disabled adults. marchouse.org – Key West 305-294-9526

Samuel's House: Emergency shelter, transitional & permanent housing, resource & referral, case management, support services.

samuelshouse.org – Key West 305-296-0240

Volunteers of America: Provides housing services to homeless veterans, case management, education/financial opportunities.

voaflorida.org – Key West 786-369-1796

INFANTS, CHILDREN & ADOLESCENT SERVICES

A Positive Step of Monroe County: Idle Hands summer youth program, fatherhood initiative, case management, counseling, supportive services. apsmc.org – Key West 305-304-1969

Bahama Village Music Program: Musical education for children ages 6 to 16, instrument and lessons at no charge. bvmpkw.org – Key West 305-504-7664

Boys and Girls Clubs of the Keys: Affordable, out-of-school club for children ages 5 to 18. bgckey.org – Key West 305-296-2258, Big Pine Key 305-872-2400

Early Learning Coalition: Subsidized childcare, pre-school & school readiness programs, developmental screening, training. elcmdm.org – Countywide 305-296-5557 ext 2298

Early Steps Southernmost Coast, Benchmark Human Services: Early intervention services to eligible infants and toddlers (0 to 36 months) with significant delays or a condition likely to result in a developmental delay. Countywide 305-929-8705

Florida Department of Children & Families (DCF): Child abuse investigation, intake & visitations services, counseling, resource & referral. myflfamilies.com – Countywide 305-292-6745

Florida Department of Health (DOH) in Monroe County: HIV, TB, hepatitis, and STD clinics; child and adult immunizations; family planning; Healthy Start; refugee health; tobacco prevention; school health; environmental health. monroe.floridahealth.gov – Countywide 305-293-7500

Florida Keys Children's Shelter: Runaway youth shelter, case management, food, clothing, alternative education, transportation & supportive services to youth. fkcs.org – Countywide 305-852-4246

Florida Keys Healthy Start Coalition: Nutrition education, breastfeeding support, car seat assistance, childbirth education, case management. keyshealthystart.org – Countywide 305-293-8424

Florida KidCare: High-quality, low-cost health insurance for children from birth through age 18, medical provider network for referrals. healthykids.org – Statewide 888-540-5437

Frederick Douglass Gym: Free after school tutoring, boys and girls youth basketball leagues organized by the Police Athletic League (PAL) of Key West. cityofkeywest-fl.gov – 305-293-8305

Girl Scouts of Tropical Florida: Organization of girls that promote character, outdoor activities, good citizenship, and selfless service to others, troops countywide. girlscoutsofla.org – Countywide 305-253-4841

Guardian Ad Litem: Special court-appointed advocacy program for all children at-risk of or currently in foster care placement. guardianadlitem.org – Key West 305-292-3485

Guidance/Care-Center: Comprehensive behavioral health care including crisis support, prevention, treatment psychiatric services, psychotherapy, for mental health and substance abuse issues. Specialty programs for youth 11-21 and services in all county schools. gcmk.org – Countywide 305-434-7660

Keys to Be the Change: Youth programs including at-risk youth mentoring & leadership, literacy volunteers, drug, alcohol & violence prevention, Farm to School initiatives. keystobethechange.com – County Wide 541-974-4398

Kids Come First in the Florida Keys: Provides children's clothing & school supplies year-round and accepts donations. facebook.com/kidscomefirstmonroecounty – Countywide 305-360-1689

Living Springs Counseling: ACT Parenting Safe Kids Workshops, approved by Upper Keys Family Court for mandated parenting classes. dolphinslivingsprings.com – Upper Keys 305-432-9554

Marathon Rec Center (Heart of the Keys Recreation Association): Afterschool and summer programs providing recreational and educational activities for ages 8-18 years old. Marathon 305-743-4164

Monroe County Child Find: Free developmental screenings for children 3 and older who are not enrolled in a public school. fdlrssouth.org – Monroe County 305-340-7634

Monroe County School District: Head Start, developmental screenings, special education, free and reduced meal applications, parental support services. keysschools.com – Countywide 305-293-1400

St. Justin Martyr Catholic Church: Subsidized, licensed day care. st-justinthemartyr.org – Key Largo 305-451-1316

Wesley House Family Services: Foster & adoption programs, case management, pre and post-natal home visit support, childcare center, supportive services. wesleyhouse.org – Countywide 305-809-5000

LEGAL SERVICES

Americans for Immigrant Justice: Legal, interpretation and translation services, citizenship and immigration assistance. aijustice.org – Statewide 305-573-1106

Crime Stoppers of the Florida Keys: Neighborhood watch crime prevention program, anonymous tip telephone and email, financial rewards for tips. keysso.net – Countywide 800-346-TIPS

Federal Public Defender's Office: Legal representation for people accused of federal crimes who are financially unable to retain their own private counsel. fls.fd.org – Countywide 305-536-6900

Florida Department of Juvenile Justice: Legal advocates, court diversion programs, resource and referrals, detention facilities. djj.state.fl.us – Countywide 305-293-1500

Legal Services of Greater Miami (Monroe County): Free legal services for low income individuals and families in the areas of housing, government benefits, consumer issues, & family law as well as legal clinics. Kiosks located at the Key Largo, Marathon and Key West Public Libraries. legalservicesmiami.org – Countywide 305-576-0080

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

Advocate Program (Monroe County Unit): DUI classes, Case management, counseling, substance abuse assessment, outpatient treatment. advocateprogram.com – Marathon 305-289-5605

Alcoholics Anonymous: Alcohol dependency support groups in all of the Florida Keys, meetings listed online. aafloridakeys.org – Countywide 305-296- 8654

Conch Republic Area Narcotics Anonymous: 12 step meetings. floridakeysna.org – Upper Keys & Key West 866-584-2411

Florida Department of Children & Families (DCF): Child abuse investigation, court intake & visitations services, counseling, resources & referrals. myflfamilies.com – Key West 305-292-6745

Florida Keys Children's Shelter: Family & youth education and counseling, case management, supportive services, referrals. fkcs.org – Key West 305-292-0999, Tavernier 305-852-4246

Florida Keys Outreach Coalition- Peacock Supportive Living: Supportive living facility for adults with chronic mental illness, case management support. fkoc.org – Key West 305-295-8693

Guidance/Care-Center: Comprehensive behavioral health care including crisis support, prevention, treatment psychiatric services, psychotherapy detoxification, mental health and substance abuse inpatient services. gcmk.org – Countywide 305-434-7660

Key Bridge: Mental health and substance abuse agency with licensed counselors, doctors & psychiatrist on staff. Outpatient care for all ages; Vivitrol provider. Individual, group, and family therapy. keybridgetreatment.com – Key West 305-783-3677

Living Springs Counseling: Low cost pastoral counseling, workshops, basic case management. dolphinslivingsprings.com – Countywide 305-432-9554

Lower Keys Medical Center: Inpatient & outpatient mental and chemical dependency services. kmc.com – Key West 305-294-5531

SENIOR SERVICES

AARP: Nonprofit, nonpartisan, social welfare organization to address aging, retirement, positive morale, geriatrics, discounts & networking aarp.org – Statewide 888-687-2277

Alliance for Aging: The Area Agency on Aging has information about resources for seniors and under 65 disabled. allianceforaging.org – Countywide 786-862-6078; Aging & Disability Resource Center 305-670-4357

Emergency Home Energy Assistance for the Elderly Program (EHEAP): Assistance for home energy emergencies to qualified, low income households with at least one person age 60 or older. allianceforaging.org – Countywide 305-670-4357 or 800-963-5337

Florida DCF-Adult Protective Services: Protective services for elderly & disabled adults, protective payee accounts, supportive services. myflfamilies.com – Statewide: 800-962-2873

JOY Center (Just Older Youth, Inc.): The teen center for people over 50. Programs and services meet social and emotional needs, promote mental and physical wellness and stimulate creative and intellectual interests. justolderyouthinc.org – Upper Keys

Kindred Hospice: Hospice care and Memory Care Program for Alzheimer's and other forms of dementia. kindredhealthcare.com – Upper Keys 305-451-7005, 866-546-3733

Monroe County Nutrition Program: Congregate meals/ nutrition sites, home delivered meals, Senior Centers, community volunteer opportunities. monroecounty-fl.gov Key West 305-292-4522

Monroe County Social Services: On-going emergency food assistance, home delivered meals, homemaking, respite, personal care, chores, computers and wi-fi. monroecounty-fl.gov – Countywide 305-292-4408

Monroe County Transit: Senior and disability-related transportation program, no fee for citizens 60 and older, door-to-door services, do not provide transport from Key-to-Key except in the Middle Keys.

monroecounty-fl.gov/142/Transportation – Key West 305-292-4424

National Council on Aging's Benefits Enrollment Center: Assistance applying for SNAP food assistance, Medicaid, and Medicare Savings Program. becs.benefitscheckup.org/welcome – Countywide

305-671-6356, Spanish: 305-671-6376

Older Americans Advisory Board: Provides input on local issues affecting older residents to the Monroe County Board of Commissioners. monroecounty-fl.gov – Islamorada 305-853-0907

Parkinson's Support Group: Monthly Key West Support Group meetings, call for information. facebook.com/parkinsonskeywest/ – Key West 305-395-2897

Poinciana Gardens Senior Community: Independent and assisted living studio, 1- or 2-bedroom units for seniors over 50.

KeyWestSeniorLiving.com – Key West 305-440-3191

Retired Senior Volunteer Program (RSVP): Volunteer matched with an agency of their choice to use their talents and build social network.

nationalservice.gov/programs/senior-corps – 800-942-2677

Senior Companions Program: Senior companions 55 and older help adults who have difficulty with tasks such as shopping and paying bills.

nationalservice.gov/programs/senior-corps – 800-942-2677

SHINE-Florida SHIP/SMP: Free and unbiased info about Medicare and related plans, plan comparison, appeals and more. floridashine.org – Countywide 305-671-6356; Spanish 305-671-6376

VITAS Healthcare: Hospice care and related services. vitas.com – Upper Keys 305-853-0367

SPECIAL NEEDS SERVICES

Center for Independent Living of the Keys (CILK): Supportive services to disabled individuals, recreational activities, counseling, finance support, case management, education & advocacy, information and referrals. floridacils.org – Key Largo 305-453-3491

Early Steps Southernmost Coast, Benchmark Human Services: Early intervention services to eligible infants and toddlers with significant delays or a condition likely to result in a developmental delay. Key West 305-929-8705

FK Council for People with Disabilities: Provides ADA assistance, advocacy and services for people and families in Monroe County with disabilities. monroecounty-fl.gov – Countywide 305-292-4590

Florida Division of Vocational Rehabilitation: Employment services for people with mental or physical disabilities. rehabworks.org – Upper Keys 305-453-1271, Middle & Lower Keys 305-293-7586

Monroe Association for ReMARCable Citizens: Supported living & employment services for adults and families with disabilities. marchouse.org – Key West 305-294-9526, Tavernier 305-852-3282

Monroe County Emergency Management Special Needs Registry: Transportation and sheltering assistance to persons with special needs during evacuations, as a last resort. To be a part of the program and screened for eligibility, you must preregister.

monroecountyem.com/148/Special_Needs_Registry – Countywide 305-292-4591

Parkinson's Support Group: Monthly meetings, call for information. facebook.com/parkinsonskeywest/ – Key West 305-395-2897

The Pinnacle Group: Providing Applied Behavior Analysis (ABA) services to individuals with autism and other developmental disabilities. the-pinnacle-group.com – Countywide 772-633-3205

TRANSPORTATION SERVICES

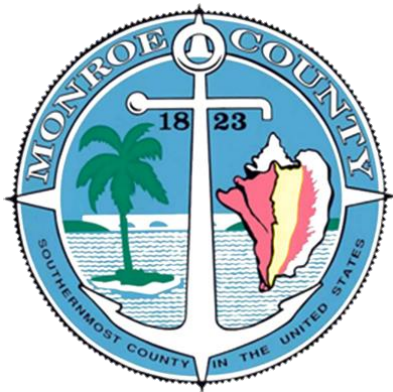
Greyhound Lines USA: Arranged pick-ups and drop-offs from Miami to Key West. greyhound.com – 305-296-9072, 800-231-2222

Guidance/Care Center-Middle Keys Transportation: GCC provides transportation services as the designated Community Transportation Coordinator (CTC) for Monroe County, responsible for administering a countywide system of transportation for all Monroe citizens who are transportation disadvantaged. For transportation information or to schedule a ride, call: 305-434-7660, Option #2 – gcmk.org

Key West Transit: Provides city bus routes in Key West, the Duval Loop, the Lower Keys Shuttle and Park n Ride (Old Town Garage). kwtransit.com – Key West to Marathon 305-600-1455 for arrival information, or text "kwest <stop#>" to 41411

Keys Shuttle: From Miami and Ft Lauderdale airports servicing the Florida Keys every day. keysshuttle.com – 305-289-9997

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