



ORLANDO GRACE  
CHURCH

**Community Resource Notebook**

**3rd Edition – April 2026**

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## Introduction

The staff, pastors, and elders at Orlando Grace Church are fully committed to the shepherding of God's people that He has entrusted to us. Beyond the ministry of the Word, the administration of the sacraments, the worship of our God on Sunday mornings, we are concerned with the care of your soul outside the walls of 872 Maitland Ave.

However, there are limitations to how much we are equipped to assist in each area. God has made us all finite and sometimes our finitude is used to lead us to those who can help. This resource is our dedication to our people to show that we are truly concerned with caring for your souls, minds, and bodies. While we, as a church staff, may not be able to administer help in a certain area, this is our commitment to offer options toward those who can.

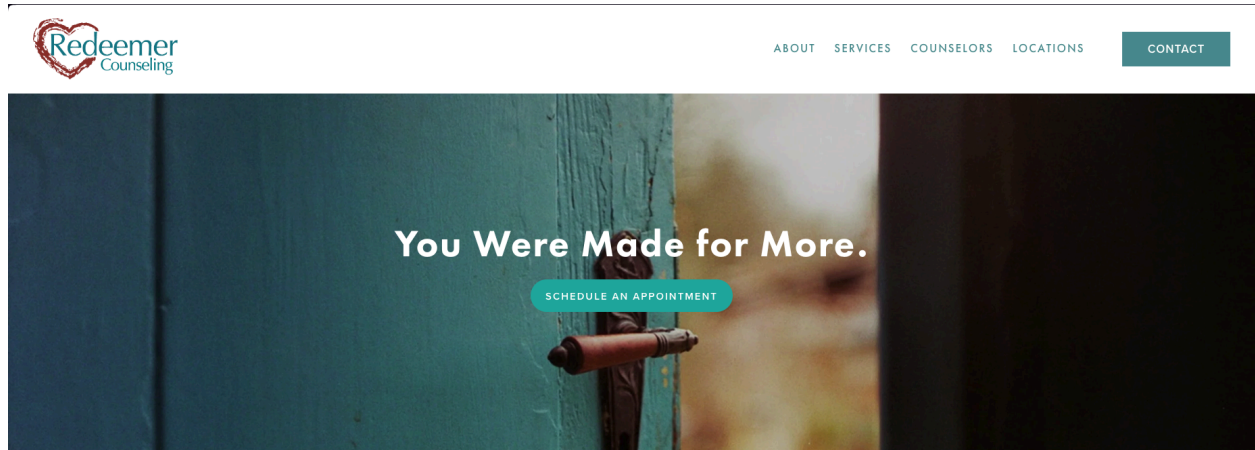
In the below document, you can see the various external resources that we would recommend to you given whatever circumstance you find yourself in. While not everything can be said about a given place, as much that can be said has been put below. Each entry below is tailored to the information provided by the institution. If you have any questions, please come to the staff and we will figure out a place best for you.

We truly do not want to "hand you off," rather this is an attempt to come alongside you as you go to those with more expertise, resources, etc. We trust in the ability of those whom God has given knowledge, ability, and training. We are willing and would love to come alongside you in this journey, so please reach out with any concerns. We are committed to keeping this document updated over time, as we learn of more needs and opportunities.

--- Orlando Grace Church

# Counselors

## Redeemer Counseling



### Bio

*“Redeemer Counseling was co-founded by Rachel and Michael Blackston in 2011 in a one-room office space at University Presbyterian Church in East Orlando. We have since grown to multiple locations throughout Central Florida with a talented team of counselors committed to clinical competency through a faith-based perspective.”*

### Locations

*Downtown Orlando* || 106 E. Church St. Orlando, FL 32801 (First Presbyterian Church)  
*East Orlando* || 2562 Rouse Rd. Orlando, FL 32817 (University Presbyterian Church)  
*Winter Springs* || 4725 East Lake Dr. Winter Springs, FL 32708 (Willow Creek Church)  
*Lake Nona* || 10421 Moss Park Rd. Orlando, FL 32832 (State Farm Building)  
*Maitland* || 341 N. Orlando Ave. Maitland, FL 32751 (Maitland Presbyterian Church)

### Services

Individual Counseling  
Couples Counseling  
Teen Counseling  
EMDR Counseling  
Career Assessment  
Group Sessions

### Contact Information

Phone: (407) 405-7677  
Email: [info@redeemercounselingcenter.com](mailto:info@redeemercounselingcenter.com)  
Website: [www.redeemercounselingcenter.com](http://www.redeemercounselingcenter.com)

### Endorsements

*“Redeemer Counseling has been life-changing for my family. My husband and I have learned how to communicate, resolve conflict, and coach our children through their anger and anxiety. In 14 years of marriage, we have never experienced a greater sense of connection and peace in our household.”*

--- **Couples Client**

*"I was in the middle of a painful separation and I didn't want to live. I cannot begin to define how my life changed and transformed during this process ... I transitioned from the most painful year of my life to the single most profound year of change and growth."*

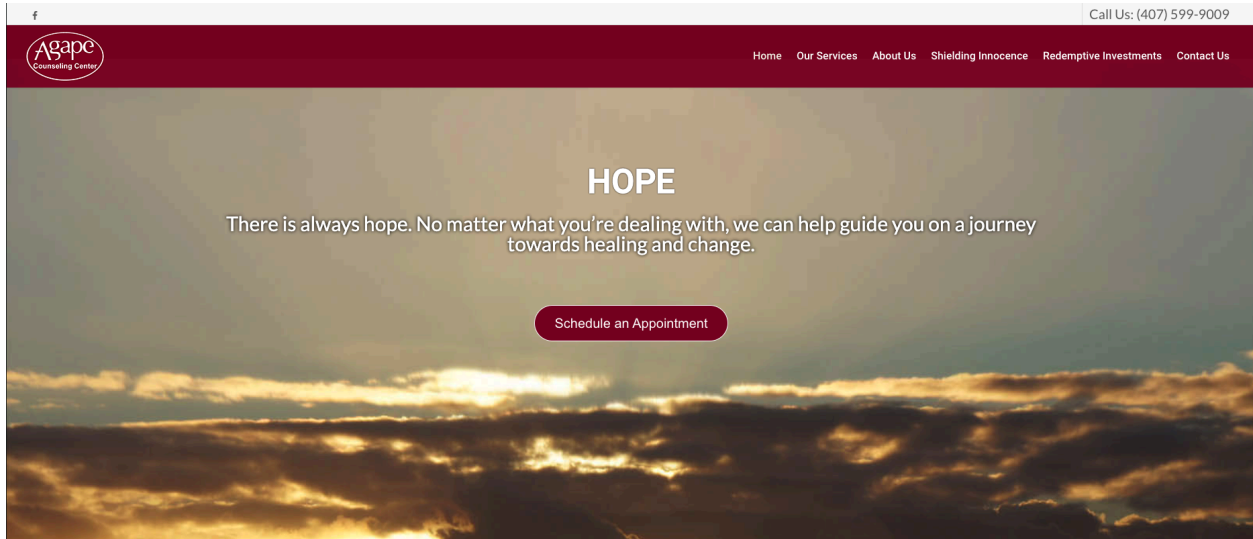
--- **Male Client**

*"Michael and Rachel's deep understanding of the Gospel and their commitment to seeing it lived out in the lives of their clients makes them unique. Not only will you find yourself growing and healing emotionally, but they will challenge you to greater spiritual depth, too. I've seen them grow to become top clinicians in the Orlando area. I could not recommend Michael and Rachel more highly!"*

--- **Chuck DeGroat, PhD, Professor at Western Seminary, Author and Counselor**

Make an [Appointment](#)





## Bio

*"A safe place to free your heart from suffering. At Agape Counseling Center, we believe that a trusting relationship is central to healing for you, your marriage, or your family. It is our desire to guide you toward healing while in a safe and caring environment. Our therapists understand the challenges of life and know how to empower you toward change."*

## Location

*Winter Park* || 4070 Aloma Ave. Suite 1030 Winter Park, FL 32792

### Focus Areas

Trauma and Abuse  
Mental and Emotional  
Marriage and Family  
Anxiety and Depression  
Grief and Loss

### Contact

Phone: (407) 599-9009  
Email: [admin@agapeacc.com](mailto:admin@agapeacc.com)  
Website: [www.agapeacc.com](http://www.agapeacc.com)

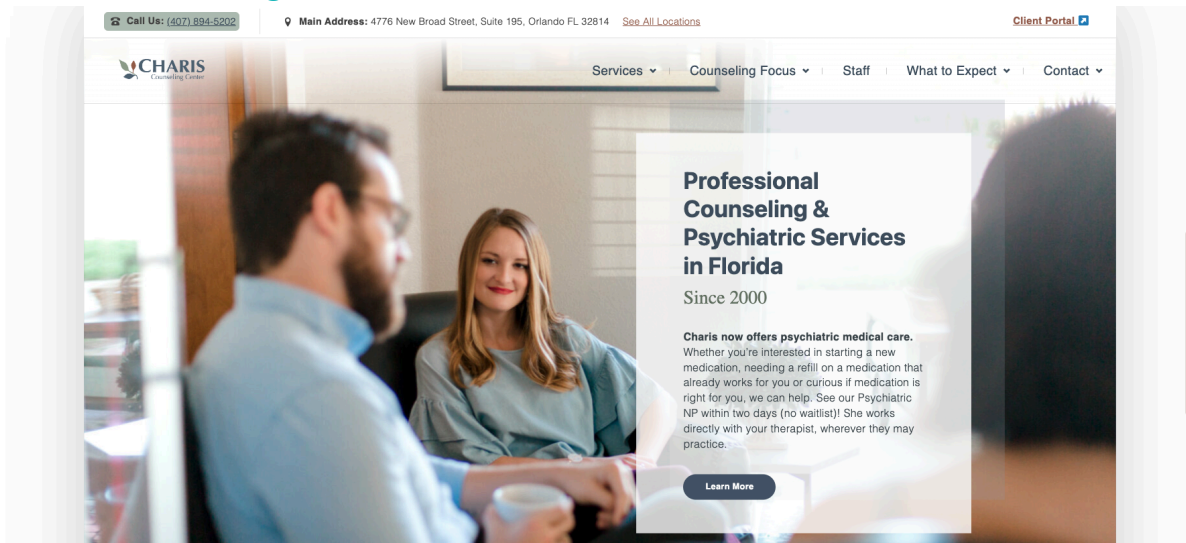
## Services

1. *Standard Intensive Counseling* || Sessions that are 2-4 hours long and offered weekly or biweekly.
2. *Weekend Teaching Intensives* || Occur on a quarterly basis and are for small groups of people struggling with a specific topic. (Friday evening - Sunday afternoon)
3. *Weeklong Intensive Counseling* || One-on-one sessions for up to 30 hours.
4. *50-Minute Session* || A limited number of 50-minute sessions for those unable to attend the intensives.

Make an [Appointment](#)



## Charis Counseling Center



### Bio

*“Charis offers professional and caring counseling in Orlando and the Central Florida area.”*

### Locations

*Orlando Main Office* || 4776 New Broad St. Suite 195 Orlando, FL 32814  
*Southwest Orlando* || 7575 Dr. Phillips Blvd. Suite 365 Orlando, FL 32819

### Services

Individual Counseling  
Premarital Counseling  
Couples Counseling  
Group Counseling

### Contact

Phone: (407) 894-5202  
Email: [info@chariscounselingcenter.com](mailto:info@chariscounselingcenter.com)  
Website: [www.chariscounselingcenter.com](http://www.chariscounselingcenter.com)

### Rates

*“We counsel on a fee-for-service basis and currently do not accept third-party payments. Discounted rates are offered with our Student Interns when available.”*

### FAQs

#### **How do I set a free 15-minute phone consultation?**

To assist you, many of the therapists offer a free 15-minute phone consultation to potential clients living in Florida. Call the office to set up your phone consultation. The phone is staffed during business hours (Mon-Fri), but you can call at any time.

#### **How long does therapy last?**

Each individual session usually lasts about 50 minutes, although your therapist may sometimes recommend a longer or shorter session. Frequency of sessions (weekly, bi-weekly, monthly, etc.) will be decided by you and your therapist. The length of therapy varies with each client depending on his/her needs and therapeutic goals.

**How much do sessions cost?**

Fees are established by each therapist with costs ranging from \$100 to \$225 per session. Student interns, when available, offer discounted session rates. If finances are an issue, call or email us to request a reduced rate application.

**What forms of payment are accepted?**

Payment is due prior to each session. You may pay by cash, check, or credit card (AMEX, Visa, or MasterCard) or HSA card.

**Do you offer reduced fees for those in financial need?**

Our therapists provide a limited number of scholarships for clients based on financial need. To obtain a scholarship application, please talk to a therapist or contact our office for more details.

Make an [Appointment](#)



## Journey Counseling Center



### Bio

*"We're here to help people who are feeling stuck and overwhelmed by the distressing experiences in their lives. The journey to self-recovery and discovery begins with the courageous step of slowing down, and we're here to help you with the process."*

### Contact

**Location** || 668 N Orlando Ave Suite #210 Maitland, FL 32751

**Email** || [info@journeycounselingorlando.com](mailto:info@journeycounselingorlando.com)

**Phone** || (407) 951-8829

### Services

Grief and loss

Sexual Abuse Recovery

Chronic illness

Minority or Racial Stress

Parenting, Marriage, Family

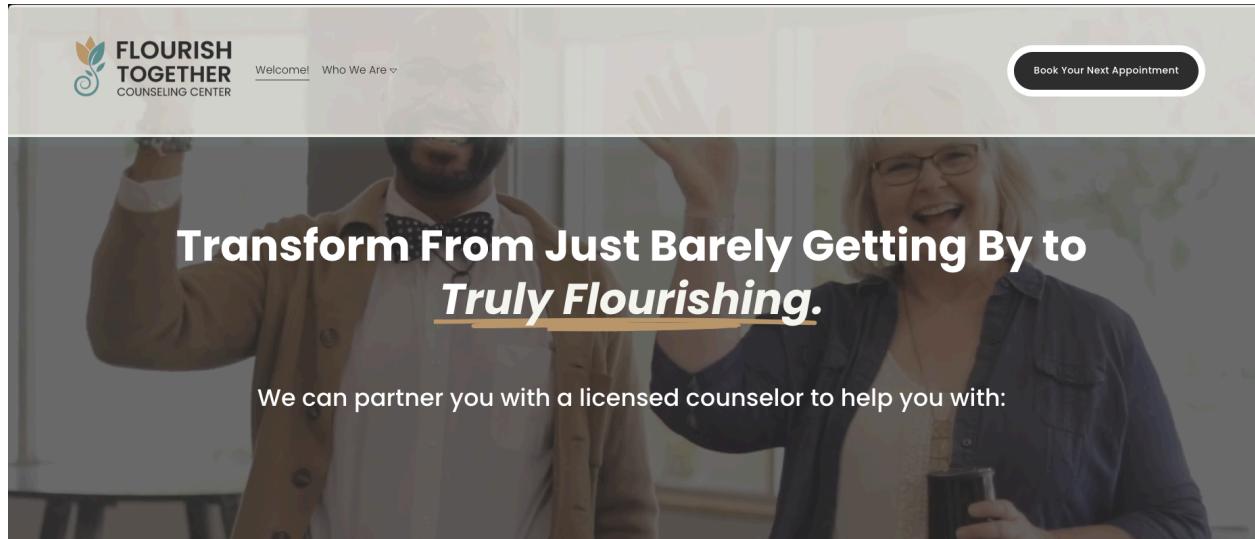
...and more!

### Payment

Service fees range from \$75 to \$195 depending on each counselor's experience and availability. If you need financial assistance, we encourage you to ask your counselor about potential options.

[Schedule an Appointment](#)





## Bio

*"We are a team of licensed counselors who believe that lasting healing and flourishing begin with the hope found in Jesus Christ. While our faith shapes everything we do, we welcome individuals and families from all backgrounds and beliefs. Our goal is never to force values, but to offer a space where honesty, trust, and transformation can take root and blossom."*

## Contact

**Location** || 910 S. Winter Park Dr. Casselberry, FL 32707

**Email** || [info@flourishtogethercounseling.org](mailto:info@flourishtogethercounseling.org)

**Phone** || (407) 270-1810

### Specializations

Addictions  
ADHD  
Grief  
Trauma  
Personality Disorders  
Play Therapy  
Couples and Family  
Faith and Spirituality  
...and more!

### Insurances Accepted

Aetna  
Ascension  
Carelton Behavioral  
Cigna  
Florida Blue  
Horizon BCBS of New Jersey  
Independence Blue Cross of PA  
Quest Behavioral  
...with more on the way!

Make an [Appointment](#)



# Addiction and Recovery

reGroup



## Bio

*“Our recovery ministry, reGROUP, is a specialized community of healing and hope. At times, we all participate in attitudes and behaviors that can hurt our relationship with others, our relationship with God, and even ourselves. If you have ever felt like there’s something standing between you and the person God has called you to be, or if you just feel like life isn’t what you thought it would be, reGROUP is an opportunity to walk toward healing in a safe, group-focused community.”*

## Contact

Location || 735 Herndon Ave. Orlando, FL 32803 (Summit Church Orlando)

Email || [reGROUP@summitconnect.org](mailto:reGROUP@summitconnect.org)

## Weekly Meeting

*Mondays at 7pm* (childcare opens at 6:45pm)

*“Monday nights, we meet first in a large group format to hear from a speaker and then break into small groups. During this time, groups walk through each of the three movements of the reGROUP process—Recognize, Return, Restore.”*

Learn [More](#)



CENTRAL FLORIDA INTERGROUP (407) 260-5408 CONTRIBUTE

HOME ABOUT AA ▾ FIND A MEETING ▾ EVENTS SERVICE ABOUT US ▾ CONTACT Q

*Have a problem with alcohol?*  
**There is a solution.**

If you want to stop drinking, but find you cannot quit entirely or have little control over the amount you drink, Alcoholics Anonymous can help.

LEARN ABOUT AA > FIND A LOCAL MEETING

### Bio

*“Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.”*

### Contact

*Office and Bookstore* || 283 Live Oaks Blvd. Bldg 6 Casselberry, FL 32707

*Email* || [cfintergroup@gmail.com](mailto:cfintergroup@gmail.com)

*Office Phone* || (407) 260-5822

*24H AA Hotline* || (407) 260-5408

### FAQs

#### **What does AA cost?**

There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

#### **How does AA help keep members sober?**

A.A. is a program of total abstinence. Members simply stay away from one drink, one day at a time. Sobriety is maintained through sharing experience, strength, and hope at group meetings and through the suggested Twelve Steps for recovery from alcoholism.

#### **Who may attend AA meetings?**

Anyone may attend open meetings of A.A. These usually consist of talks by a leader and speakers who share experience as it relates to their alcoholism and their recovery in A.A. Some meetings are held for the specific purpose of informing the nonalcoholic public about A.A. Doctors, members of the clergy, and public officials

are invited. Closed meetings are for alcoholics and those having a desire to quit drinking. "The only requirement for membership is a desire to stop drinking."

Contact [Here](#)



# Central Florida SAA

**Central Florida  
SAA**

[Home](#) [Learn More](#) [Meetings](#) [For Women](#) [Helping Professionals](#) [FAQ](#) [Resources](#)

[Contact Us](#)



## Bio

“Sex Addicts Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency. Membership is open to all who share a desire to stop compulsive sexual behavior. There is no other requirement.”

## Contact

*General Inquiries* || [info@cflsaa.org](mailto:info@cflsaa.org)

*Immediate Men Support* || [menshelp@cflsaa.org](mailto:menshelp@cflsaa.org)

*Immediate Women Support* || [womenshelp@cflsaa.org](mailto:womenshelp@cflsaa.org)

Meeting Types and [Schedule](#)



# Pregnancy and Parenting

## Choices Women's Clinic



### Bio

*“Our mission is clear, Choices Women’s Clinic exists to encourage and equip women and men to make informed pregnancy decisions. We do not benefit financially from any decision a patient makes and **we do not charge for our services**. We believe that women and men are capable of making their own choices when given accurate information.”*

### Locations

*Downtown* || 1851 W. Colonial Dr. Orlando, FL 32804

*UCF/Oviedo* || 100 Carrigan Ave. Oviedo, FL 32765

*Kissimmee* || 217 East Oak Street Kissimmee, FL 34744

### Services

Lab-quality Pregnancy Testing  
Limited Obstetrical Ultrasound  
STD Testing & Treatment  
Hemoglobin Screening  
Telehealth  
After Abortion Care

### Contact

Phone: (321) 348-7809  
Text: (321) 348-7809

Make an [Appointment](#)





# Informing Equipping Empowering

Helping you navigate your unplanned pregnancy with compassion, honesty and respect.



## Bio

*"We know that pregnancy can bring up a variety of emotions for women of all ages. For some, it is the best news they have ever received. For others, it can be overwhelming and unexpected. Whatever situation you find yourself in, please know that you are not alone. Our trained counselors are here to listen with compassion. We offer free pregnancy tests and can help with gestational age determination and many community-based referrals."*

## Locations

**Sanford** || 1002 South French Avenue Sanford, FL 32771

**Winter Park** || 2425 Lee Road Winter Park, FL 32789

## Free Services

Pregnancy Tests  
Limited Ultrasounds  
Family Services  
After Abortion Care  
After Placement Care

## Contact Information

**Sanford** || (407) 323-3384

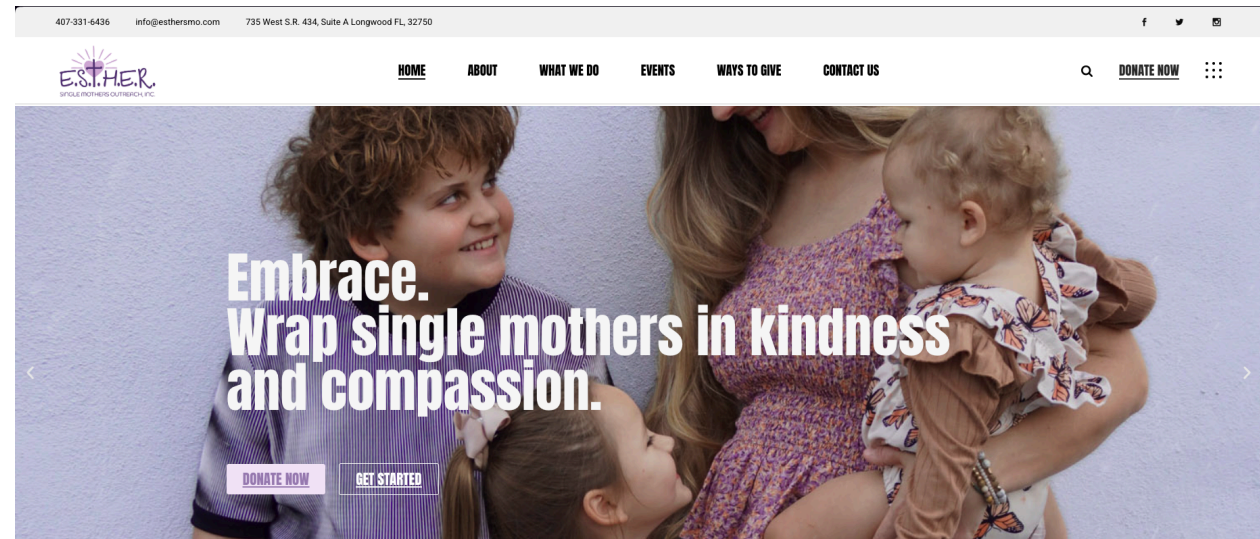
[sanford@lopsided-badge.flywheelsites.com](mailto:sanford@lopsided-badge.flywheelsites.com)

**Winter Park** || (407) 790-7411

[winterpark@lopsided-badge.flywheelsites.com](mailto:winterpark@lopsided-badge.flywheelsites.com)

Make an [Appointment](#)





## Bio

*“We are a Non-profit organization, dedicated to providing assistance to single mothers in central Florida. We support the spiritual, emotional and physical needs of single mothers and their children by encouraging healthy relationships while providing a safe harbor for healing and restoration.”*

### Contact

Phone: (407) 331-6436

Email: [info@estersmo.com](mailto:info@estersmo.com)

Mail: 735 West S.R. 434, Suite A  
Longwood, FL 32750

### Our Vision

Encourage - courage and confidence

Strengthen - empower families

Teach - impart knowledge and skills

Help - compassionate support

Equip - tools and wisdom

Restore - hope and joy

## Our Program

### **Assist with immediate needs.**

We provide crucial support for single moms by addressing their immediate needs. When they come to E.S.T.H.E.R., they will find resources for single mothers and family support such as a clothing closet, a food pantry, and access to small household items. We also connect mothers with community resources to help them navigate urgent challenges.

### **Weekly Bible Study conference call.**

Join our weekly Bible Study conference call, where single moms come together every Tuesday night (7:30–8:30pm) and Saturday morning (9:30–10:30am) to find spiritual nourishment and community. For an hour, we connect over Scripture and shared faith, offering encouragement and support through God’s Word. This call is a place for growth, reflection, and building connections with others on a similar journey.

**Meet ups.**

Our Meet Ups are a heartwarming opportunity for single moms to come together, build relationships, and strengthen their family support network. These events include fellowship, faith-building activities, and fun social interactions. They are designed to foster a sense of community and provide a space where mothers can connect, learn, and share experiences.

**Life Skill Workshops.**

Our Life Skill Workshops are designed to equip single moms with practical tools and knowledge for everyday life. These workshops cover essential topics such as budgeting, parenting strategies, and personal development. By providing valuable skills and insights, we empower mothers to manage their responsibilities with confidence and build a better future for their families.

[Contact Us](#)



## Abuse Resources

**National Domestic Violence Hotline: (800) 799-7233**

**Florida Domestic Violence Hotline: (800) 500-1119**

### Harbor House of Central Florida

The screenshot shows the Harbor House of Central Florida website. At the top center is the logo for Harbor House of Central Florida. Below the logo are two main sections. The left section is titled 'GET HELP' and features a '24-HOUR CONFIDENTIAL CRISIS HOTLINE' with the phone number '(407) 886-2856'. The right section is titled 'GIVE HELP' and contains the text: 'Find out how you can get involved with Harbor House and join us to end domestic abuse.' At the bottom of the page, there is a 'SAFETY ALERT' section with the text: 'Computer use can be monitored and is impossible to completely clear. Click [HIDE THIS PAGE](#) to quickly leave this site. [Learn more about internet safety.](#)'

### Bio

*“Harbor House works to prevent and eliminate domestic abuse in Central Florida by providing critical life-saving services to survivors, implementing and advancing best practices, and educating and engaging the community in a united front. Harbor House is an innovating organization that guides the way for safer communities everywhere by developing, deploying and modeling best practices to eradicate domestic abuse in Central Florida.”*

### Contact

24/7 Shelter: (407) 886-2856

Main Office: (407) 886-2244

Mail: PO Box 680748 Orlando, FL 32686

Email: [webcontactus@harborhousefl.com](mailto:webcontactus@harborhousefl.com)

Website: [www.harborhousefl.com](http://www.harborhousefl.com)

### Services

#### Shelter

*If you or someone you know is in an abusive relationship, a safe exit strategy is essential. If you are in danger, call 911. If you are thinking of leaving an abusive home, call our confidential hotline. We are here 24 hours a day to help you. Your safety and well-being are most at risk when attempting to leave an abuser. If*

*shelter is not the answer for you, we can help you find other options: shelter, rapid rehousing, community-based housing, transitional housing, travel home.*

### **Healing**

*The effects of domestic abuse can be overwhelming. You may experience physical, mental or verbal abuse and feel you are alone. Harbor House is here to help. We offer a variety of services to help you reclaim control of your life. Help and support are here through: counseling, support groups, advocacy, safety planning, crisis intervention.*

### **Justice**

*With an office directly located in the Orange County Courthouse, Harbor House's Legal Advocacy Team offers a wealth of knowledge and expertise to help you with injunctions for protection, translation services, court accompaniment and crisis intervention.*

Get [Help](#)





## Bio

*“Samaritan Village exists to provide a safe place for women who have been sexually trafficked to heal from trauma, recover from addiction, and take back their lives to become catalysts in their communities... to see communities where women live free from sexual exploitation, finding restoration and wholeness in Jesus Christ.”*

## Contact

Phone: (407) 205-8976  
Email: [info@samaritanvillage.net](mailto:info@samaritanvillage.net)  
Mail: PO Box 149599 Orlando, FL 32814  
Website: [www.samaritanvillage.net](http://www.samaritanvillage.net)

## Services

- Individual Counseling
- Group Therapies
- Addiction Support
- Medical Attention
- Case Management
- Continued Education
- Vocational Training
- Spiritual Development

## The Program

### **What we do.**

*Samaritan Village offers a unique continuum of care model through our Multi-Tier Transitional Safehouse Program, Safe Harbor Community Program, and SOAR Program. Survivors receive varying levels of care and supervision as they move through the program. With the goal to walk with survivors for 3-5 years, our program focuses on the deep healing and restoration of each survivor.*

### **Safe Harbor Community Program**

*The SHCP provides wraparound services and support to survivors of sex trafficking who are or have transitioned to permanent housing in the community.*

### **SOAR**

*The purpose of the SOAR program is for women to move to the next phase of their healing process by building community and support with like-minded women.*

## Stages of the Program

### *Stage 1*

The Ellen Arnold Safe House

12-18 months  
6 beds  
24/7/365 support

### *Stage 2*

The Well

12-24 months  
6 beds  
Transitional Care

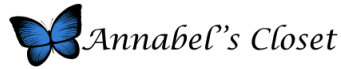
### *Stage 3*

En-Gedi

12 months  
3 beds  
Independent Living

Fill out [Referral Form](#)





## Bio

*"We provide household items and furnishings for families who are relocating to escape domestic abuse."*

## Contact

Phone: (407) 580-8568

Mailing: 2200 Winter Springs Blvd., Ste 106-323 Oviedo, FL 32765

## What We Do

### **We partner with victim advocate programs.**

We are connected to families through our victim advocate partners. We learn the needs of families through counselors and face-to-face conversation.

### **We collect and store donated furnishings.**

We use our own box truck to pick-up and deliver donated items. We keep an inventory of furniture and household furnishings at our warehouse.

### **We gift household items, bedding, and furniture.**

Many victims of abuse have to abandon household belongings in order to escape their abusers. We fill those household gaps, free of charge, so they don't have to return to an unsafe situation.

### **Our volunteers deliver more than the furniture.**

We deliver new beginnings and fresh starts. We load up our trucks, and we help our families move in and set up.

[Contact Us](#)



# Children and Families

Florida Department of Children and Families

**Abuse Hotline:** (800) 962-2873

**Domestic Violence Hotline:** (800) 500-1119

**Disaster Distress Helpline:** (800) 985-5990

**Report online:** <https://reportabuse.dcf.state.fl.us/>

The screenshot shows the Florida Department of Children and Families website. At the top, there is a blue navigation bar with the text "Apply for Benefits" and a search icon. Below this is the department's logo and name: "FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES". To the right of the logo are navigation links: "Services", "Resource Library", "News and Events", "About", and "Contact Us". The main content area features a large image of a smiling family (a man, a woman, and a child). Overlaid on the image is the heading "Strengthening Florida's Families" and a sub-heading: "Working in partnership with local communities to protect the vulnerable, promote strong and economically self-sufficient families, and advance personal and family recovery and resiliency." Below the text is a green search bar with the placeholder "I'm Looking For ...". At the bottom of the image area, there are three white boxes with blue text and arrows: "Hope Florida" with "Speak with a Hope Navigator >", "Florida's Foster Information Center" with "Begin the Journey to Fostering Today! >", and "Abuse Hotline: 1-800-962-2873" with "Report Abuse Online >".

## Bio

*"The mission of the Department of Children and Families is to work in partnership with local communities to protect the vulnerable, promote strong and economically self-sufficient families, and advance personal and family recovery and resiliency. We are a highly skilled workforce committed to empowering people with complex and varied needs to achieve the best outcomes for themselves and their families. In collaboration with community stakeholders, we will deliver world class and continuously improving service focused on providing the people we serve with the level and quality that we would demand and expect for our own families."*

## Services

### Public Assistance

Our Office of Economic Self-Sufficiency helps promote strong and economically self-sufficient communities by determining eligibility for food, cash, and medical assistance for individuals and families in Florida.

### Child & Family Services

The Florida Department of Children and Families is committed to the well-being of children and their families. Our responsibilities encompass a wide-range of services, including - among other things - assistance to families working to stay safely together or be reunited, foster care, youth and young adults transitioning from foster care to independence, adoption.

**Safety and Protection**

Find help, resources and report abuse, neglect, domestic violence and human trafficking.

**Substance Abuse and Mental Health**

The Substance Abuse and Mental Health (SAMH) Program is responsible for the oversight of a statewide system of care for the prevention, treatment, and recovery of children and adults with serious mental illnesses or substances abuse disorders.

**Licensing and Background Screening**

Licensure information for Child Care, Foster Care, SAMH, Group Home and Emergency Notices and Orders. Find statute, regulatory agency, group and individuals subject to screening.

**Youth and Young Adults**

The Department of Children and Families recognizes that the transition into adulthood can be tough for young people. For current and former foster youth, it can be even more difficult without an existing support system. The Office of Continuing Care, part of Hope Florida - A Pathway to Prosperity, offers free, one-on-one help for young people who are about to or have recently transitioned out of foster care, aiming to make the leap into adulthood a positive experience.

Find Help and see all [Resources](#)





# Because kids belong in families.

We strengthen and support foster and adoptive families by creating community and equipping churches to launch and lead Family Advocacy Ministries.

START A FAM

## Bio

*“To strengthen and support foster and adoptive families by creating community and equipping churches to launch and lead Family Advocacy Ministries.”*

## Contact

**Location** || 246 N. Westmonte Drive Altamonte Springs, FL 32714

**Email** || [info@c127.org](mailto:info@c127.org)

### Get Connected

We would love to connect with you! We are inspired by all of our foster/kinship/bio/adoptive families and would love to hear how best to connect with you!

### Care Communities

This group of volunteers can help support and sustain your family through meals, prayers, and occasional nights out.

### Resources

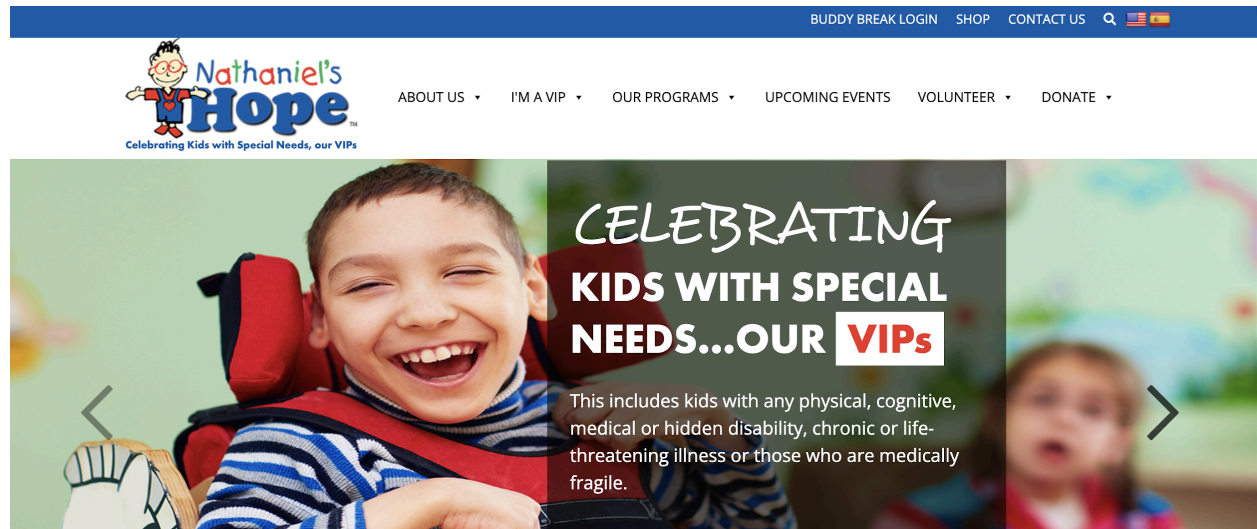
Get resources to help you along your journey as a family!

[Learn More](#)



# Disability Care Resources

## Nathaniel's Hope



### Bio

*"Nathaniel's Hope celebrates kids with special needs (our VIPs) as well as educates and equips communities and churches to provide FREE respite care and programs to enrich the lives of VIP families. Our programs are designed to provide hope and practical assistance to VIP kids of all ages and their families. They also give Buddies an opportunity to invest in the lives of VIPs!"*

### Contact

**Location/Mailing** || 5210 South Orange Avenue, Orlando, FL 32809

**Phone** || 407-857-8224

**Email** || [info@nathanielshope.org](mailto:info@nathanielshope.org)

#### Buddy Break

Buddy Break is a FREE Parents' Day Out/respite program where kids with all types of special needs (VIP kids) have FUN while their parents get a BREAK. At Buddy Break, VIP kids and their siblings make new friends, play games, do crafts, hear children's stories, enjoy music, and more!

#### Make 'm Smile

Nathaniel's Hope annually hosts MAKE 'm Smile, the Biggest Party that celebrates kids and adults with all types of disabilities...our VIPs! It is filled with family entertainment, games, characters, petting zoos, food, helpful resources from the community, a friendship stroll, and tons of SMILES!

#### Hopetown (coming soon)

Welcome to HOPETOWN, a place where individuals with disabilities of all ages and their families can live, work, and play in an inspiring and inclusive community. At HOPETOWN, we believe in celebrating the unique value and incredible purpose of every individual."

Contact [Page](#)





## Bio

*“Our mission is Empowering people with varying abilities to discover and develop their unique God-given potential and purpose. Our vision is all people are seen, known, and celebrated as part of God’s intentional design for humanity.”*

## Contact

**Email** || [kairosconnectinfo@gmail.com](mailto:kairosconnectinfo@gmail.com)

**Phone** || (407) 494-0484

## Programs

### Kairos Adventures

Our programs in Historic Sanford, Altamonte Springs, and Orlando offer studio art, music, and performing arts classes for adults of all abilities.

### Kairos Connect

Artists connect via Zoom from wherever they are for classes like song writing, drawing, and acting.

### Joy Street

Our fully inclusive community choir performs at special events and church services throughout the year!

### [Connect](#)





## Joni and Friends Florida

We envision a world where every person with a disability finds hope, dignity, and their place in the body of Christ.

[Donate](#)[Volunteer](#)

### Bio

*“Our vision is a world where every person with a disability finds hope, dignity, and their place in the body of Christ. Our mission is to glorify God as we communicate the Gospel and mobilize the global church to evangelize, disciple, and serve people living with disability.”*

### Contact

*Florida Phone* || (321) 966-9680

*National Phone* || (818) 707-5664

*Email* || [florida@joniandfriends.org](mailto:florida@joniandfriends.org)

### Programs

#### Marriage Getaway

Hosted by Joni and Friends Florida, this Marriage Getaway is designed to strengthen relationships of couples who have children with disabilities.

#### Family Getaway

In a fully accessible camp environment, families are cared for, rejuvenated, and encouraged in Christ. Come enjoy a fun, Christ-centered environment that is safe and accepting for each member of the family.

#### Warrior Getaway

Our Warrior Getaways are designed to serve Veterans and their families by providing a wide range of accessible family activities, powerful speakers, worship, and fellowship with other Veterans.

### Connect



# Employment Assistance

Christian HELP



- HOME
- GET HELP ▾
- GIVE HELP ▾
- HOW YOU HELPED ▾
- SHOP WITH US
- MORE ▾

Our Mission: *To prevent homelessness by helping people find work, providing resources, and offering spiritual encouragement.*

DONATE

**We help people struggling to make ends meet.**

**YOU make it possible.**

**CLICK HERE TO DONATE!**

## Bio

*“Our Mission: To prevent homelessness by helping people find work, providing resources, and offering spiritual encouragement.”*

## Contact

Phone: (407) 834-4022

Email: [info@christianhelp.org](mailto:info@christianhelp.org)

Mail: 450 Seminola Blvd. Casselberry, FL 32707

## Get Help

### Employment Services

Relationally driven, practical, prayerful and emotional support. One-on-one coaching (virtual available). Customized job search plan. Helping Central Florida residents in all education and experience levels.

### Food Pantry

On your first visit, bring a valid ID and proof of residency for Seminole County. You will check-in at the front desk and be given a ticket. Behind our office, is our Food Pantry. You and your household will be blessed with a variety of groceries.

**Goods and Grace**

Goods and Grace is a collaborative, discount grocery store between Christian HELP & St. Luke's Lutheran Church & School offering groceries at affordable prices for qualified members. To be a neighborhood grocery store that offers nutritious food at affordable prices for qualifying families in a manner that is sustainable and reproducible.

**Resources**

Money management tools, anti-trafficking resources, and spiritual guidance and support.

[Contact Us](#)





### Bio

*"Are you at a career crossroads and need help? At Jobs Partnership more than three thousand lives have been changed since 1999. If you are unemployed, under-employed or simply unable to make ends meet, we can help you break down roadblocks to employment and prepare you for a life-changing career."*

### Contact

Phone: (407) 641-0755

Email: [askjp@jobspartnership.org](mailto:askjp@jobspartnership.org)

Mail: 2250 Lee Rd., Suite 201 Winter Park, FL 32789

### Coaching and Mentoring

Resume Assistance

Interview Coaching

Flexible Commitment

Free Interview Attire

Guarantee Interviews

### FAQs

#### **What are the qualifications to enroll in LifeWorks?**

- 18+ years old
- High-school diploma or GED
- US citizen or "right to work"
- Stable housing
- Read and write in English
- No felonies in the past 5 years
- No current drug/alcohol addictions
- Willingness to learn

#### **If I go through LifeWorks training, will I be guaranteed a job at graduation?**

No. We are not a placement agency but an agency that strongly believes in the power of partnerships. We connect participants with potential employers, educational pathways and exclusive career opportunities.

**What will I learn and experience in LifeWorks?**

How to create and pursue a career path through skills, interest and personality assessments. Communication and relationship skills. How to prepare for an interview. How to create a professional resume. How to develop professional skills necessary for promotion. Gain financial management tools. And more.

**How much is the course?**

LifeWorks Training is free for participants, as they are sponsored by our generous business, church and individual supporters.

**When and where do LifeWorks classes meet?**

The three-hour classes meet on either Tuesday or Thursday for 12 weeks. Most classes meet from 6pm to 9pm. Morning classes currently meet on Tuesdays from 9:00 am to 12:00 pm . Classes meet at neighborhood centers, churches, schools and local businesses.

**Do I have to be a Christian to attend the course?**

No, all beliefs are welcome, and you do not have to be a member of a church. Jobs Partnership is a nonprofit organization that offers a biblically based curriculum with a focus on career development.

[Get Started](#)



## The Sharing Center



### Bio

*"The Sharing Center has been loving our neighbors since 1986. We are more than just a singular resource for those facing difficult circumstances. We address immediate needs, as well as provide extended support through programs that lead those experiencing poverty toward a better future and long-term stability."*

### Contact

**Address** || 600 N. Highway 17-92, Suite 130 Longwood, FL 32750

**Phone** || (407) 260-9155

**Email** || [inquiry@thesharingcenter.org](mailto:inquiry@thesharingcenter.org)

#### Hunger Relief

Nourishing families and individuals with dignity. Through The Pantry, we offer one of the largest free food assistance resources in Seminole County to alleviate hunger.

#### Center for Hope

Hope starts here. We see to it that families and individuals experiencing hardships, hunger, and homelessness receive comprehensive services from the moment they arrive to when they depart.

#### Preventing Homelessness

The Oasis, our homeless respite center, is the only place in Seminole County that provides showers, laundry service, housing guidance, internet access, mail service, and haircut services.

Learn [More](#)



# Financial Services

United Way of Central Florida



[ABOUT](#) [OUR WORK](#) [GET INVOLVED](#) [FIND HELP](#) [GIVE NOW](#) [🔍](#)

## FREE TAX PREPARATION

### Bio

*“United Way of Central Florida can help maximize your refund at no cost to you!*

***If your family income is less than \$69,000, you are eligible to have your taxes prepared for free.”***

### Contact

**Location** || 5605 US Highway 98 S. Lakeland, FL 33812

**Phone** || (863) 648-1500

### Tax Prep Checklist

- Savings Account information including routing and account numbers for direct deposit of refund
- Identification (driver’s license, photo ID, passport)
- Social Security cards or ITINs.
  - If receiving Social Security, Form SSA-1099 can be used as a substitute for the card.
- If Married Filing Jointly: Both spouses must be present with photo IDs and Social Security cards or ITIN (individual taxpayer identification number)
- If claiming dependents, Social Security cards or ITINs for everyone claimed.
- Birthdates for you, your spouse, and dependents on the return
- Wage and earnings documents
  - (W-2, W-2G, 1099-NEC, 1099-R, SSA-1099, etc.)
- Interest and Dividend Statements (
  - 1099-Int, 1099-Div)
- Form 1095-A if covered by Marketplace Health Insurance.
  - If you have marketplace insurance, and do not provide the Form 1095-A, the IRS will reject the return.
- Total paid for daycare and the provider’s tax identifying number
- For personal businesses (example Uber or Lyft drivers): bring documents to substantiate deductions, such as fees paid, business miles driven, etc.
- Any other tax form such as an IRS identify protection PIN number
- Last year’s tax return, if possible

Learn [More](#)





**File Your Taxes  
for FREE With  
VITA**

### Bio

*“The Volunteer Income Tax Assistance (VITA) program is a free tax preparation program to individuals with a household income of **\$73,000 per year or less**, persons with disabilities, the elderly, and limited English-speaking taxpayers who need assistance preparing their tax returns. This service is run by volunteers offered to families and individuals in Central Florida. Once filing season opens, VITA’s IRS-certified volunteers can help you file your taxes at a time convenient for you.”*

### Contact

*Call to Schedule* || (407) 929-3435

### Things you may need when filing your taxes:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse, and dependents
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse, and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse, and dependents on the tax return
- Wage and earning statements from all employers
  - (Form W-2, W-2G, 1099-R, 1099-K, 1099-Misc)
- Social Security Benefit Statements (SSA-1099), if applicable
- Interest and dividend statements from banks
  - (Forms 1099)
- Health Insurance Exemption Certificate, if received
- A copy of last year’s federal and state returns, if available
- Proof of bank account routing and account numbers for direct deposit such as a blank check to file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms

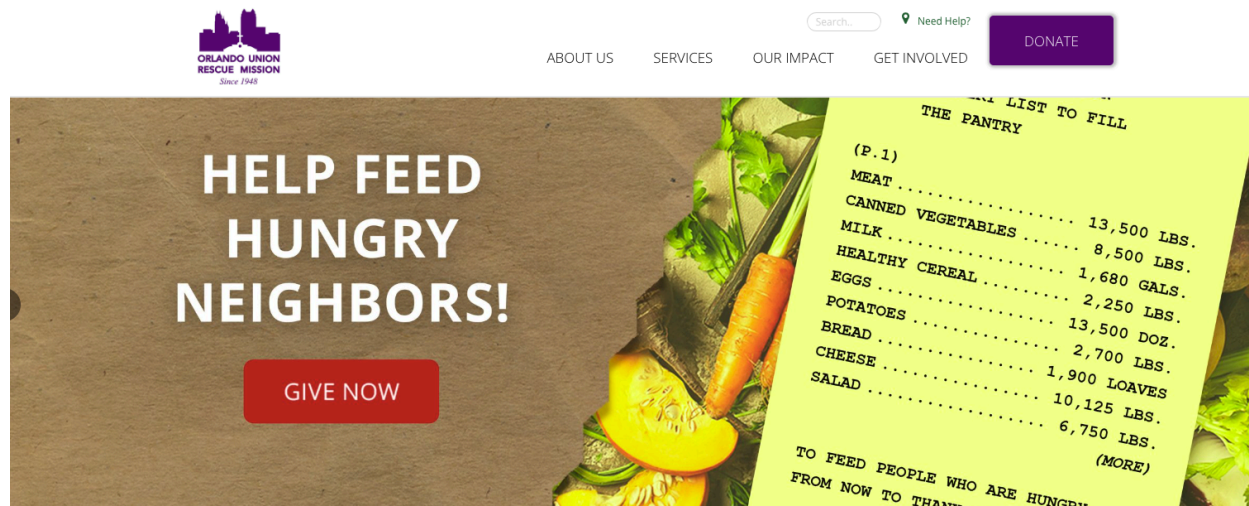
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B, and C, Health Coverage Statements

Learn [More](#)



# Hunger and Homeless Shelters

## Orlando Union Rescue Mission



### Bio

*"The Orlando Union Rescue Mission has provided life-transforming services in Central Florida for over 75 years. While our ministry has grown and expanded throughout the years, our vision remains the same - providing new life, new goals, and a new future in Christ to the most vulnerable in our community."*

### Locations

*Project Hope* || 3300 W. Colonial Dr. Orlando, FL 32808

*Family Home* || 1525 W. Washington St. Orlando, FL 32805

### Services

Discipleship  
Safe Shelter  
Hot Meals  
Christ-Centered Care  
Education

### Contact

Phone (Family Home): (407) 423-2131  
Phone (Project Hope): (407) 423-3596  
Website: [www.ourm.org](http://www.ourm.org)

### Special Services

#### *Project Hope (Single Men only)*

Project Hope offers desperate men a pathway to a new life. Those seeking emergency shelter and one night off the street are encouraged to join our long-term program where skills-training, spiritual counseling, and addiction recovery collide, paving the way for true life.

- 48 beds are reserved every night, guests' bags will be screened
- Guests provided a warm meal, bathroom facilities, laundry, and a chapel

- Long-term program guests are provided a semi-private room and are required to follow all program requirements

### *Family Home (Single Women/Mothers/Fathers & Intact Families)*

The Mission's Family Home exists to remove the financial burden of parents and single women experiencing homelessness and equip them with the tools needed to achieve a life of self-sufficiency. Intact families, single mothers, single fathers, and single women are all welcome.

- Ensures all needs such as meals, laundry, hygiene items, daycare, and education
- Families receive a private room with bathroom
- Single women reside in semi-private rooms with a dorm-style bathroom
- Families receive guidance from a case manager
- True life transformation begins through a relationship with Christ. Therefore, the heart of the Family Home program includes introducing families to Jesus Christ and guiding them on building a stronger relationship with Him.
- Due to our foundational beliefs on marriage, unmarried couples may not reside in the same room under any circumstances.

[Contact the Mission](#)





## Ways to Help



Make a Financial Gift



Volunteer Your Time



Start a Birthday Fundraiser

## Bio

*“Our mission is to transform the lives of homeless men, women and children by providing crucial services to end their crisis of homelessness. We are a low barrier residential shelter with a focus on housing, emergency services, and diversion. We help families and individuals return to stable, permanent homes as quickly as possible.”*

## Location

**Orlando** || 18 North Terry Ave. Orlando, FL 32801

### Services

Diversion Services  
Community Dinner  
Showers, Laundry, Mail  
Intake Center  
Case Management  
Childcare

### Contact

Phone: (407) 652-5310  
Email: [coalition@cflhomeless.org](mailto:coalition@cflhomeless.org)  
Website:  
[www.centralfloridahomeless.org](http://www.centralfloridahomeless.org)

## Special Services

### Drop-In Services

*Anyone in need of a nutritious meal is welcome to join us for dinner each night of the week. The Community Health Initiative offers shower and laundry facilities as well as mail service to unsheltered homeless men, women, and families.*

### Shelter Programs

*Each day, we provide safe shelter, nutritious meals, and hygiene items to nearly 500 men, women, and children. Case managers help our guests address their needs, establish goals, and return to stable, permanent housing as quickly as possible. They serve as a crucial support system, providing genuine empathy and respect for*

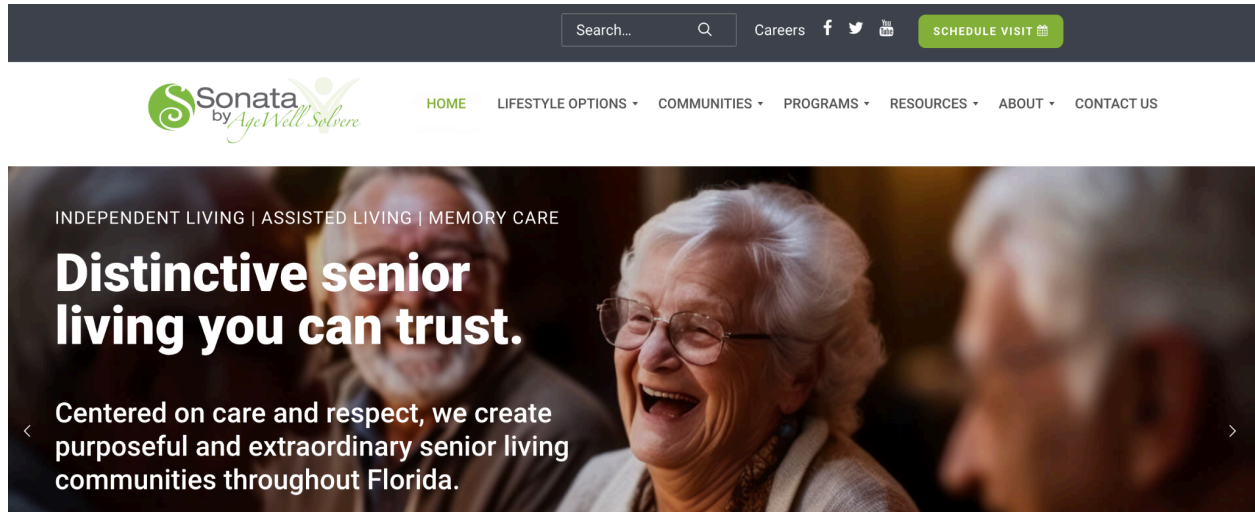
*those seeking assistance. Case managers possess in-depth knowledge of available resources and proven expertise in guiding clients to stability.*

Connect [Here](#)



# Senior Assistance

## Sonata Senior Living



### Bio

*“Sonata Senior Living is an Orlando-based developer and operator of innovative senior living communities, offering a combination of independent living, assisted living and memory care, as well as stand-alone memory care communities in Central and South Florida.”*

### Orlando Locations

*West Orange* || 720 Roper Rd. Winter Garden, FL 34787

*Longwood* || 425 S. Ronald Reagan Blvd. Longwood, FL 32750

*Lake Mary* || 410 Caring Dr. Lake Mary, FL 32746

### Contact

(407) 442-1505

(407) 674-2851

(407) 606-7709

### Lifestyle Options

#### **Independent Living**

*“With spacious apartments, resort-style amenities, exceptional service and a single monthly rental fee that includes cable, Internet, three meals daily, chauffeured transportation and more, we offer hassle-free independent living in Florida at a value rarely found.”*

#### **Assisted Living**

*“At Sonata, assisted living combines the maintenance-free lifestyle you’re looking for with the supportive care services you need, all in a single monthly fee for your convenience. Every Sonata location includes 24-hour nursing supervision — demonstrating once again that we go above and beyond when it comes to care.”*

#### **Memory Care**

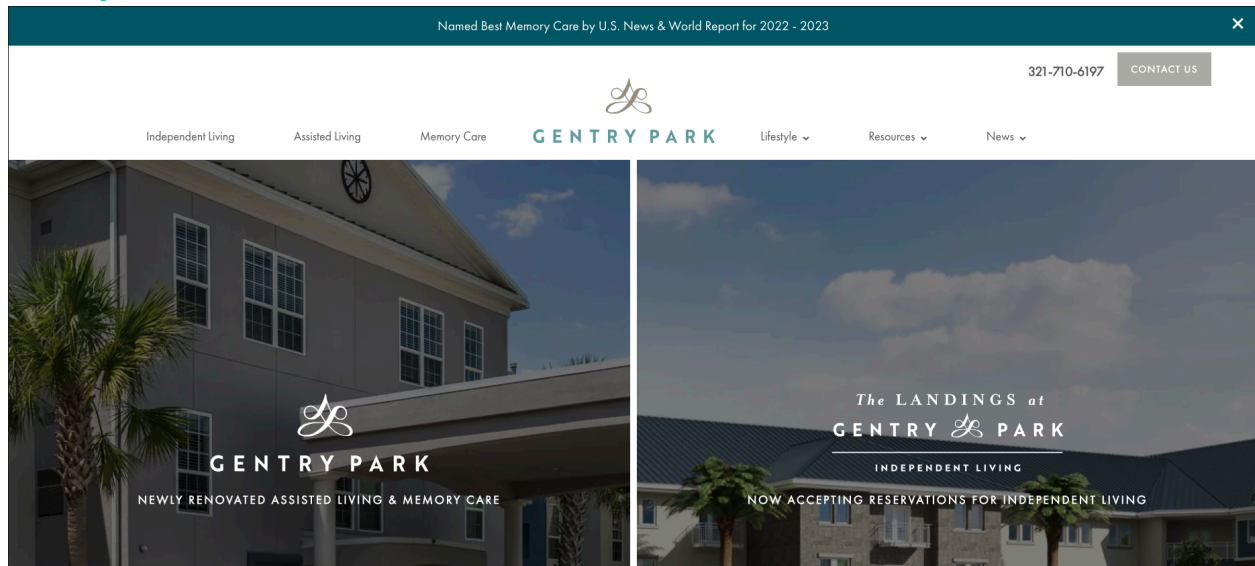
*“At Serenades by Sonata, our truly customized memory care is both designed and built around each resident’s individual interests, preferences and tastes by*

*integrating the latest in programming, training and technology to help us meet the unique needs of those with Alzheimer's disease and dementia."*

Schedule a [Visit](#)



# Gentry Park



## Bio

*"Our goal is to enrich the lives of those who call Gentry Park Orlando home. We offer an array of programs and services that focus on whole-body wellness – whether it's creating an opportunity to socialize and make new friendships or participating in daily activities designed to strengthen your body and mind. For more information, visit the Lifestyle page."*

## Location

**Orlando** || 3201 Center Pointe Dr. Orlando, FL 32825

## Contact

(407) 917-4487

## Services

### **Independent Living**

*"Independent Living at The Landings at Gentry Park Orlando frees you to live the full life you deserve. Now under construction and accepting reservations, The Landings of Gentry Park offers spacious apartment homes with full kitchens and casually elegant amenity spaces that cater to any number of activities."*

### **Assisted Living**

*"Our newly renovated Assisted Living community inspires you to spend more time enjoying what makes you happy, whether it's tending to the garden, shopping in town, going on walks with friends, or enjoying the beautiful Florida sunshine, you can find the freedom you seek without compromising your health or safety."*

### **Memory Care**

*"Our Montessori Moments in Time™ program is the cornerstone of Gentry Park's comprehensive approach to memory care and was developed through extensive research and first-hand experience with our residents throughout the years. We strive every day to integrate purpose and meaningful moments into the lives of our*

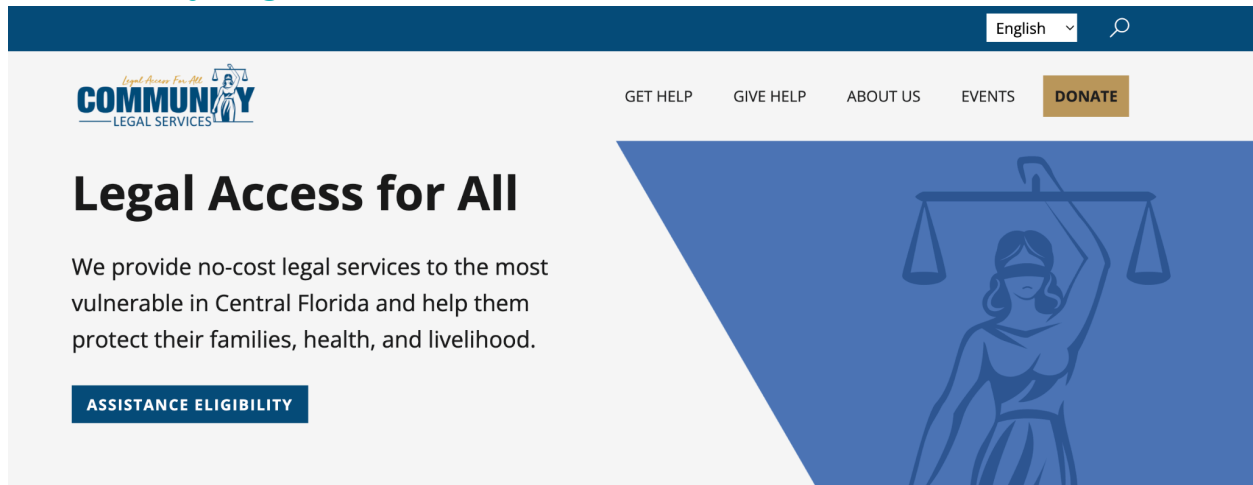
*memory care residents through a customized program, honoring our residents and their journey with Alzheimer's or other dementia."*

Contact Gentry Park



# Low-Cost Legal Services

## Community Legal Services



### Bio

*“Community Legal Services is a full service civil legal aid law firm that promotes equal access to justice, which is a core American value. Approximately 50 – 80% of low-income Americans’ legal needs go unmet. Our law firm provides professional legal aid to help low-income people protect their livelihoods, their health, and their families. We make it easier for the most vulnerable and disenfranchised Central Floridians to access legal information, gain legal assistance and representation, and to understand their rights.”*

### Locations

**Lake Mary Office** || 735 Primera Blvd. Suite 225 Lake Mary, FL 32746

**Orlando Office** || 122 E. Colonial Drive Suite 200 Orlando, FL 32801

#### Areas of Service

Divorce & Children  
Health  
Housing  
Debt  
Disaster Relief  
Fraud  
Wills & Estates  
& more

#### Contact

Phone (Lake Mary): (407) 322-8983  
Phone (Orlando): (407) 841-7777  
Phone (Helpline): (800) 405-1417  
Website: [www.clsmf.org](http://www.clsmf.org)

Apply [Online](#)



# Government Assistance Programs

## Energy and Water Bill Assistance (Orange County)



### Information

Government assistance in paying water and energy bills.

### Qualifications

Number of People in the Household	Maximum Annual Household Income
1	\$27,735
2	\$36,269
3	\$44,803
4	\$55,337
5	\$61,870
6	\$70,404
7	\$72,004
8	\$73,605
Maximum Income Values are the greater of 60% SMI (family size 1-8) or 150% FPL (Family size 9-20)	

### Resources

#### Help to Pay Utilities

Get help paying your power bill in an emergency or weather related crisis. We can also help if you simply can't afford a larger than expected bill.

#### Crisis Benefits

LIHEAP Crisis Benefit may be used to connect or reconnect home energy and past due bills only. Citizens may receive two Crisis benefits for LIHEAP Fiscal Year.

#### Home Energy Credit

LIHEAP Home Energy Credit may be used to help eligible households in meeting the costs of home energy. An emergency or crisis is not an eligibility requirement for this type of benefit. Citizen may receive one Home Energy Credit in a 12 month period.

## Weather-Related Conditions Assistance

This is used upon declaration or order by the Florida Department of Economic Opportunity, Governor or President, that a crisis or emergency exists due to weather-related conditions.

### Eligibility

For eligibility, you must submit the following **required documents** with the energy bill assistance application:

- Copy of Photo Identification of the applicant
- Copy of Social Security Cards for all household members (Other documents can be presented if card(s) are not available)
- Current Utility Bill (proof of utility obligation)
- Proof of Income for all household members (proof of income may be but not limited to):
  - Copy of pay stubs for last 30 days
  - Copies of award letters from Social Security, SSI, SSDI, VA, TANF/Wages, etc.
  - Letter or print-out from employer(s)
  - W-2 (tax forms)
  - Statement of financial support from family, friends or other agencies
  - Self-Declaration of income statement (signed) [Self Declaration Form](#)
- Certification letter from Section 8/HUD/Orlando Housing Authority showing amounts of monthly Utility Allowance, Reimbursement or proof of Flat Rent. (*Applicants must pay the monthly utility amount(s) prior to LIHEAP determining eligibility*)
- Copy of Food Stamps Award Letter (if applicable)

[Apply Online](#)



*The Fastrack Online Application will be available Mon-Wed 8am-12pm in accordance with funding availability.*

## Employment Assistance (Orange County)



### Information

*The program is designed to assist income eligible Orange County residents to achieve economic independence and self-sufficiency. Tuition assistance is available for vocational training, post-secondary education, and state certification that will enable residents to obtain and retain employment.*

### Criteria

- Orange County Resident
- 18 years old (or older)
- US Citizen or Legal Resident
- Income eligible
- Employment seekers who are unemployed or underemployed **and** available to participate in vocational training within 90 days of enrollment.

### Required Documentation

- Photo ID for the applicant and adult household members
- Social Security Card for all household members
- Proof of Income for all household members
- Acceptance letter
- Proof of Orange County residency
- Proof of High School Diploma or GED

### FAQs

#### **Do I have to be an employment seeker to participate in this program?**

You should be an employment seeker who is unemployed and seeking employment or under-employed seeking to increase employment wages.

#### **Do I have to meet all eligibility requirements to participate?**

Yes. The Family Self-Sufficiency Program is a grant-funded program that requires eligibility criteria to be met before providing services.

#### **How do I know if my application was received?**

When you have successfully completed the online application and uploaded all of the required documents, you will receive an application confirmation with an online identification number. You should save the identification number for your records.

#### **How long is the application review process?**

The application review and determination process could take up to five business days after submissions, *if all required documents* were submitted with the online application. Incomplete applications and documents could delay or terminate the application process.

Complete [Career Interest Survey](#)

