

Do you have a 3- or 4-year-old at home? He/she may qualify for the school system's Special Education preschool program. Call (904)346-4601 for a Child Find appointment. The program is whole day and the school system provides a bus ride and meals. (The Special Education Department includes Gifted students as well.) "You never know until you try."



Florida **V****P****K**

Participation is free for all eligible 4-year-olds. To be eligible, a child must:

- Reside in Florida, **AND**
- Be 4 years old on or before Sept. 1st.

Go to www.ecs4kids.org for more information.

FREE PRESCHOOL

To qualify:

- All adults in the home (18 or older) must be in school or working.
- Your child must have been 3 years old on or before Sept. 1, 2016.
- You must meet income limits. For example, total household income for a family of 4 must be below \$47,100 per year.

Go to ecs4kids.org and apply through the Simplified Point of Entry, or call Mary Caldwell at (904) 491-3638.



The Council on Aging is the "go-to" source for help with bills, legal matters, etc. for those who are at least 60 years old. Call 261-0700, 261-0701 or visit coanassau.com.

Mental Health Services in Nassau County are provided through:

*Starting Point (formerly Sutton Place)- 225-8280, Crisis Intervention Walk-Ins: 8am-5pm. Call them for help from 5pm until 8am.

*Florida Psychological Associates- 277-0027. They provide comprehensive behavioral health services.

The **Child Advocate Rapid Response Team (C.A.R.R.T.)** is a school-based program that provides advocacy (which includes crisis counseling) for children and their families who are victims of or witnesses to a crime or violence (including bullying.) They offer assistance to children who may be experiencing difficulties in their home or at school. Call 225-8520 or 277-9063 for more information. Their brochure may be seen at edline.net (the school system's website.) Go to "departments". Then choose "Intervention and Prevention" and "C.A.R.R.T.". You may also call Angie McClellan to complete the application over the phone.

The Barnabas Center's **"Women's Health Initiative Nassau"** (WHIN) is a program specifically designed for women who have gone through a major life event (past or current) and would like support, encouragement, and ideas for a healthier life. Interventions include: Women Helping Women support group, Life Skills classes, journaling, art therapy, relaxation and meditation techniques, and counseling. Call 261-7000 to enroll. (WHIN is at the Fernandina location on Wednesdays from 1pm - 3pm. Help with gas is possible.)