

Healthy Start 2015 Resource Sheet

904-530-6751 to speak with the secretary

Division Director: Mary von Mohr 530-6761

Erin Cutshaw 530-6751 BJ Owens 530-6757 Valerie Eldridge 530-6753

Kim Thomas 530-6760 Becka Dawkins 530-6752

www.facebook.com/bellybuttonsFL - Healthy Start Facebook page

BREASTFEEDING

Breastfeeding Hotline: 1-800-994-9662 (M-F)
Infant Risk Center (safety of medications while
breastfeeding): 806-352-2519
WIC breastfeeding warm line: (904)344-6317

CHILDBIRTH CLASSES

Nassau Baptist Hospital: 321-3595
Healthy Start Classes: 530-6751

CLOTHING OR FURNITURE

Barnabas: 261-7000 or 1-888-261-1986
Emergency Pregnancy Services: 904-308-7510
(diaper assistance, maternity and child clothes)

DENTAL

Barnabas: 261-9988
FCCJ cleaning & x-ray, \$10: 904-766-6571
To reach any Nassau County Department of Health
Dental site: 904-530-6800 (full services age 20 and
under, emergencies only if age > 20)

DOMESTIC VIOLENCE/ABUSE/ASSAULT

Micah's Place (24 hour): 225-9979
Florida's domestic abuse hotline: 1-800-500-1119
Abuse and Neglect Hotline: 1-800-96-ABUSE
Child Advocate Rapid Response Team: 225-8520
Sexual Assault: 1-888-956-RAPE
24 Hour Rape Crisis Hotline 904-721-7273

FOOD ASSISTANCE

Barnabas Center: 261-7000 or 1-888-261-1986
Grey Gables: 879-2986 (Mon 9:30-2:30)
United Church of Christ: 277-2517
Yulee Baptist Church: 225-5128 (Mon 1-4)
Yulee Methodist Church: 225-5381 (Wed 10-12)

GED & EDUCATION

Nassau Community Academy: 548-1750
Callahan Adult Education Center: 879-4262
Yulee Adult Education Center: 225-2822
Hilliard Adult Education Center: 845-2586

HELP WITH BILLS

Barnabas: 261-7000
NEFL Community Action Agency: 261-0801
United Church of Christ: 277-2517

Hope House: 321-0435

INFORMATION HOTLINES

Community Info 24hr hotline: 211
FL Family Health Line (pregnancy and infant
resources): 1-800-451-2229
Legal Aid: 904-356-8371

PEDIATRICIANS

1st Coast Pediatrics: 491-0177/207-6530
Dr. West: 261-7707

SMOKING

Smoking Quit Line: 1-877-U-CAN-NOW
Smoking Cessation AHEC: 904-482-0189

CLINIC/WIC

To reach any Nassau County Department of
Health Clinic or WIC office: 530-6800

MEDICAID & SNAP

www.myflorida.com/accessflorida
Customer Service: 1-866-762-2237

MENTAL HEALTH

Barnabas Counseling 261-7000/888-885-6498
Starting Point Counseling: 225-8280/845-7777
Suicide Lifeline (24 hour): 1-800-273-TALK

SUBSTANCE ABUSE

Yulee Al-Anon: YuleeAlanonFG@hotmail.com
Starting Point: 225-8280, 845-7777
Gateway Community Services: 904-387-4661
River Region Human Services: 904-899-6300

OTHER HELPFUL NUMBERS

Barnabas Medical Clinic: 261-7887
Care-A-Van Rides: 1-800-298-9122
Child Support Enforcement: 1-800-622-5437
Episcopal Children's Services (VPK and subsidized
childcare): 1-800-238-FIND
Life Solutions: 904-696-9100 (women's medical
appointments and baby items)
Poison Control: 1-800-222-1222
Work Source/Nassau Career Center: 432-0009

www.Text4Baby.org – Free text messages each week, timed to your due date or baby’s date of birth. Provides health tips to pregnant women and new moms. Text BABY to 511411 (or BEBE for Spanish).

HELPFUL WEBSITES

www.lamaze.org – evidence-based pregnancy, birth, and infant information/resources

www.marchofdimes.org – pregnancy, birth, and infant information/resources

www.llusa.org – breastfeeding information/resources

NASSAU HOUSING

FERNANDINA BEACH

Buccaneer Villas 277-0000
Countryside Apartments 277-2103
Post Oak Apartments 277-7817
Nassau Club Apartments 277-2500
Murray Hill Apartments 261-2937
Somerset/Marsh Cove 261-0791
Amelia Lakes 415-6969

YULEE

Green Acres 225-0168
Yulee Villas 225-5810
CALLAHAN
Heritage Villas 879-3270
Pine Terrace 879-1488

HILLIARD

Eastwood Oaks 845-2922
Pine Tree 845-3873

Nassau Habitat for Humanity:

277-0600

Nassau Housing Authority:

261-5051

COMPANY FREEBIES

Baby Club at WinnDixie and Publix

Go to WinnDixie.com under Savings – join the Baby Club for “FuelPerks” gas credit program, special offers, and coupons.

Go to Publix.com under Clubs and Programs – join the Baby Club for tons of coupons and other freebies.

Beechnut

1-800-523-6633, 1-800-233-2468, or www.beechnut.com

Free one-time New Parent Pack with coupons for cereal and jarred products. Join their Facebook page to stay posted on other offers/coupons/promotions.

The First Years

Register at firstyears.com to be a Tester – they send free products, you give feedback. Also register for emails containing promotions.

Gerber

1-800-4-GERBER: registered dietitians, lactation consultants, occasional coupons/samples.

Sign up for My Gerber at gerber.com for interactive resources, coupons, and samples.

Huggies (Kimberly Clark)

1-800-544-1847 for coupons or Huggies.com for rewards program, special offers, and coupons.

Johnson & Johnson

Go to www.johnsonsbaby.com for coupons and education on caring for baby.

Playtex

Go to www.playtexbaby.com for promotions and coupons, and sign up for Better Beginnings program for savings and tips.

Pampers and Luvs

Go to www.pampers.com to register for newsletter/coupons. Moms with twins and triplets call

1-800-PAMPERS to request a special form (completed by OB) for high value diaper coupons.

Single Parents Alliance of America

SPAOA.org: discounts, coupons, grants, resources, support, and information for single parents.

Windows

Call 1-800-506-4626 for free childproofing kit for window blinds