

Social Services

Support Groups

Individual Counseling

FREE limited sessions for Tamarac Residents only. Please call (954) 655-7040 or 954-317-9460

Depression and Bipolar Support Alliance

Meet others who share their personal experience dealing with their mood disorders. Meet every Thursday from 6pm to 8pm. For more information, contact 954-224-5218.

Positive Adjustment Group

Learn coping skills on how to adjust to life changes including losing a loved one, health, daily living activities, moving, etc. A licensed mental health therapist will facilitate this important group for all seniors. Every Monday from 10:30am to 11:30am

Mind Cleansing Meditation

A lecture on the purpose and process of meditation, followed by a 30-minute meditation session. Every 1st and 3rd Friday of the month in person or via Zoom at 11:15 am. Advanced registration is required by calling (954) 597-3642.

Health Services

Hear for Good, Inc

Free hearing tests and discount hearing aids through the non-profit foundation Hear for Good, Inc. Please call to schedule an appointment. Pricing on hearing aide is based on income.

Lower Your Prescription Costs

Start saving today with the City of Tamarac Prescription Discount Card. Benefits include an average savings of 20%, free enrollment, coverage for all family members, and no income requirements. Please call Social Services (954) 597-3642

For more information

please call

954.597.3642

Family Programs

Food Pantry

Tamarac's Food Pantry will be open to qualified residents on the 1st, 2nd and 3rd Thursday of the month while supplies last. By appointment only. Please call (954) 597-3626 to schedule an appointment.

Social Services

Special Programs

Shine

Questions or concerns about Medicare Insurance needs, call the helpline at 954-745-9779.

Special Needs Hurricane Shelter Registration

Register now for special needs hurricane shelters in Broward County. To qualify for services and for further information, call Broward County Elderly and Veterans Services at (954) 357-6385 or visit www.broward.org.

Vulnerable Populations Registry

You should pre-register in the Vulnerable Population Registry if you are at risk due to a disability, frailty or health issue, regardless of age, AND you elect to stay at home in the event of a hurricane or other emergency. Register online at broward.org or by calling the Broward County Call Center at 311 or 954-831-4000 (TTY 954-831-3890) or by calling Social Services at 954-597-3642.

Senior Social

We are calling all Seniors to join in the best social meeting for people in their Golden Years. Enjoy interesting and educational lectures on various health-related topics. The 3rd Tuesday of every month at 11:00 a.m. at the Tamarac Community Center. Please call (954) 597-3626 to register.

Volunteer Opportunities

Broward Impact Volunteer 60 years and over

To become a Volunteer please call 954-484-7117 Ext 106

City of Tamarac

To become a Volunteer with the City of Tamarac please call Social Services at 954-597-3642

Veteran's Mentoring Veterans

Help a returning Veteran transition from Armed Services to private life. Call Broward Impact at 954-484-7117



Your Social Services Staff Professionals

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Visit our website: www.tamarac.org/Social Services

Please be aware that some of the *classes are subject to change and may be rescheduled* due to the holidays.

TAMARAC
The City For Your Life



www.facebook.com/TamaracParks

All classes are held at Tamarac Community Center, 8601 West Commercial Blvd. Ft, 33351