

# 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 954-588-3272 or website [www.sfdbsa.com](http://www.sfdbsa.com)

### 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

## 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.

### LOUD, CLEAR, AND FREE!

Introducing a new program at the Community Center. Florida residents with hearing loss are eligible to receive FREE telephone amplifiers from Florida Telecommunications Relay, Inc. Requires existing land-line or cellphone service. Limit one per resident. Please call us at (954) 597-3642.

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## 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](http://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](http://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.

## 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

### **Dania Maldonado**

Community Services Manager  
954-597-3633  
[Dania.Maldonado@tamarac.org](mailto:Dania.Maldonado@tamarac.org)

### **Rose Cure-Persad, LCSW**

Social Services Supervisor  
954-597-3643  
[Rose.cure@tamarac.org](mailto:Rose.cure@tamarac.org)

Information and Referral Specialist  
954-597-3626

Visit our website: [www.tamarac.org/Social Services](http://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](http://www.facebook.com/TamaracParks)

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