

# Social Services

## Support Groups

### 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

### Caregiver Support Group

First and Third Tuesday of each month at 10:00am to 12pm

### Individual Counseling

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

**For more information  
please call  
954.597.3642**

## Health Services

### Center for Hearing and Communication

Amplified Telephones distribution for hearing impaired. Varied dates; Call for details.

10am to 11:30am

Please call for dates

### 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

### Free Blood Pressure

Tamarac Pharmacy will provide FREE blood pressure. On the 2nd Wednesday of the month from 11am to 12pm.

## Family Programs

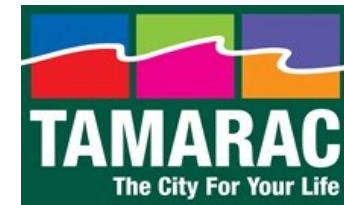
### Depression and Bipolar Support Alliance

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)

### Teen Parenting Group

by Memorial Hospital Systems

Join the Teen parenting group every Wednesday from 6:30pm to 7:30pm. The sessions are geared toward ages 10 to 18 years and focus on parenting styles, communication, and working together as a family to improve family relationships and strengthen family bonds.



[www.facebook.com/TamaracParks](http://www.facebook.com/TamaracParks)

# Social Services

## Special Programs

### Senior Social

Join us for a bagel breakfast and different lecture topics the 3rd Tuesday of the month at 11am. Call 954-597-3642

### Veteran's Advisor

Every 4th Friday from 8am to 11am. No appointment needed.

### 911 Cell Phone distribution

For emergency use only. Please call for an appointment 954-597-3642

### Shine

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

## 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

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

Social Services Supervisor  
954-597-3643

**Visit our website: [www.tamarac.org](http://www.tamarac.org)**

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

IT STARTS IN  
**PARKS**  
Coaching. Connecting. Community.

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