

Supporting Young Families: A Guide to Community Resources in Indian River County

For families with young children in Indian River County, a wealth of community resources is available to support a healthy and strong start in life. From prenatal care to early learning and nutritional assistance, local organizations are dedicated to providing comprehensive services for children ages 0 to 5 and their parents.

This guide compiles key resources available to families, offering a roadmap to navigating the crucial early years of a child's development.

The Buggy Bunch is dedicated to building relationships and meeting the needs of Indian River County moms and their families. <https://thebuggybunch.com/>

Care Net Pregnancy Center of IRC provides a variety of free pregnancy services, so you can make an informed and empowered choice for your unplanned pregnancy. <https://carenetirc.org/>

A Caring Center for Women provides access to high-quality pregnancy services no matter your financial situation. Our services are offered at no cost and insurance is not required. <https://772foryou.org/>

Childcare Resources of IRC elevates and promotes the highest quality early childhood development and education in Indian River County, focusing on economically challenged children and families. <https://www.childcareresourcesir.org/>

Children's Home Society of Florida builds bridges to success for children and families, helping them realize their full potential, and ending the need for foster care. <https://chsfl.org/>

Community Services of IRC (CSAC) is responsible for administering the County's general assistance programs, with the primary goal of promoting the social health and economic stability of Indian River County residents. https://indianriver.gov/services/community_services/index.php

Early Learning Coalition of IRC partners with parents, providers and communities to ensure quality early learning experiences through programmatic and financial support. <https://www.elcirmo.org/>

Economic Opportunities Council of IRC helps transition at-risk individuals and families from poverty to self-sufficiency through our agency programs and public/private partnerships. <https://eocofirc.net/>

Florida Department of Health Women, Infants, and Children (WIC) program provides nutrition education, breastfeeding support, and healthy foods for pregnant women, new mothers, and young children. The department also provides immunizations and other essential health services. For children with developmental delays, the **Early Steps** program offers early intervention services from birth to age three. indianriver.floridahealth.gov

Help Me Grow Florida 211 promotes healthy child development by connecting families with early identification and support services. <https://211palmbeach.org/help-me-grow>

Hibiscus Children's Center provide safe haven, mental health, preventative care and life skills for at-risk children and families. <https://hibiscuschildrenscenter.org/>

Homeless Children's Foundation helps families navigate local resources, so they can get back on their feet faster by providing programs for their children, so parents know their children are being cared for while they are working. <https://hcfirc.com/>

Hope for Families Center provides support and resources to families in need while also encouraging community involvement and support. <https://hopeforfamiliescenter.org/>

Indian River County Healthy Start Coalition establishes and supports a local system of care that optimizes the health of moms, babies, and their families living in Indian River County. <https://www.irchealthystartcoalition.org/>

The Learning Alliance provides a continuum of care and resources for families with children ages birth to 5 years through Family Connection Centers and the Lullaby Project. <https://www.thelearningalliance.org/>

March of Dimes leads the fight for the health of all moms and babies, striving to end maternal health risks and death, end preventable preterm birth and infant death, and close the health equity gap. marchofdimes.org

Mental Health Collaborative establishes a continuum of care for mental health made up of private and public funders, mental health providers, and individuals who work in collaboration to increase access, decrease duplication, and facilitate community-wide support of mental health issues. <https://www.mhcollaborative.org/>

Safe Families for Children surrounds families in crisis with caring, compassionate community. We are a nonprofit, volunteer movement that provides hope and support to families in our local community. <https://treasurecoast.safe-families.org/>

Samaritan Center provides transitional housing and guidance to homeless families in Indian River County and prepares them to live independently. <https://www.ccdpb.org/programs/samaritan-center/overview.html>

Sunshine Physical Therapy provides high-quality therapy services, delivered by caring and qualified professionals, regardless of financial status. <https://www.sunshineptc.org/>

Treasure Coast Community Health offers services on a sliding fee scale, ensuring all families have access to quality healthcare. They provide routine check-ups, sick visits, developmental screenings, and dental care for young children. <https://www.tcchinc.org/>

Treasure Coast Food Bank partners with local agencies to distribute food for families facing food insecurity. <https://stophunger.org/>

Tykes & Teens/Healthy Families of IRC prioritizes children's mental health through prevention, education, and treatment, while **Healthy Families of IRC** focuses on supporting families

through home visitation and positive parenting to promote their well-being and self-sufficiency. <https://tykesandteens.org/>

United Against Poverty serves families and individuals by providing crisis care, case management, transformative education, food and household subsidy, employment training and placement, personal empowerment training and active referrals to other collaborative social service providers. <https://unitedagainstpoverity.org/>

United Way of IRC improves lives by mobilizing the caring power of the community. <https://unitedwayirc.org/>

Whole Family Health Center offers an integrated approach to healthcare and strives to be a healthcare home for all members of the community. <https://wfhcfl.org/>