

# 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 or (561)318-1935 to make an appointment.

**For more information**

**please call**

**954.597.3642**

## Health Services

### Free Blood Pressure Screening

Every 1st Tuesday of the month from 11am to 12pm  
Sponsored by Walgreens.

### Center for Hearing and Communication

Amplified Telephones distribution for hearing impaired. Varied dates; Call for details.  
10am to 11:30am  
October 23 and December 2

### 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 FLU SHOT FOR TAMARAC RESIDENTS AT UNIVERSTIY HOSPITAL**

The City of Tamarac in partnership with University Hospital is offering FREE seasonal Flu shots.

Please call 954-597-3642 to make an appointment.  
Date and time to be determined.

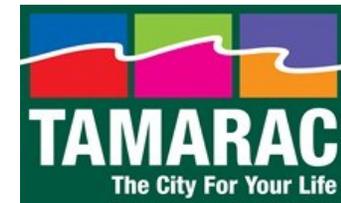
## Family Programs

### 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.

### Medicare Open Enrollment

Get assistance from SHINE counselors in choosing your Medicare Provider. No appointment needed.

First Come, First Served.

Thursday, October 29, 2015 from 10am to 2pm

Thursday, November 12, 2015 from 10am to 2pm

Thursday, December 3, 2015 from 10am to 2pm

Sponsored by Area Agency and Disability Resource Center

## 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, MSW**

Social Services Supervisor  
954-597-3643

### **Kaytrinia Doe**

Information and Referral Specialist  
954-597-3626

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**