

# 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

### Peace of Mind Support Group

Do you need Peace of Mind? If so, join Chief Psychologist, Jessica Ruiz, Psy. D. from Jewish Family Services to learn how to obtain Peace of Mind. Group Sessions are open to all and will offer different topics each month.

1st and 3rd Wednesdays of each month  
10:00am to 11am

### Individual Counseling

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

## 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**

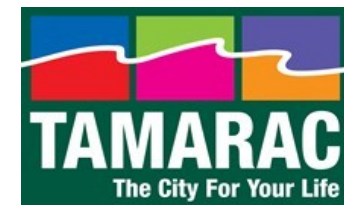
## Family Programs

### 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

### Shine

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

### Senior Lawn Enhancement Program

Designed to allow youth to give back to those in need. Teens will assist adults with limited mobilities by completing outdoor duties including but not limited to light gardening, sweeping porches or driveways, trash/debris, pick up, light yardwork, garbage/recycle bin take out.

To Qualify you must be:

- Tamarac resident
- A senior (55+)
- An adult with a Limited Disability

## 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

**Monique Alexander, MSW**  
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**