

Veterans and Military Student Life Resource Directory

Edition II



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College
VETERANS SERVICES



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Veteran Administration Resources


VA General Info Hotline	1-800-827-1000	 1-855-VA-WOMEN (1-855-829-6696)
Homelessness (also see community resources)	<p>Elaine Westermeyer Coordinator for Women, Elderly and Minority Veterans VA Regional Office, 10,000 Bay Pines Blvd. Bay Pines, FL (727) 319-5830 Elaine.westermeyer@va.gov</p> <p>Christiane Forsthoevel, LCSW Social Worker Bay Pines VAHCS, 10, 000 Bay Pines Blvd. Bay Pines, FL (727) 398-6661 ext. 7814 Christiane.forsthoevel@va.gov</p> <p>VA's National Call Center for Homeless Veterans 1-877-4AID-VET 1-877-424-3838</p> <p>John Hinton Homeless Veteran Outreach Coordinator 9500 Bay Pines Blvd N St. Petersburg, FL (727) 319-7761 John.hinton@va.gov</p>	<p>Gail Davis Homeless Outreach Social Worker Bay Pines Homeless Walk-in Clinic Bldg. 102 Bay Pines VAHCS, 10, 000 Bay Pines Blvd. Bay Pines, FL (727) 398-6661 ext. 10356 Hours: 8-11 am 1-3:30 pm</p> <p>Charles A. Davis, M. Ed. Homeless Prevention Outreach Specialist Vet Service Center, 3637 West Waters Ave. Suite 600, Tampa, FL (813) 228-2621 Charles.davis10@va.gov</p> <p> Supportive Services for Veteran Families Program (must check for deadlines) 1-877-424-3838</p>
Housing	<p>Domiciliary-shelter for homeless (727) 898-6661 ext. 4457</p> <p>Housing & Urban Development-Veterans Affairs Supported Housing HUD VASH Derek Bell pcha@pin-cha.org (727) 323-3171 ext. 210</p> <p>VA Home Loan (800) 827-1000</p>	<p>Michael Cade Homeless Veterans Employment Specialist Bay Pines VA Healthcare System Employment Re-Entry Services Building 1, 3rd Floor, Bay Pines, FL 33744 (727) 398-6661 ext. 8816</p>



Financial Assistance	VA Debt Management Center (800) 827-0648	E-Benefits www.ebenefits.va.gov
Health Care	Bay Pines VA Healthcare System 10000 Bay Pines Blvd Bay Pines, FL 33744 (727) 398-6661 (888) 820-0230	James A. Haley Veterans' Hospital 13000 Bruce B. Downs Blvd. Tampa, FL 33612 (813) 972-2000 (888) 811-0107
Readjustment	Africa Miller, LMSW, MBA Cheryl Schaub, LCSW VA Vet Center 6798 Crosswinds Drive N, St. Petersburg (727) 549-3633 Michael Welch, LCSW VA Vet Center 29259 US Hwy 19 N, Clearwater (727) 549-3600	Julie Tomm, LMSW Bay Pines VAMC (727) 398-6661 ext. 4963 Fred Liggett OEF/OIF/OND Transition Patient Advocate Bay Pines VAHCS (727) 398-6661 ext. 5893 fred.liggett@va.gov
Employment	<u>For Disabled Veterans:</u> US Dept. of Veteran Affairs Human Resources Recruitment Office (202) 461-4131 odi@va.gov Bay Pines VA Medical Human Resources (727) 398-6661 ext. 4124 VA Work-Study Program Annelies Williamson, SPC- (727) 341-3235 Work Net Pinellas One-Stop – (727) 524-4344 Bay Pines Medical Center – (727) 398-6661 VA Regional Office – (727) 319-5973 Career One Stop http://www.careeronestop.org/ReEmployment/Veterans/ USA Jobs https://www.usajobs.gov/	Huriyyah Davie Employment Specialist Bay Pines VAHCS (727) 398-6661 ext. 7369 Huriyyah.davie@va.gov David Davis Employment Coordinator Vet Success (727) 319-7928 david.davis2@va.gov Rae Chapman, MA, CESP Employment Specialist Bay Pines VAHCS (727) 398-6661 ext. 8813 rae.chapman@va.gov Antoinette “Toni” Washington Veterans’ Employment Representative WorkNet Pinellas 9500 Bay Pines Blvd, St. Petersburg, FL (727) 319-7927 antoinette.washington2@va.gov




<p>Support</p>	<p>Multiple Sclerosis Support Group Bay Pines VA Medical Bldg. 1, Room B214 Lindsey Sides MSW (727) 398-6661 ext. 2790</p> <p> Women Veteran Support Group For Women in combat/MST Clearwater Vet Center 29259 US Hwy 19 N, Clearwater, FL Claudia Goodall, LCSW (727) 549-3600</p> <p>Visual Impairment Service Team (VIST) Bay Pines VA Medical Shawn Britt, LCSW (727) 398-6661 ext. 4516</p> <p>Grief Support Loss of a loved one Bay Pines VA Medical (727) 398-6661 ext. 7676</p>	<p>Post-Traumatic Stress Disorder PTSD Bay Pines VA Medical (727) 398-6661 ext. 4249</p> <p>Smoking Cessation Support Group To quit smoking Bay Pines VA Medical (727) 398-6661, ext. 4922 or 4061</p> <p> Women In Transition Support Group Bay Pines VA Medical Vicki Tangney, LCSW, OEF/OIF/OND Case Manager (727) 398-6661 ext. 7219</p> <p>PTSD Coach Mobile App-download on Google Play or I-Tunes Online Help www.ptsd.va.gov</p>
<p>Transportation</p>	<p>*Consult with Primary VA Physician*</p> <p>Veteran Transportation Service (727) 398-6661 ext. 10308 cora.omari@va.gov</p>	<p>PSTA Public Transportation Routes to VA Bay Pines Bay Pines area-Rt 18 & 68 Palm Harbor-Rt 19 St. Pete-Rt 59 (727) 540-1900 www.psta.net</p>
<p>Wellness</p>	<p>MOVE! Bay Pines VA Medical PERC Library Bldg. 100 Room 1E-236I Mary Ellen Smith (727) 398-6661 ext. 10085</p>	<p>Walk with Ease Program Bay Pines VA Medical Randelle Arena, Program Representative (727) 398-6661 ext. 7759</p>
<p>Education</p>	<p>VONAPP To apply for benefits https://www.ebenefits.va.gov Questions: 1-800-983-0937 VONAPP.VBACO@va.gov</p> <p>Florida Dept. of Veteran Affairs Resources for education, employment, healthcare, housing, claims assistance 9500 Bay Pines Blvd Suite 214 Bay Pines, FL</p>	<p>Vocational Rehabilitation 9500 Bay Pines Blvd St Petersburg, FL 33708 1-800-827-1000</p> <p>GI Bill www.gibill.va.gov Info: 1-888-442-4551 Certification: 1-877-823-2378</p>






	<p>Alene Tarter, Director tarere@fdva.state.fl.us  Cynthia Brown, State Women Veterans' Coordinator brownc@fdva.state.fl.us (727) 319-7421</p>	<p>Need your DD-214? www.archives.gov/veterans</p>
<p>Veterans Service Organizations</p>	<p>AMVETS (727) 319-7490 Michael Black, Office Manager</p> <p>DISABLED AMERICAN VETERANS (727) 319-7444 Andy Marshall, Supervisor</p> <p>MILITARY ORDER OF THE PURPLE HEART (727) 319-7488 Dana Rautio, National Service Officer</p> <p>PARALYZED VETERANS OF AMERICA (727) 319-7470 Anthony "Dwayne" Stanifer, National Field Director</p> <p>Pinellas County VSO 301 S Disston Ave Tarpon Springs, FL 34689 (727) 942-5457 ext. 6142 Appointment only, Thursdays</p> <p>Pinellas County VSO 8751 Ulmerton Rd. Largo, FL 33771 (727) 524-4410 ext. 7694 Appointment only, Tues. & Weds.</p> <p>Hillsborough County VSO 311 Pauls Dr. Suite 100 Brandon, FL (813) 635-8316 Walk-in</p>	<p>VETERANS OF FOREIGN WARS (727) 319-7483 Ken Thie, National Service Officer</p> <p>AMERICAN EX-POW (727) 319-5914 Doris Jenks, National Service Officer Rose Mary Meredith, National Service Officer</p> <p>VIETNAM VETERANS OF AMERICA (727) 319-7515 Marc McCabe, Department Service Officer</p> <p>Pinellas County VSO 2189 Cleveland St. Suite 230 Clearwater, FL 33765 (727) 464-2460 Appointments preferred</p> <p>Pinellas County VSO 647 1st Avenue N St. Petersburg, FL 33701 (727) 582-7828 Appointments preferred</p>





Community Resources

<p>Homelessness</p>	<p>Homeless Emergency Project (HEP) 1120 N Betty Lane, Clearwater, FL 33755 Zak White, Director of Programs (727) 442-9041 ext. 114 zacharyw@ethep.org Cell: (727) 637-8088</p> <p> Robyn Larson Women's Residential Director Tampa Crossroads 4203 N. Nebraska Ave., Tampa, FL 33603 (813) 238-8557 ext. 500 rlarson@tampacrossroads.com</p> <p>Marie Galbraith Programs Director Tampa Crossroads (813) 238-8557 ext. 300 mgalbraith@tampacrossroads.com</p> <p>American Legion: Project Homefront Healthcare, employment, homelessness, education, suicide prevention, PTSD www.projecthomefront.com 1-800-393-3378 mail@floridalegion.org</p>	<p><u>For Single, Homeless Men</u> Beacon House 2151 Central Avenue, St. Petersburg, FL (727) 823-5780</p> <p><u>For Single Males & Females only</u> Sharon Nivens, BA Outreach Specialist Boley Centers 445 31st St. N, St. Petersburg, FL (727) 686-7490 sharon.nivens@boleycenters.org</p> <p> Women's Resource Center of Tampa, Inc. emergency food, clothes, housing, employment 1017 Kingsway Road, Brandon, Florida 33510 (813) 661- 3696 ext. 242</p> <p>Liberty Manor Tampa, FL (813) 900-9422 www.libertymanor.org</p>
<p>Food/Clothing Household Items</p>	<p>Free Clinic Food Bank (727) 821-6574</p> <p> Dept. Children & Families Food Stamps (727) 893-5200 St. Pete (727) 685-9831 Clearwater</p>	<p>F.E.A.S.T. Food Pantry 2255 Nebraska Avenue, Palm Harbor, FL (727) 789-5275</p> <p>RCS Food Bank 700 Druid Rd., Clearwater, FL (727) 443-4031 one-time basis</p>

	<p>St. Vincent DePaul Soup Kitchen 384 15th St N, St Petersburg (727) 823-2516 1015 Cleveland St, Clearwater, FL (727) 442-5306</p> <p>Service Source Clothing & household items disabilities resources for employment, rehabilitation, housing, veterans services (Warrior Bridge) 2735 Whitney Rd. Clearwater, FL (727) 538-7370 www.servicesource.org</p>	<p>Helping Hands Free food and clothing 2565 Blackburn St., Clearwater, FL (727) 724-1290</p> <p>Connie Blaney Liberty Manor Tampa, Florida 33688 813-900-9422 Fax 813-269-1511 www.LibertyManor.org</p> <p>Salvation Army 1521 Druid Road E., Clearwater, FL - 33755 (727) 446-4177 8021 60th St. N, Pinellas Park, FL - 33780 (727) 546-1349</p>
<p>Housing</p>	<p>Haven of RCS Domestic Violence Shelter Clearwater, FL victims of domestic violence and their children (727) 442-4128</p> <p>St. Pete Women’s Shelter 814 4th Ave. N., St. Petersburg (727) 821-3894</p> <p>Home Share Matches people with home-owners looking for a roommate. (727) 945-1528 www.homeshareprogram.org</p> <p>Alliance for Affordable Housing Down Payment Assistance (727) 224-0645</p>	<p>Neighborhood Home Solutions Down Payment Assistance (727) 821-6897</p> <p>Community Service Foundation, Inc. Peggy Eaton, Housing Placement Specialist 925 Lakeview Rd, Clearwater, FL (727) 461-0618 ext. 6 peg@csfhome.org</p> <p>Goodwill Suncoast Low-income housing http://www.goodwill-suncoast.org/index.cfm?fuseaction=page.housing</p> <p>Clearwater Neighborhood Housing Services Down Payment Assistance (727) 442-4155</p>
<p>Financial Assistance</p>	<p> American Legion Temporary Financial Assistance (TFA) program Department of Florida (407) 295-2631 mail@floridalegion.org</p>	<p>Consumer Credit Counseling (800) 720-9537</p> 

	<p> American Legion's Family Support Network for service members and their family members to call for assistance (800) 504-4098</p> <p>Low Income Energy Assistance Program LIHEAP emergency aid for electric bill payment (727) 327-0977</p> <p>Supportive Services for Veteran Families Program Rent, utilities, storage, moving expenses & more Society of St. Vincent de Paul 384 15th Street N, St. Petersburg, FL (727) 823-2516 ext. 101 schedule screening</p> <p>Social Security Administration (800) 772-1213</p>	<p>Pinellas Opportunity Council Emergency Financial Assistance Electric & Water Bill 1201 Douglas Ave., Clearwater, FL (727) 442-5649 by appointment only 218 Lemon St., Tarpon Springs, FL (727)937-9393 by appointment only</p> <p>Salvation Army Social Services-Tarpon Rent, electric, water bill assistance 209 South Pinellas Ave, Tarpon Springs, FL (727) 934-4476 call for screening</p> <p>Pinellas County Human Services Electric, water, rent, rental deposit assistance 2189 Cleveland St., Suite 266, Clearwater (727) 464-8400</p>
<p>Transportation</p>	<p>PSTA Public Transportation (727) 540-1900 www.psta.net</p> <p>Yellow Cab (727) 344-5555</p> <p>Day Star One-time help with travel expenses 226 6th St S, St. Petersburg (727) 789-5275</p> <p>TSA Wounded Warrior Accommodations To support and facilitate the movement of severely injured service members and veterans through the security screening process at our nation's airports. (888) 262-2396 MSIJSOC@dhs.gov</p>	<p>Air Compassion for Vets Airfare to get to medical facility for treatment (888) 662-6794 ops@aircompassionforveterans.org</p> <p>The Angel Bus Ground transportation for patients (800) 768-0238</p> <p>DART Transportation services for people who, because of their disability, are unable to PSTA buses. 3201 Scherer Drive, St. Petersburg, 33716 (727) 540-1800</p>
<p>Health Care</p>	<p>Healthnet Pinellas (727) 562-1545</p>	<p>Medicaid & Financial Planning Services 1008.5 Drew St., Clearwater (727) 409-2292</p>

	<p>Clearwater Free Clinic 707 N Fort Harrison, Clearwater (727) 447-3041</p> <p> St. Petersburg Free Clinic 863 3rd Ave N, St. Petersburg (727) 821-1200</p> <p>Family Emergency Treatment Center 11254 58th St. N, Pinellas Park (727) 541-4628</p> <p> Community Health Centers of Pinellas Johnnie Ruth Clarke (727) 821-6701 (727) 544-2284 (Pinellas Park)</p>	<p><small>St. Petersburg College</small> SPC St. Petersburg College – Dental 7200 66th St. N, St. Petersburg (727) 341-3668</p> <p>Marriage & Family Counseling of Pinellas Adult Mental Health (727) 726-9408</p> <p>Directions for Living Children/Adult Mental Health (727) 524-4464 Medicare (800) 633-4227</p> <p>NAMI Mental health, support groups (727) 826-0807 Gay Hawk egayhawk@aol.com</p>
<p>Child Care & Resources</p>	<p>Child Care Resource & Referral (727) 547-5750</p> <p>Big Brothers & Big Sisters Samantha Fenger (727) 518-8860 ext. 227 samanthaf@bbbspc.org</p> <p>Boy Scouts of America (727) 391-3800</p> <p>Boys & Girls Clubs of the Suncoast (727) 546-1032</p> <p>Women, Infants & Children WIC Program (727) 824-6913 or (727) 824-6914</p> <p>See “<u>Wellness</u>” for YMCA’s</p>	<p>Voluntary Prekindergarten (VPK) If you live in Florida and have a child who turns 4 years of age by September 1, your child is eligible for Florida’s FREE VPK program. 1-866-357-3239 Florida Kid Care Low cost or free health insurance for children 1-888-540-5437 • floridakidcare.org</p> <p>Camelot Community Care Children’s Mental Health (727) 593-0003 (727) 791-3131 Emergencies</p> <p>Military Kids Connect www.militarykidsconnect.org</p> <p>Our Military Kids www.ourmilitarykids.org</p>
<p>Employment</p>	<p><small>St. Petersburg College</small> SPC Lynne Wolf Career Specialist Seminole Campus Wolf.Lynne@spcollege.edu (727) 394-6034</p>	<p>Employ Florida Marketplace (EFM) Internal Resume, Job Search, LinkedIn Training www.employflorida.com</p>

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SPC Rose Mackey
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SPC Kellie Ziemak
Career Information Specialist
SPC Downtown
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(727) 341-4245

Michael White
Veteran Employment Representative
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682 E. Klosterman Road, Tarpon
Springs, FL (727) 608-2414

Michele D'Alessio
Local Veterans Employment Rep.
WorkNet Pinellas
2312 Gulf to Bay Blvd., Clearwater, FL
(727) 608-2413

Stanley Walker Jr.
Disabled Veterans' Outreach Program
Specialist
Tampa Bay Workforce Alliance
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Tampa, FL
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walkers@workforcetampa.com

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The Center for Second Service
for veterans interested in learning more
about the political process
George Washington University
805 21st Street NW, STE 401
Washington, D.C. 20052
<http://washington.2ndservice.org>






State Job search (Florida)
<https://peoplefirst.myflorida.com/logon.htm>

Troop to Teachers
<http://www.proudtoserveagain.com/>
Military Spouse Career Center
www.military.com/spouse

VetJobs Veteran Eagle
www.vetjobs.com

Military to Civilian Pay calculator
<http://calculator.gijobs.com/paycalculator.aspx>

	<p>Muriel Boysen Veterans Employment Outreach Program Specialist Service Source 2735 Whitney Road, Clearwater, FL (727) 538-7370 ext. 336 Muriel.boysen@servicesource.org</p>	
<p>Entrepreneur</p>	<p> Jack Gris� - Certified SCORE Mentor SCORE Pinellas Veterans' Initiative 4707 140th Ave. N, #311 Clearwater, FL 33762 (727) 532-6800 score@scorepinellas.org</p> <p> Veteran Women Igniting the Spirit of Entrepreneurship VWISE Free business seminars Katie Frontino Admissions Coordinator Institute for Veterans and Military Families Syracuse University 700 University Avenue, Suite 303 Syracuse, NY 13244-2530 (315) 443-8791 vwise@syr.edu</p>	<p>Veterans Pathway Organization gives grants that have no fees, no interest, and no payback requirement. www.veteranspathway.org</p> <p>Veteran Entrepreneurship Certificate Program Free for veterans, active military, and their immediate family members; 3-credit hrs., grant http://pinellascounty.score.org/</p> 
<p>Support</p>	<p> SPC Ladies Operating with Vision & Enrichment (L.O.V.E.) 2nd & 4th Tuesday Dr. Carleah East SPC/Gibbs SA-315 (727) 341-4662 east.carleah@spcollege.edu</p> <p>Breast Cancer Support Group (727) 586-7153</p> <p>Latino Breast Cancer Support Group (727) 467-2454</p> <p> Young Women Cancer Support Group (727) 725-6016</p>	<p> SPC Women on the Way WOW SPC Clearwater, 2465 Drew St. BT-101 (727) 791-2634 SPC Midtown, 1048 22nd St. (727) 341-7156</p> <p> SPC Men Achieving Excellence MAX Dr. Roy Slater, Faculty Advisor SPC-CL (727)791-2550</p> <p>United Veterans Assistance Services, Inc. renovating and restoring homes for veterans (727) 600-7458</p>

	 Greater Tampa Bay Charter: Women In Defense WID Lisa Monnet (813) 326-2620	Warrior Support Services Financial guidance 14104 58 th St. N Clearwater, FL Marlene Ware (877) 751-8080 mware@warriorsupportservices.org
Wellness	<small>St. Petersburg College</small> SPC Clearwater Campus Wellness Center ST-104, 2465 Drew St., Clearwater	 YMCA of Greater St. Petersburg 2421 4th Street South, St. Petersburg, FL 33705 (727) 821-9348
	<small>St. Petersburg College</small> SPC The Wellness Center at St. Petersburg/Gibbs Campus located on the corner of 70th Street N and Burlington Avenue. (727) 341-4687	 YMCA Clearwater 1005 S Highland Ave, Clearwater (727) 461-9622
	<small>St. Petersburg College</small> SPC The Titans Fitness Center at SPC Tarpon Springs Campus 600 Klosterman Road Tarpon Springs, FL 34689 (727) 712-5710	 YMCA of the Suncoast 8787 Bryan Dairy Rd, Largo (727) 394-9622
	<small>St. Petersburg College</small> SPC The Wellness Center Allstate Center 3200 34th St. South St. Petersburg, FL 33711	 YMCA Greater Palm Harbor 1600 16th St, Palm Harbor (727) 787-9622

Visit our **Veterans Services Centers** today for answers to questions, information and guidance, peer tutoring and the opportunity to socialize with other student veterans!

- St. Petersburg/Gibbs: AD building, room 120
- Clearwater: SS building, room 102
- Seminole: Portable (PB) 601
- Tarpon Springs: AG building, room 105/106





Education Resources

Financial Aid

Student Veterans of America SVA
www.studentveterans.org

SVA/PNC Bank \$10,000 scholarship
 SVA/Google \$10,000 scholarship for majors in computer science or related field

SVA-IPEF \$1,000-2,000 scholarship for student veterans & dependents of service member killed in action

Veterans' Student Loan Relief Fund

<http://sms.scholarshipamerica.org/veterans-student-loan-relief/>

up to \$5,000 to repay educational loans from for-profit institutions

Jesse Brown Memorial Youth Scholarship Program (amount varies)
<http://www.dav.org/volunteers/Scholarship.aspx>

Any volunteer who is age 21 or younger and has volunteered for a minimum of 100 hours at a VA medical center during the previous calendar year.

Application for Federal Student Aid

www.fafsa.ed.gov/index.htm



FREE Textbooks

St. Petersburg College
SPC SPC Book Swap
<http://www.spcollege.edu/bookswap>

Book Swap
www.swap.com

Google Books
<http://books.google.com>

Connexions
<http://cnx.org>

Community College Consortium for Open Educational Resources
<http://oerconsortium.org/discipline-specific>

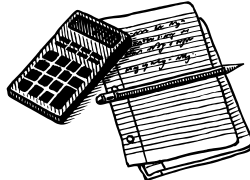
St. Petersburg College
SPC Allstate Center Library
 3200 34th Street South
 St. Petersburg FL 33711
(727) 341-4486

St. Petersburg College
SPC Clearwater Campus Library
 2465 Drew Street
 Clearwater, FL 34337
(727) 791-2411

St. Petersburg College
SPC SPC Downtown Library
 244 2nd Avenue North
 St. Petersburg, FL 33701
(727) 341-7199

St. Petersburg College
SPC West St. Petersburg Community Library
 at St. Petersburg Gibbs Campus
 6605 5th Avenue North
 St. Petersburg, FL 33710
(727) 341-7177

St. Petersburg College
SPC Seminole Community Library
 at Seminole Campus
 9200 113th Street North
 Seminole, FL 33772
(727) 394-6905

	<p>SPC Tarpon Springs Campus Library 600 Klosterman Road Tarpon Springs, FL 34689 (727) 712-5240</p>	
<p>Tutoring</p>	<p>SPC Tina March, Associate Professor REA 007, REA 0017, REA 1105, Angel, Smart Thinking, Basic Computer Skills SP/Gibbs LA-103 (727) 341-4354 march.tina@spcollege.edu</p>	<p>SPC Collaborative Commons SPC Seminole UP 192 (727) 394-6133</p> <p>SPC Learning Support Commons SP/Gibbs TE 200 Writing Studio LI 212 (727) 341-3512 (727) 341-3511</p>
	<p>SPC Academic Tutoring Services The Writing Studio in the Library Learning Support Center in LA 100 SPC Clearwater Campus (727) 791-5994</p>	<p>SPC Learning Support Commons SPC Tarpon Springs Math & Science -Library Atrium (727) 712-5729 Writing & Computers -FA 154 (727) 712-5753</p>
	<p>SPC Learning Support Commons SPC Downtown DC 314 (727) 341-791 (727) 341-7916</p>	
	<p>SPC Learning Support Commons HEC Caruth Health Education Center Rm. 199 (727) 341-3724</p>	<p>*SPC Veterans Services also may have tutors available.</p>
<p>Advising</p>	<p>SPC David Lee Student Support Advisor SP/Gibbs (727) 341-4351</p> <p>SPC Malena Buck Student Support Advisor Seminole (727) 394-6106</p>	<p>SPC Bob Wadworth Student Support Advisor Tarpon Springs (727) 712-5445</p>
<p>Certifying Officials</p>	<p>SPC Enrique Bernal Veterans Support Advisor Tarpon Springs Campus SA 120 & SA 121 (727) 712-5848/5731 Bernal.Enrique@spcollege.edu</p>	<p>SPC Leta Carreira Veteran Service Specialist Clearwater and Epi Campus SS 102 (727) 791-2676 carreira.leta@spcollege.edu</p>



	<p><small>St. Petersburg College</small> SPC Lawrence Hobbs St. Petersburg/Gibbs Campus, Downtown, Allstate & HEC AD 120 (727) 341-4271 hobbs.lawrence@spcollege.edu</p>	<p><small>St. Petersburg College</small> SPC Allison Shenofsky Veteran Support Advisor Seminole Campus PB 609 (727) 394-6204 shenofsky.allison@spcollege.edu</p>
Veterans Services	<p><small>St. Petersburg College</small> SPC Jeff Cavanagh Veterans Services Director (727) 341-3216 cavanagh.jeff@spcollege.edu</p> <p><small>St. Petersburg College</small> SPC Annelies Williamson Veterans Services Student Support Specialist (727) 341-3235 wlliamson.Annelies@spcollege.edu</p>	<p><small>St. Petersburg College</small> SPC  Monique Statham Veterans Services Women's Initiatives (727) 341-4274 statham.monique@spcollege.edu</p> <p>Student Veterans Association www.facebook.com/spc.student.veterans.association</p>



Did you know that our SVA is a member of the national Student Veterans of America?

Like the Student Veterans Association page on Facebook and see what's going on! <https://www.facebook.com/spc.student.veterans.association>

You can also visit them at www.spcollege.edu/sva and www.studentveterans.org.




Military Recruiters

<p>Army</p>	<p>Dwayne Miller, Staff Sergeant 25841 US Hwy. 19N, Cypress Point Plaza Clearwater, FL (727) 791-9900 dwayne.miller@usarec.rmy.mil</p> <p>Demetrius Farrell, Staff Sergeant 11223 Park Blvd., Suite 3, Seminole, FL (727) 391-6716 demetrius.farrell@usarec.army.mil</p>
<p>Navy</p>	<p>CTR2 (CW) William Taylor 7985 113th St. N, Suite 340, Seminole, FL (727) 391-6367 william.j.taylor2@navy.mil</p>
<p>Air Force</p>	<p>Dale King, Staff Sergeant 908 58th St. N, St. Petersburg, FL (727) 347-7706 dale.king.2@us.af.mil</p> <p>Chenetta Dunlap, Technical Sergeant 908 58th St. N, St. Petersburg, FL (727) 347-7706 chenetta.dunlap@us.af.mil</p>
<p>Marines</p>	<p>J.M. Buono, Sergeant 25861 US Hwy. 19N, Clearwater, FL (727) 797-7774/7685 james.buono@marines.usmc.mil</p>
<p>ROTC Programs</p>	<p>www.todaysmilitary.com/ROTC</p>



Crisis Hotline Numbers

Help Line	211
Veteran Support	<p>Veteran Combat Call Center to talk to another combat Veteran (877) 927-8387</p> <p>Suncoast Hospice (727) 586-4432 www.thehospice.org</p> <p>Congressman Bilirakis Veteran Support Office 600 Klosterman Road, Room BB-038 Tarpon Springs, FL 34689-1299 Tel: (727) 940-5860 Fax: (727) 940-5861</p> <p>Wounded Warrior Project www.woundedwarriorproject.org</p> <p>Homeless and Risk of Homelessness Veterans 1-877-424-3838</p>
Suicide	<p>VA Suicide Prevention Hotline (800) 273-8255 press "1" for veterans</p> <p>Suicide Emergency Hotline-Pinellas County (727) 791-3131</p>
Domestic Violence	<p>Florida Abuse Hotline (800) 962-2073</p> <p>CASA (727) 895-4912</p> <p>National Domestic Violence Hotline (800) 799-SAFE</p> <p>Florida Domestic Violence Hotline (800) 500-1119</p>
Sexual Trauma	Rape Crisis Line (727) 530-7273
Emergency Finances	 American Legion's Family Support Network for servicemembers and their family members (800) 504-4098

	<p>American Red Cross Armed Forces Emergency Service Center (877) 272-7337</p>
Drug and Alcohol	<p>Alcoholic Anonymous (727) 530-0415</p> <p>Florida Substance Abuse Hotline (800) 729-6686</p>
Health	<p>Cancer Care Counseling Line (800) 813-4673</p> <p>Adult Mental Health Bay Pines VA Hospital (727) 398-6661</p> <p>Adult Mental Health Bay Care Life Management (727) 5846266</p> <p>AIDS Hotline (800) 342-2437</p> <p>Depression & Bipolar Support Alliance (866) 281-5322</p> <p>Medication Assistance Helpline (800) 906-7279</p>
Children	<p>Florida Runaway Hotline (800) 621-4000</p>

Managing

Stress Management: How to Reduce, Prevent, and Cope with Stress

Look at how you currently cope with stress.

Unhealthy ways of coping with:

- Smoking
- Drinking too much
- Overeating or underreacting
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family, and activities
- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)

Healthy ways to relax and recharge:

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles.
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.

Stress management strategy #1:

Avoid unnecessary stress- Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

Stress management strategy #2:

Alter the situation-If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

Stress management strategy #3:

Adapt to the stressor- If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Adjusting Your Attitude:

How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts.

Stress management strategy #4:

Accept the things you can't change- Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

Stress management strategy #5:

Make time for fun and relaxation- Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come.

Stress management strategy #6:

Adopt a healthy lifestyle- You can increase your resistance to stress by strengthening your physical health.

(Literature received at L.O.V.E. Workshop: Mental Health Awareness by Dr. Carleah East, Psychology Instructor, St. Petersburg/Gibbs Campus 727-341-4662)