

# March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <u>Open 10am—8pm</u> 5-8p Neurocognitive Screening Initiative (NSI)  Clothing Closet & Toiletries	<b>3</b> <u>Open 10am—7pm</u> 11a-12p Veteran's Back on Track 4:15-6:15p AnARTists- Art for everyone  Clothing Closet & Toiletries	<b>4</b> <u>Open 10am—6pm</u>   Clothing Closet & Toiletries	<b>5</b> <u>Open 10am—6pm</u> 1:30-2:30p Cancer Educational Wellness Series 2:30-3:30p Seeking Safety Support Group  Clothing Closet & Toiletries	<b>6</b> <u>Open 10am—4pm</u>   Clothing Closet & Toiletries	<b>7</b> <u>CLOSED</u>
<b>9</b> <u>Open 10am—8pm</u> 5:30-7:30p EAC Free Therapy Night**  Clothing Closet & Toiletries	<b>10</b> <u>Open 10am—7pm</u> 11a-12p Veteran's Back on Track  Clothing Closet & Toiletries	<b>11</b> <u>Open 10am—6pm</u>   Clothing Closet & Toiletries	<b>12</b> <u>Open 10am—6pm</u> 2:30-3:30p Seeking Safety Support Group  Clothing Closet & Toiletries	<b>13</b> <u>Open 10am—4pm</u>   Clothing Closet & Toiletries	<b>14</b> <u>CLOSED</u>
<b>16</b> <u>Open 10am—8pm</u> 5:30-7:30p EAC Free Therapy Night**  Clothing Closet & Toiletries	<b>17</b> <u>Open 10am—7pm</u> 11a-12p Veteran's Back on Track 6-7p Traumatic Brain Injury Our Community, Our Health Town Hall Clothing Closet & Toiletries	<b>18</b> <u>Open 10am—6pm</u> 11a-12p NCFL Bladder Cancer Support Group  Clothing Closet & Toiletries	<b>19</b> <u>Open 10am—6pm</u> 2:30-3:30p Seeking Safety Support Group  Clothing Closet & Toiletries	<b>20</b> <u>Open 10am—4pm</u> 10a-12p Safety Net Meeting  Clothing Closet & Toiletries	<b>21</b> <u>Open 10am—2pm</u>
<b>23</b> <u>Open 10am—8pm</u> 5:30-7:30p EAC Free Therapy Night**  Clothing Closet & Toiletries	<b>24</b> <u>Open 10am—7pm</u> 11a-12p Veteran's Back on Track  Clothing Closet & Toiletries	<b>25</b> <u>Open 10am—6pm</u> 12-1p Cancer Connections 12-1p Diabetes Support Group  Clothing Closet & Toiletries	<b>26</b> <u>Open 10am—6pm</u> 11a-1p Smoking Cessation Class 2:30-3:30p Seeking Safety Support Group  Clothing Closet & Toiletries	<b>27</b> <u>Open 10am—4pm</u>   Clothing Closet & Toiletries	<b>28</b> <u>CLOSED</u>
<b>30</b> <u>Open 10am—6pm</u> 5:30-7:30p EAC Free Therapy Night**  Clothing Closet & Toiletries	<b>31</b> <u>Open 10am—7pm</u> 11a-12p Veteran's Back on Track 5:30-8:30p EAC Eye Clinic**  Clothing Closet & Toiletries				

Monday: 10:00am - 8:00pm

Friday: 10:00am - 4:00pm

Tuesday: 10:00am - 7:00pm

Saturday: 10:00am - 2:00pm

Wednesday, Thursday: 10:00am - 6:00pm

RTS Bus Routes to HealthStreet: 1, 9, 12, 35, 38

2401 SW Archer Road  
Gainesville, FL 32608

(352) 294-4880

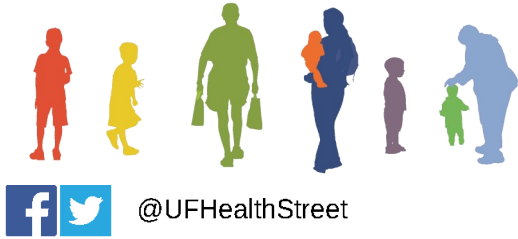
[www.myhealthstreet.org](http://www.myhealthstreet.org)

## CALENDAR KEY

- HealthStreet Initiatives
- Outside organizations meeting at HealthStreet
- Outside Events
- Special Events
- \*\* Registration Required

# HealthStreet

RESEARCH HELPING PEOPLE



**HealthStreet** is an innovative community engagement program at the University of Florida that aims to improve the health of our community by bridging gaps in healthcare and research. Our program offers referrals to medical and social services, as well as opportunities to participate in health research and health education.

## Sign Up For Our Newsletter to:

- ◆ Receive monthly updates on events and classes.
- ◆ Receive information on new health studies.
- ◆ Receive tips and activities for healthier living.

Visit our website at [www.MyHealthStreet.org](http://www.MyHealthStreet.org) or contact us at [HealthStreet@ufl.edu](mailto:HealthStreet@ufl.edu) to sign up.

## Free Classes and Workshops

### AnARTists Community Group

- ◆ A free monthly art group for all adults. Each month is a new project led by a member or a local artist. No art experience necessary for participants.

## Support Groups and Programs

### Diabetes Support Group

- ◆ Meets the last Wednesday of every month.
- ◆ Health education and support for adults with diabetes.
- ◆ Contact **HealthStreet** at **(352) 294-4880** for information.

### Cancer Connections Support Group

- ◆ Meets the 3rd or 4th Wednesday of every month.
- ◆ Open to all cancer patients, survivors, caregivers, and healthcare professionals.
- ◆ Contact **Jodian Blake** at [blake.j@ufl.edu](mailto:blake.j@ufl.edu) for more information.

### Cancer Educational Wellness Series

- ◆ Meets the 4th Wednesday of every month.
- ◆ Open to all cancer patients, family and the community.

### “Back on Track” Veterans Recovery Group

- ◆ Meets every Tuesday.
- ◆ Contact **Chelsey Curran** at **(352) 213-8409** for more information.

### Seeking Safety Support Group

- ◆ Meets every Thursday. Veterans only.
- ◆ Seeking Safety is a present-focused coping skills group designed for veterans with problems associated with alcohol or drug use and with ongoing difficulty related to past traumatic experiences.
- ◆ The groups are structured and focus on specific topics related to learning coping skills to safely manage symptoms/problems related to alcohol/substance use and history of traumatic experiences.
- ◆ Contact **Chelsey Curran** at **(352) 213-8409** for more information.

### NCFL Bladder Cancer Support Group

- ◆ Meets the 3rd Wednesday of every other month.
- ◆ Open to all patients, caregivers, and those interested in living a full life with this diagnosis.
- ◆ Contact **Dave Fleming** at [dfleming313@gmail.com](mailto:dfleming313@gmail.com) if you would like to attend.

### Free HIV Testing

- ◆ HealthStreet provides free and confidential HIV testing.
- ◆ Contact **HealthStreet** at **(352) 294-4880** to schedule your appointment.

## Resources at HealthStreet

### UF Equal Access Clinic: Eye Exams

- ◆ Meets last Tuesday of every month.
- ◆ Student-run specialty clinic that provides free eye exams.
- ◆ Call **(352) 580-0393** to make an appointment.

### UF Equal Access Clinic: Free Therapy Night

- ◆ Meets every Monday.
- ◆ Student-run specialty clinic that provides free mental health counseling.
- ◆ People undergo an intake session to determine eligibility for 5 weekly individual sessions.
- ◆ Call **(352) 325-1775** to make an appointment.

### Neurocognitive Screening Initiative

- ◆ Mondays at 5:30 pm and 6:30 pm.
- ◆ For adults (ages 18+) who have concerns about their thinking and/or memory – including symptoms of ADHD, epilepsy, stroke, traumatic brain injury, and dementia syndromes like Alzheimer’s disease.
- ◆ Call **(352) 888-7940** to make an appointment.

### IQUIT Smoking Cessation at HealthStreet!

- ◆ Meets the 4th Thursday of every month.
- ◆ Goal of the program is to strengthen the capacity of Florida’s healthcare system to deliver effective evidence-based tobacco use treatment and prevention services.
- ◆ Contact **UF AHEC** at **(352) 273-8530** to register.

### Health and Cancer Resource Center

- ◆ Provides the Gainesville community with support and information regarding various health conditions.
- ◆ Informational materials at the library are free.

### Grocery Tours

- ◆ Shopping for healthy foods on a budget—if you’re eligible for SNAP benefits, this grocery store tour is for you! Call the **Family Nutrition Program** at **(352) 294-3865** or visit [tinyurl.com/ycbjg234](http://tinyurl.com/ycbjg234) to sign up.
- ◆ Contact **HealthStreet** at **(352) 294-4880** for information.

### Clothing Closet and Toiletries

- ◆ Available during regular business hours at HealthStreet.
- ◆ Access free clothing and toiletry items.