# Alachua County Resource Guide

*Child and Family focused*

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Basic Needs:
Food, clothing, emergency financial services, Employment assistance

- **Access Florida (Food stamps, Medicaid):**
  Phone: 1-866-762-2237
  Website: [http://www.myflorida.com/accessflorida/](http://www.myflorida.com/accessflorida/)

- **Alachua County Community Support Services (ACOSS):** Utilities, rent, and other resources as listed below.
  218 SE 24th Street
  Gainesville, FL 32641
  Phone: (352) 264-6750
  TDD: (352) 955-2499
  Fax: (352) 264-6756
  Website: [http://www.alachuacounty.us/DEPTS/CSS/SOCIALSERVICES/Pages/Services.aspx](http://www.alachuacounty.us/DEPTS/CSS/SOCIALSERVICES/Pages/Services.aspx)

  **Animal Services fee waiver:** Fee waiver allowing indigent persons to reclaim their pets.

  **Indigent burials or cremations**

  **Referrals:** Services such as a brief assessment, information and referral.

  **Rent and mortgage:** Rent and mortgage assistance may be available for eligible residents to assist in the prevention of eviction and foreclosure and to reduce homelessness.

  **RTS day bus pass:** Eligible residents receive a RTS day bus pass to access public transportation for medical and/or work related reasons.

  **Urgent Special Needs:** Assistance for items and services that are not offered through any other sources.

  **Utilities:** Utility assistance may be available for eligible residents to prevent the interruption of utility services.

- **Bread of the Mighty Food Bank:** Emergency food
  325 NW 10th Avenue
  Gainesville, FL 32601
  Phone: (352) 336-0839
  Website: [http://www.breadofthemighty.org/](http://www.breadofthemighty.org/)
• **Catholic Charities:** Utilities, rent, and emergency food
  
  1701 NE 9th Street  
  Gainesville, FL 32609  
  Phone: (352) 372-0294  
  Website: [http://catholiccharitiesgainesville.org/](http://catholiccharitiesgainesville.org/)

• **Community Action Agency:** Immediate financial assistance (Utility/Rent), Self-sufficiency program (helping families to become independent of social/public assistance)
  
  1405 NW 13th Street, Suite B  
  Gainesville, FL 32601  
  Phone: (352) 373-7667  
  Website: [http://www.cfcaa.org/](http://www.cfcaa.org/)

• **FloridaWorks/One-Stop Career Center:** Provides career counseling, workshops/assessments, resume and interview assistance, job leads, funding for job training, support services and phones, computers, and supplies for jobseekers; services are free of charge. Available for every Alachua and Bradford county resident looking for employment.
  
  4800 SW 13th St  
  Gainesville, FL 32608  
  Phone: (352) 955-2245  
  Website: [http://www.floridaworksonline.com](http://www.floridaworksonline.com)

• **Gainesville Community Ministry:** Utilities, rent, clothing, furniture, emergency food, Free GED classes, parenting classes, assistance with obtaining state IDs.
  
  238 SW 4th Ave  
  Gainesville, FL 32601  
  Phone: (352) 372-8162  
  Website: [http://www.gcmhelp.org](http://www.gcmhelp.org)

• **Goodwill Industries:** Clothing, furniture
  
  3520 SW 34th St  
  Gainesville, FL, 32608  
  Phone: (352) 376-9041

  2624 NW 13th St.  
  Gainesville, FL, 32609  
  Phone: (352) 378-4449  
  Website: [http://www.goodwill.org/](http://www.goodwill.org/)
• Haven Hospice Attic: Clothing (free with referral letter)

300 NW 8th Avenue
Gainesville, FL 32608
Phone: (352) 378-7484
Website: http://www.havenhospice.org/gainesville-attic.aspx

• High Springs Social Services: Food pantry, clothing, rent/utility assistance

15 SE 1st Ave
High Springs, FL 32643
Phone: (386) 454-1000

• Junior League: Clothing (free with referral letter)

430-A North Main Street
Gainesville, FL 32601
Phone: (352) 372-1710
Website: https://www.gainesvillejrleague.org

• SafeLink Cell Phones: Recipients receiving assistance through government programs are eligible

Phone: 1-800-Safelink
Website: https://www.safelinkwireless.com/Enrollment/Safelink/en/Public/NewHome.html

• Salvation Army: Food pantry, utility assistance, furniture assistance, clothing vouchers, Angel Tree program (Christmas gifts for children)

639 E. University Avenue
Gainesville, FL 32601
Phone: (352) 376-1743
Website: http://www.uss.salvationarmy.org/uss/www_uss_gainesville.nsf/

• St. Francis House: Emergency food (soup kitchen)

413 S. Main Street
Gainesville, FL
Phone: (352) 378-9079
Website: http://stfrancishousegny.org/

• Three Rivers Legal Services: Free civil legal services to low-income individuals (Foreclosure, Consumer, Domestic Violence, Education, Elder, Employment, Family, Public Benefits, Housing, Small Claims)

901 NW 8th Avenue Suite D-5
Gainesville, FL 32608
Phone: (352) 372-0519
Website: http://www.trls.org/
United Way: information and referral program

United Way of North Central Florida
6031 NW 1st Place
Gainesville, FL 32607-2025
Phone: (352)331-2800
Fax: (352)331-2111
Website: http://www.unitedwayncfl.org/
United Way 2-1-1 for local resources: http://nefl211.org/default.asp
Child Welfare Services:

- **Child Protection Team (CPT):** Medical diagnosis and evaluation, Nursing assessment, Child and family assessments, Multidisciplinary staffings, Psychological and psychiatric evaluations, Specialized and forensic interviews Expert court testimony, Training for child protection investigators and other community providers of child welfare services, Training for emergency room staff and other medical providers in the community.

  University of Florida Dept. of Pediatrics
  1701 SW 16th Avenue, Bldg. A
  Gainesville, FL 32608-1173
  352-334-1300
  Website: [http://cpt.pediatrics.med.ufl.edu/](http://cpt.pediatrics.med.ufl.edu/)

- **Department of Children and Families:** Provides a wide range of services including Automated Community Connection to Economic Self Sufficiency (ACCESS), Abuse hotline, Adoption, Adult Protective Services, Background Screening, Child Care, Child Welfare, Community-Based Care, Domestic Violence, Foster Care, Homelessness, Human Trafficking, Independent Living Services, Mental Health, Refugee Services, and Substance Abuse.

  Local DCF office: (352) 415-6169 (for inquiries about an open DCF case/assignment of the DCF investigator)

  The Florida Abuse Hotline: 1-800-962-2873 (to refer concerns of abuse/neglect to DCF)

  Website: [http://www.myflfamilies.com/contact-us/region/circuit-8](http://www.myflfamilies.com/contact-us/region/circuit-8)

- **Partnership for Strong Families:** Provides adoption services, foster care supervision, family preservation services, and case management. Families must be referred by Department of Children and Families. Provides on-going case management to children involved in the child welfare system (DCF).

  5905 NW 1st Pl Suite A
  Gainesville, FL 32607
  Phone: (352) 244-1500
  Website: [www.pfsf.org](http://www.pfsf.org) (staff directory on the website)
Childcare & Parenting Resources:

• **Early Learning Coalition (ELC):** Assistance with daycare, Voluntary Pre-Kindergarten (VPK) and School Readiness programs
  
  4424 NW 13th St, Gainesville, FL 32609
  (352) 375-4110
  Website: [http://www.elcalachua.org/](http://www.elcalachua.org/)

• **Family Source of Florida Parent Helpline:** Offers immediate assistance to stressed and overwhelmed parents/caregivers regarding parental responsibilities or specific behaviors of children, provides support to survivors of child abuse or incest, and provides support for parents about their child’s behavior.
  
  1-800-FLA-LOVE (800-352-5683)
  Website: [www.211bigbend.org](http://www.211bigbend.org)

• **Healthy Families:** Voluntary home visitation program promoting positive parent-child relationships and child health and development. This program offers services prenatally or at the birth of a baby to families who are voluntarily assessed as needing Healthy Families services. The services can last for up to five years depending on the needs of the family.
  
  910 NW 57th Street
  Gainesville, FL 32605
  Phone: (352) 294-5530
  Website: [http://www.healthyfamiliesfla.org/alachua.asp](http://www.healthyfamiliesfla.org/alachua.asp)

• **Healthy Start:** provides universal risk screening of all Florida’s pregnant women and newborn infants to identify those at risk for poor birth, health and developmental outcomes. Free services to pregnant women and babies, up to age 3.
  
  1785 NW 80th Blvd.
  Gainesville, FL 32606
  Phone: (352) 334-7940
  Website: [http://www.healthystartncf.org/](http://www.healthystartncf.org/)

• **Library Partnership Resource Center:** Resource/referrals for families, family events, clothing, tutoring, financial planning, parenting classes, project job makeover
  
  1130 NE 16th Avenue
  Gainesville, FL 32601
  Phone: (352) 334-0161
• **Prescribed Pediatric Extended Care (PPEC, AKA Medical Daycare):** PPEC centers allow Medicaid eligible children from birth through age 20 with medically-complex conditions to receive continual medical care in a non-residential setting. PPEC centers provide nursing intervention and medical supervision to children with special health care needs.

Phone: 1-800-289-7799
Website: [http://www.florida-ppec.com/](http://www.florida-ppec.com/)
Mental Health, Behavioral and Substance Abuse Counseling resources:

- **Alachua County Crisis Center**: Provides counseling via phone, face-to-face crisis intervention, follow-up counseling care, support groups, and community education. Anyone suicidal, in crisis, or simply needing to talk- services are free. Victims services and rape crisis counseling.
  
  218 SE 24th St
  Gainesville, FL 32641
  Phone: (352) 264-6789 (local crisis hotline)
  (800) SUICIDE (784-2433; National Suicide Hotline)
  (800) SUICIDA (784-2432; Spanish)
  (800) 273-TALK (8255; National Suicide Prevention Lifeline)
  (352) 264-6557 (local rumor control hotline)
  Website: [http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx](http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx)

- **Behavior Analysis Support Services (BASS)**: Applied Behavior Analysis therapy (Diagnosis such as Autism, ODD, ADHD, OCD, PDD, tantrum behaviors)
  
  2035 SW 75th Street, Suite B
  Gainesville, FL 32607
  Phone: (352) 332-8588
  Website: [http://www.behavioralsupports.com/](http://www.behavioralsupports.com/)

- **CDS Family and Behavioral Services, Inc.**: Most of the programs offered by CDS Family & Behavioral Health Services are for youth – children and teens and their families. The CDS mission is “Strengthening Communities by Building Strong Families” which means helping kids and their parents develop the skills they need to succeed in life. Youth Shelters, free substance abuse counseling services
  
  Phone: (352) 244-0628, (352) 244-0618
  Toll-free: (800) 854-5377
  Website: [http://www.cdsfl.org/](http://www.cdsfl.org/)

- **Child Advocacy Center**: Free counseling for victims of child abuse
  
  Phone: (352) 376-9161
  Website: [http://www.childadvocacycentergainesville.org/](http://www.childadvocacycentergainesville.org/)
• **ITM Group**: Adolescent counseling services (Substance abuse, anger management, sexually reactive)

225 SW 7th Terrace  
Gainesville, FL 32601  
Phone: (352) 379-2829  
Website: [http://itmflorida.com/programs/juvenile-programs](http://itmflorida.com/programs/juvenile-programs)

• **Meridian Behavioral Healthcare, Inc.**: Crisis Stabilization Unit, Outpatient Individual and Family counseling for adults and children, Outpatient Psychiatric services for adults and children, MIST Program (Mother's Intensive Support Treatment offers rehabilitation and counseling services for mothers who are working towards having a drug-free baby), OTP clinic (Outpatient substance abuse treatment for adults), Detox and substance abuse counseling services.

4300 SW 13th St  
Gainesville, FL 32608  
Phone: (352) 374-5600  
Toll-free: 1-800-330-5615  
Website: [www.mbhci.org](http://www.mbhci.org)

• **Village Counseling Center**: Mental health counseling (primary specialty providing services for sexually abused children or sexually reactive children)

3601 SW 2nd Avenue, Suite Y  
Gainesville, FL 32607  
Website: [http://www.villagecounselingcenter.net/](http://www.villagecounselingcenter.net/)

• **Whole Child Consulting**: Applied Behavior Analysis therapy (Diagnosis such as Autism, ODD, ADHD, OCD, PDD, tantrum behaviors)

Phone: (352) 425-2063  
Website: [http://www.wholechildconsulting.com/index.html](http://www.wholechildconsulting.com/index.html)
Domestic Violence resources:

- **Intimate Partner Violence Assistance Clinic (IPVAC):** The Intimate Partner Violence Assistance Clinic (IPVAC) is a multidisciplinary clinic at the Levin College of Law providing indigent victims of domestic, dating and sexual violence with legal representation, mental health counseling and case management needs. Program is also affiliated with the SOURCE program.

  Phone: (352) 273-0805  
  Website: [http://www.law.ufl.edu/academics/clinics/civil/IPVAC](http://www.law.ufl.edu/academics/clinics/civil/IPVAC)

- **Peaceful Paths:** Peaceful Paths is the certified domestic abuse network that serves survivors of domestic violence in Alachua, Bradford, and Union counties. Peaceful Paths provides a wide range of services including emergency shelter, transitional housing, crisis hotline, victim advocacy, children’s programming, education and training, counseling and support groups, community awareness and intervention, violence prevention programs, and batterer’s intervention programming. Peaceful Paths is a member of the Florida Coalition Against Domestic Violence (FCADV).

  2100 NW 53rd Ave Ste. A  
  Gainesville, FL, 32653  
  Phone: (352) 377-8255  
  800-393-SAFE (7233)  
  Website: [http://www.peacefulpaths.org/](http://www.peacefulpaths.org/)
Medical resources:

• **ACORN Clinic:** Low cost medical and dental care to low-income families

  23320 N. State Road 235
  Brooker, FL 32622
  Medical: (352) 485-1133
  Dental: (352) 485-2772
  Website: [http://www.acornclinic.org/](http://www.acornclinic.org/)

• **Alachua County Community Support Services (ACOSS):** Medical resources as listed below

  218 SE 24th Street
  Gainesville, FL 32641
  Phone: (352) 264-6750
  TDD: (352) 955-2499
  Fax: (352) 264-6756
  Website: [http://www.alachuacounty.us/DEPTS/CSS/SOCIALSERVICES/Pages/Services.aspx](http://www.alachuacounty.us/DEPTS/CSS/SOCIALSERVICES/Pages/Services.aspx)

  **Limited medical supplies:** ACOSS will assist eligible clients obtain medical supplies. Client must not be eligible for any other insurance. Exclusions apply.

  **Limited prescription assistance:** ACOSS will assist eligible clients with limited prescription assistance by helping to pay for their medications. Client is responsible for co-pay. Client must not be eligible for any other insurance. Exclusions apply.

  **Primary Care at Family Practice Medical Group:** Primary Physician Care may be available for eligible persons including diagnostic testing and lab work. Client must not be eligible for any other insurance. Exclusions apply.

  **Vision exams and eyeglasses:** A collaborative effort between ACOSS and Lions Club Sight and Hearing Foundation to provide vision exams and eyeglasses to eligible persons.

• **Alachua County Health Department:** Family planning, HIV primary care, STDs, Immunizations

  224 SE 24th Street
  Gainesville, FL 32641
  Phone: (352) 334-7900
  Website: [http://www.doh.state.fl.us/chdalachu/](http://www.doh.state.fl.us/chdalachu/)
• **Children’s Medical Services (CMS):** family-centered programs designed to serve eligible children with special needs; also provide intervention, prevention, and other specialty programs.

  1701 S.W. 16th Avenue, Bldg. B
  Gainesville, FL 32608
  Phone: (352) 334-1400
  Toll-free: 1-800-523-7545

• **Early Steps Intervention:** Provides early intervention and support services to families with infants and toddlers who are at risk or have delays in development which are provided in a coordinated, family-centered system. The goal is for the family to receive strong support through a primary coach approach to teaming that assigns one member of a multidisciplinary team as the primary coach, where he or she receives coaching from other team members, and uses coaching with parents and other primary caregivers to support and strengthen their confidence and competence in promoting child learning and development. The services are provided in home or where the child learns and plays.

  1329 Southwest 16th Street
  Gainesville, FL 32610
  Phone: (352) 273-8555 or (800) 334-1447

• **Florida KidCare:** Through Florida KidCare, the state of Florida offers health insurance for children from birth through age 18, even if one or both parents are working.

  To apply: [https://www.healthykids.org/documents/apply/kidcare_app_english.pdf](https://www.healthykids.org/documents/apply/kidcare_app_english.pdf)

  Florida KidCare, P.O. Box 980
  Tallahassee, FL 32302
  1-888-540-5437
  Website: [https://www.healthykids.org](https://www.healthykids.org)

• **Florida Vision Quest:** provides eyeglasses to kids in locations around the state

  Website: [http://www.flvq.org/aboutJVQ.asp](http://www.flvq.org/aboutJVQ.asp)

• **Gainesville Community Ministry:** Dental clinic (548-4806), OT 4 kids (327-9049, with free tutoring, reading groups, occupational therapy, vision screenings, community play groups, parent to parent support groups, and developmental screening. For children birth to 6 years of age), PT clinic, Vision clinic (372-8162, vision screening/exams and donated eye glasses to those in need. Exams will be conducted every 3 months. Donations of $5.00 to cover cost of eye glasses suggested.)

  238 SW 4th Ave
  Gainesville, Fl 32601
  Local: (352) 372-8162
  Website: [http://www.gcmhelp.org/home0.aspx](http://www.gcmhelp.org/home0.aspx)
• Helping Hands Clinic: Provides medical services to the poor and the homeless.

First United Methodist Church
509 NE 1st Street
Gainesville, FL 32601
Phone: (352) 519-5542
Website: http://hhcg.org/

• Hospital Homebound: Home education and related services provided to eligible students who are unable to attend school for medical reasons.

1817 East University Ave
Gainesville, FL 32641-2629
Phone: (352) 955-7671

• Medicaid: Information on local Medicaid Doctors and Healthcare providers.


Link to list of local providers:
http://portal.flmmis.com/FLPublic/Portals/0/StaticContent/Public/Area%203a/3A%20%20Provider%20Listing%20for%20Web%20page.pdf

Local Office:
14101 NW HWY 441, Suite 600
Alachua, FL 32615
Phone: (386) 418-5350
Toll Free: 1-800-289-7799

To request Medicaid Insurance Change: 1-866-762-2237

• Medicaid Options: Assists parents with selecting a Medicaid plan for their child (HMO versus Medicaid)

Phone: 1-888-367-6554

• Medicaid Transportation (MV Transit): Transportation for those who have Medicaid insurance.

3713 SW 42nd Ave. Suite 3
Gainesville, FL 32608
Phone: (352) 375-2784 x 11600
Fax: (352) 378-6117
Website: http://www.mvtransit.com
Medicaid Waiver Program/Agency for Persons with Disabilities (Florida): This program offers 28 supports and services to assist individuals with developmental disabilities to live in their community. Eligibility: Children must be referred after 3 years old but prior to 18 years old. Diagnosis of: Autism, Cerebral Palsy, Mental Retardation/Intellectual Disability (IQ of 70 or below), Prader-Willi Syndrome, and Spina Bifida

To apply: [http://www.apdcares.org/customers/application/](http://www.apdcares.org/customers/application/)

Phone: (850) 488-4257
1-866-APD-CARES (1-866-273-2273)

Local:
1621 Northeast Waldo Road; Building 1
Gainesville, FL 32609
Phone: (352) 955-6061
Fax: (352) 955-5787
Website: [www.apdcares.org](http://www.apdcares.org)

Mobile Outreach Clinic: The Mobile Outreach Clinic provides free health care to the medically underserved in low income neighborhoods and rural areas in and around Alachua County. Calendars (and locations of services) are updated monthly on the clinic’s website.

Clinic: (352) 262-0162
Office: (352) 273-5329
Fax: (352) 733-4291
Website: [http://outreach.med.ufl.edu/](http://outreach.med.ufl.edu/)

Prescribed Pediatric Extended Care (PPEC, AKA Medical Daycare): PPEC centers allow Medicaid eligible children from birth through age 20 with medically-complex conditions to receive continual medical care in a non-residential setting.

Phone: 1-800-289-7799
Website: [http://www.florida-ppec.com/](http://www.florida-ppec.com/)

Social Security Administration: To apply for Social Security Disability Income

1610 NW 23rd Avenue
Gainesville, FL 32605
Phone: (352) 375-4178
National: 1-800-772-1213
TTY: 1-800-325-0778
Website: [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability)
• **UF CARD**: The Center for Autism & Related Disabilities (CARD) provides support and assistance with the goal of optimizing the potential of people with autism and related disabilities.

2046 NE Waldo Road Suite 3200
Gainesville, FL 32609
Toll Free: 1-800-9-AUTISM
Phone: (352) 273-0581
Website: [http://card.ufl.edu/](http://card.ufl.edu/)

• **Women’s, Infants and Children Project (WIC)**: provides food and referrals to healthcare for mothers with infants and children under age 5

Phone: 1-800-494-2543

Website: [www.floridawic.org](http://www.floridawic.org)
Housing & Homeless Resources:
Emergency shelters, youth shelters, and Long-Term housing programs

- **Alachua County Growth Management:** Down payment assistance, home repair programs
  Phone: (352) 264-7013
  Website: [http://growth-management.alachuacounty.us/housing_programs/](http://growth-management.alachuacounty.us/housing_programs/)

- **Alachua County Housing Authority:** Provides quality housing or rental assistance to certified clients. Must meet program requirements, including income, family size and background check.
  703 NE 1st St
  Gainesville, FL 32601
  Phone: (352) 372-2549
  Website: [http://www.acha-fl.com/](http://www.acha-fl.com/)

- **Community Action Agency:** Low-Income Home Energy Assistance Program (LIHEAP), Weatherization Assistance Program, Home-ownership, repairs
  1405 NW 13th Street, Suite B
  Gainesville, FL 32601
  Phone: (352) 373-7667
  Website: [http://www.cfcaa.org/](http://www.cfcaa.org/)

- **Gainesville Housing Authority:** Provides quality housing or rental assistance to certified clients. Must meet program requirements, including income, family size and background check.
  1900 SE 4th St
  Gainesville, FL 32641
  Phone: (352) 872-5500
  Website: [http://gainesvillehousingauthority.org/](http://gainesvillehousingauthority.org/)

- **Habitat for Humanity:** Works in partnership with low-income families to build low-cost housing. Must presently be living in substandard housing and meet income requirements.
  2317 SW 13th St
  Gainesville, FL 32608
  Phone: (352) 378-4663
  Website: [www.alachuahabitat.org](http://www.alachuahabitat.org)
• Interface Youth Shelter (through CDS Family & Behavioral Services, Inc.): The residential program is voluntary for youth age 10-17. Youth stay in the shelter for a night or two in emergency situations or can stay 3-5 weeks to work on developing skills needed for success in the future.

Interface Youth Shelter, Central
1400 NW 29th Road
Gainesville, FL 32605
Phone: (352) 244-0618
Website: http://www.cdsfl.org/youth/interface-youth-program-shelters/

• Interfaith Hospitality Network: Shelter and comprehensive support (case management, transportation, daycare) for homeless families with children.

Phone: (352) 378-2030
Website: http://www.ihngvl.org/

• Pleasant Place: Pleasant Place provides a safe, nurturing environment for pregnant and parenting teens who are victims of abuse or neglect or who are homeless.

Phone: (352) 377-9669
Website: http://www.pleasantplace.net/

• St. Francis House: Soup kitchen, emergency shelter, transitional housing program, and long-term housing

413 S. Main Street
Gainesville, FL
Phone: (352) 378-9079
Website: http://stfrancishousegnv.org/
Smoking Cessation:

- **Healthy Start**: Free smoking cessation services to any pregnant or postpartum woman in the state of Florida. One on one counseling & home based.
  
  Phone: (352) 334-7940  
  Website: [http://www.doh.state.fl.us/chdalachua/](http://www.doh.state.fl.us/chdalachua/)

- **Suwannee River AHEC**: free smoking cessation classes
  
  Phone: (352) 265-9569  
  Phone: 1-866-341-2730  
  Website: [http://www.ahectobacco.com/](http://www.ahectobacco.com/)

- **Other helpful resources**:  
  - Florida Quit line: 1-877-822-6669, [www.floridaquitline.com](http://www.floridaquitline.com)  
  - [http://tobaccofreealachua.org/](http://tobaccofreealachua.org/)  
  - [www.smokefree.gov](http://www.smokefree.gov)  
  - [www.becomeanex.org](http://www.becomeanex.org)