

# Thomas County Community Wellness Resource Guide

Thomas County Family Connection

Thomas County Homeless Coalition

Please note: this guide is updated quarterly, please call resources before presenting in person to ensure they are providing services.

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<b>Housing assistance</b>	
<p><b>Thomas County Neighborhood Service Center</b>                  Rapid Rehousing, LIHEAP utility assistance, Rental assistance, Hotel vouchers if available, Head Start                  (229) 228-1162 Call for appointments                  127 Smith Ave                  swgacac.com</p>	<p><b>Community Outreach Training Center</b>                  Home buyer education, budgeting, and limited emergency services, CHAP-community housing assistance program                  (229) 233-8075 Call for appointments                  500 W. Washington St.                  owningthedream.com</p>
<p><b>Salvation Army</b>                  Hotel/motel Vouchers, Utility Assistance, Needham House                  (229) 226-3772                  500 N. Madison St                  southernusa.salvationarmy.org/thomasville</p>	<p><b>Habitat for Humanity</b>                  Workforce housing, pathway to home ownership                  229-236-4224                  125 Lester St</p>
<b>Food Staples</b>	
<p><b>Thomas County Food Bank and Outreach Center</b>                  430 N. Broad St.                  Mon 3-5pm                  Tues/Thurs 9am-12pm                  Can access every 30 days, please bring identification</p>	<p><b>Food Assistance Benefits</b></p> <p><b>SNAP-Thomas County Department of Children &amp; Families</b>                  SNAP applications Monday through Friday 8am-5pm                  (229) 225-4005                  460 Smith Ave                  dfcs.georgia.gov</p>
<p><b>Rotary Fresh Produce Market</b>                  Weston Park on Felix Street                  Third Saturday of the month                  80-1030* until supplies last                  FB: Rotaryclubofthomasville</p>	<p><b>WIC-Georgia Department of Public Health</b>                  WIC, Vaccines, birth certificates, babies can't wait, women's health                  484 Smith Ave                  (229) 226-4241</p>
<p><b>Back Pack Buddies</b>  <b>Contact Student Service Coordinators</b>                  Thomas County Schools-Cara Hankinson                  cahankinson@tcjackets.net                  Thomasville City Schools-Dr. Tina McBride                  mcbridet@tcitys.org</p>	<p><b>Food Pantry Locator</b>                  foodfinder.us search by zip code                  Verify before going by calling</p>
<b>Clothing Assistance</b>	
<p><b>Salvation Army</b>                  Clothing Vouchers                  514 N Madison St                  229-226-3772</p>	<p><b>World Wide Ministries of Christ</b></p>
<p><b>Goodwill Industries-Career Resource Center</b>                  1955 GA-122                  229-262-3768</p>	
<b>Mental Health</b>	

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<p><b>Georgia Pines Community Service Board</b> 252 Woodlands BLVD 229-225-5208</p>	<p><b>Vashti Center for Children and Families</b> 1815 Clay St 229-226-4634</p>
<b>Sliding Scale Providers</b>	
<b>Addiction Resources</b>	
<p><b>Georgia Pines</b> 252 Woodlands BLVD 229-225-5208</p>	<p><b>Heritage Foundation</b> 14382 Highway 19 (229) 228-5545</p>
<p><b>Wecoverly Peer Support Program-Daily Support</b> 2004 GA Highway 122 (229) 236-7464</p>	<p><b>The Phoenix-Long Term Addiction Program</b> 400 S. Pinetree Blvd., Bldg. 414 (229) 225-5223</p>
<b>Transportation</b>	
<p><b>Southwest Georgia Regional Commission for Transportation</b> M-F 6am-8pm, Saturday 8am-4pm, one way trip under 10 miles in county \$3, over ten miles in county \$5, over 10 outside of county \$5 plus \$.50 per mile 1-833-799-7433 Southwest Georgia Regional Commission (swgrc.org)</p>	<p><b>Thomas County Area Transit</b> Transportation within Thomas County, call 24 hours in advance to schedule ride, cost between \$1 and \$5+ depending on distance 229-228-7372 Thomas County Area Transit Service (thomascountyboc.org)</p>
<p><b>Toya's Transport (Private Transportation)</b> 850-782-1090 Toya's Transport on Facebook</p>	
<b>Child Advocacy</b>	
<p><b>Never Lost</b> Court Appointed Special Advocates (CASA) 1835 Smith Ave 229-225-4338 neverlost.org</p>	<p><b>Treehouse Children's Advocacy Center</b> Assault and Abuse Center 510 Gordon Ave 229-236-5437 Treehousethomasville.org</p>
<p><b>Vashti Center for Children and Families</b> Residential Center and Afterschool Clubhouse Clubhouse requirements: 1815 E. Clay Street 229-226-4634 Vashti.org</p>	
<b>Disability</b>	
<p><b>Lives Without Limits</b> Assistance with Physical disabilities 311 N. Dawson St 229-236-5969 Liveswithoutlimitsga.org</p>	<p><b>Bain Services</b> Center for Independent Living (CIL) dedicated to promoting independence and improving the quality of life for individuals with disabilities in South Georgia. 229-246-0150 <a href="#">BAIN CIL   Official Site</a></p>

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<b>Domestic Violence, Assault, and Human Trafficking</b>	
<b>Halcyon Home for Battered Women</b> 229-226-5096 Halcyonhomeshelter.org	
<b>Homeless shelters outside of Thomas County</b>	
<b>Stillwaters</b> Bainbridge 229-416-4061 friendsministriesga.org	<b>Haven (Domestic Violence, Assault, and Human Trafficking)</b> Valdosta 229-244-1765 Valdostahaven.org
<b>LAMP</b> Valdosta 229-245-7157 Lampinc.org	<b>Ruth's Cottage (Domestic Violence)</b> Tifton, Ga 31794 229-387-9697 <a href="https://stopthehurtga.org/">https://stopthehurtga.org/</a>
<b>Serenity House-Moultrie</b> 229-890-7233 serenityhousega.org	
<b>Shelters for women outside of Thomas County</b>	
<b>Handmaiden House</b> Women's transitional housing-Cairo 229-397-5401 <a href="https://form.jotform.com/241336395642156">https://form.jotform.com/241336395642156</a>	<b>Mustard Seed Cottage</b> Maternity Home-Moultrie 229-921-5966 Mustardseedcottage.org
<b>Family Services</b>	
<b>Thomasville Community Resource Center</b> Parent Child Home program, Afterschool program, Bright from the Start program, and others 501 Varnedoe St 229-226-5846 tcrconline.org	
<b>Healthcare</b>	
<b>Primary Care of Southwest Georgia</b> Serving the medically underserved and uninsured 454 Smith Ave 229-227-5510 <a href="https://www.pcswga.org/">https://www.pcswga.org/</a>	<b>Primary Care of Southwest Georgia</b> Women's health 916 South Broad Street 229-226-3377 <a href="https://www.pcswga.org/">https://www.pcswga.org/</a>
<b>Lawson Neel Medbank</b> Medication assistance for the uninsured and underinsured 229-226-8114 Inmedbank.com	<b>Georgia Department of Public Health</b> Vaccines, birth certificates, babies can't wait, women's health 484 Smith Ave 229-226-4241 Swhealthdistrict.org
<b>Apply for Medicaid</b> Peach State Health Plan <a href="http://www.pshpgeorgia.com">www.pshpgeorgia.com</a>	

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<b>Pregnancy</b>	
<p><b>Open Door Adoption</b>                  Navigation through unexpected pregnancy                  218 East Jackson St                  800-868-6339  <a href="https://www.opendooradoption.org/">https://www.opendooradoption.org/</a></p>	<p><b>First Option Care Pregnancy Center</b>                  Diapers, baby formula, clothing, baby equipment, parenting classes, breast feeding support, options counseling, free pregnancy tests and free ultrasounds                  106 Euclid Dr                  229-226-0510  <a href="http://www.1stoption.care">www.1stoption.care</a></p>
<p><b>Babies Can't Wait</b>                  229-227-2456  <a href="http://Dph.georgia.gov/babies-cant-wait">Dph.georgia.gov/babies-cant-wait</a></p>	<p><b>Pickles and Ice cream</b>                  Online support and resources  <a href="http://Picklesandicecreamga.org">Picklesandicecreamga.org</a></p>
<b>Veterans</b>	
<p><b>Georgia Department of Veterans Services</b>                  Assistance in applying for service connected and other benefits                  406 Smith Ave                  229-225-4050  <a href="http://Veterans.georgia.gov">Veterans.georgia.gov</a></p>	<p><b>Veterans of Foreign War VFW Post #4995</b>                  1296 Old Cassidy Road                  Meets third Saturday of the month</p>
<p><b>Changing Homelessness Support Services for Veteran Families</b>                  904-354-1100  <a href="http://www.changinghomelessness.org">www.changinghomelessness.org</a></p>	<p><b>SGT Ernest I. Boots Thomas VA Clinic</b>                  2181 East Orange Ave                  Tallahassee, FL, 32308                  Physical Health: 850-878-0191                  Mental Health: 850-513-7000</p>
<p><b>Vet Center-Readjustment Counseling</b>                  Based in Tallahassee, but provides counseling in Thomas and surrounding counties                  850-942-8810</p>	<p><b>Transportation to Tallahassee VA Clinic</b>                  Limited basis, call for more information                  229-220-1265</p>
<b>Employment Support</b>	
<p><b>Goodwill Carer Resource Center</b>                  Access to computers, relevant job searches, resume and cover letter writing assistance, virtual interview training, job fairs, and networking opportunities with the employers ready to hire.                  1955 GA-122                  229-262-3768</p>	<p><b>New Hire Solutions</b>                  Connecting employers to job seekers                  174 Big Star Drive                  229-227-9003  <a href="https://newhiresolutions.com/">https://newhiresolutions.com/</a></p>
<p><b>AmericanWorks</b>                  Age 27+ supported employment with MH/SUD                  229-733-0476</p>	
<b>Animal Support</b>	
<p><b>Thomasville Humane</b>                  Humane treatment of animals and support for pet owners</p>	<p><b>Thomas County Animal Control</b>  <a href="https://www.facebook.com/people/Thomas-County-Animal-Services/100093945335674/">https://www.facebook.com/people/Thomas-County-Animal-Services/100093945335674/</a></p>

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<p>180 Big Star Drive 229-228-0613 Pet Food Pantry <a href="https://www.thomasvillehumane.org/">https://www.thomasvillehumane.org/</a></p>	
<b>Mental Health Support</b>	
<p><b>The Yellow Elephant</b> 912-243-3310</p>	
<b>Aging Services</b>	
<p><b>SOWEGA Council on Aging</b> Adult day care, meals, homemaker services, transportation age 60+ 1800282612</p>	<p><b>Scott Senior Center</b> MWF 10-1, preregister by calling the YMCA. Learning opportunities, classes, activities for adults of all ages 611 N Stevens st 229-228-9618</p>
<b>Developmental Disabilities</b>	
<p><b>Thomas Grady Service Center</b> We provide day services, community, residential, community living supports in the community , prevocational, and supported employment. Services are provided to those with a Medicaid Waiver (no private pay). People must apply for the waiver through DBHDD contact 229-225-5099 106 Plantation Oak Drive 229-225-4065 <a href="https://www.thomasgrady.org/">https://www.thomasgrady.org/</a></p>	<p><b>Thomasville Autism Center</b> Meet the needs of children and families living with Autism Spectrum Disorders. 200 Gordon Ave 229-226-0741 <a href="https://pcthamasville.com/s-ga-autism-center/">https://pcthamasville.com/s-ga-autism-center/</a></p>
<p><b>Step N' Stones Autism Academy and Therapy Services</b> Educate, Rehabilitate, Advocate, Support, and bring Awareness to Autism Spectrum Disorder (ASD), Social-Emotional, Developmental, and Behavioral disorders 506 Gordon Ave 229-227-1433 <a href="https://stepnstonesacademy.com/">https://stepnstonesacademy.com/</a></p>	
<b>Cancer</b>	
<p><b>Lewis Hall Singletary Oncology Center</b> Support programs, social services, and financial assistance for patients and their families. 919 S. Broad St (229) 584-5400</p>	
<b>Support Groups</b>	
<p><b>Caregiver Support</b> For more information, call 229-403-2043</p>	<p><b>Alzheimer's</b> <a href="http://www.alz.org/georgia">www.alz.org/georgia</a></p>
<b>AA Groups</b>	
<p><b>Grace Group</b> MWF-open discussion 12:00 pm SASS-420 W Jackson St</p>	<p><b>Women's Group</b> Monday-open, discussion, 4:00 pm SASS-420 W Jackson St</p>

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<p><b>Trinity Group</b> Monday-12 step study, open 8:00pm Trinity Anglican 325 w Jackson St</p>	<p><b>Men's Group</b> Wednesday-closed 7:00 pm SASS-420 W Jackson St</p>
<b>NA Groups</b>	
<p><b>NA Group</b> MTHF 7:00 pm Resource Center 424 S Pinetree BLVD</p>	
<b>AL-Anon</b>	
<p><b>Thomasville AFG</b> Monday 7:00 pm Trinity Anglican 325 w Jackson St</p>	
<b>General Recovery</b>	
<p><b>Celebrate Recovery</b> <b>Tuesday 5:30-9:00pm</b> Victory Fellowship Church 19150 US HWY 19 N</p>	
<b>Crisis and Other Hotlines Lines</b>	
<p><b>Suicide &amp; Crisis Life line</b> 988 Press 1-Veterans, 2-Spanish, 3-LGBTQ+ 4-Native and Strong lifeline <b>Homeless Veteran Hotline</b> 1-877-424-3838</p>	<p><b>Domestic Violence</b> 800-799-7233 <b>Sexual Assault</b> 800-656-4673 <b>Child Abuse</b> 800-422-4453 <b>Elder Abuse</b> 1-800-252-8966</p>

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Service	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Meals	Good Shepard			800 W Jackson		2128 Smith Ave	611 N Blvd
	4:00 PM			5:00 PM		5:00 PM	5:00 PM
				Salvation Army			
				12:00 PM			
Clothing							
Showers							
Rent Assistance							
Deposit Assistance							
Utility Assistance							
Emergency Shelter	Fountain of life				Fountain of life	Fountain of life	Fountain of life
Laundry							
ID assistance							
Birth certificates							

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