

Sarasota County Veterans Commission



Our primary goal is to share information that can help improve the lives and communities of Veterans and their families. Members attend to exchange relevant information and collaborate on shared interests the **fourth Thursday each month at 1pm**. Meetings alternate between **VFWM Post 3233 at 124 S. Tuttle Ave, Sarasota**, and **American Legion Post 159 at 1770 East Venice Ave, Venice FL 34292**. Contact: presidentsvc@gmail.com

Support the Sarasota County Veterans Commission on April 28-29 during the Giving Challenge so we can support you our veterans and member organizations.
Visit: www.givingpartnerchallenge.org
Under "Search" type: **Sarasota County Veterans**

VA VISN 8 Clinical Contact Center



If you have symptoms of fever, cough, and shortness of breath, Members attend to the **VA VISN 8 Clinical Contact Center** before visiting a facility. Phone: 1-877-741-3400

Florida Department of Health COVID-19 Call Center



The Florida Department of Health COVID-19 Call Center is available 24/7
Phone: 1-866-779-6121
E-Mail: covid-19@health.fl.gov

Sarasota Vet Center



The Sarasota Vet Center is open and available to Veterans seeking readjustment counseling service, either in-person or via phone/video. Most Vietnam Vet Groups and the Sand Box Group remain operational. Clients may attend either in-person or via phone or video.
Yoga: 2nd and 4th Tuesday every month, from 09:30 to 10:30 a.m. **Suspended**
Whole Health / Mindfulness Group: **Suspended**
Transition Assistance / New Client Orientation: Tuesday at 09:00 a.m.
Eligibility requirements... Contact the Sarasota Vet Center for information. 4801 Swift Road, Sarasota, FL 34231, Ph: 941-927-8285. dwright.english@va.gov
VOLUNTEER

Whole Health Mind-Body Skills Group



Whole Health focuses on self-care and complementary therapies along with your medical care. It also includes things you can do to increase healing and improve your health. It focuses on what is important to you in your life and how you want to live your life.
Whole Health has created a new program that Veterans can access from the comfort of their own home through VA Video Connect.
727-398-6661 or 888-820-0230, Ext 14662

Tai Chi



Tai Chi is an ancient Chinese mind-body system of low motion exercise and meditation. We welcome anyone who wants to learn more.
Where: C.W. Bill Young VA Medical Center, Bldg. 100, JC Cobb Room
These classes are offered by Bay Pines Whole Health 727-398-6661 or 888-820-0230, Ext 14662

JFCS of the Suncoast



COVID-19 Emergency Needs Fund
JFCS of the Suncoast offers COVID-19 emergency needs fund for individuals and families who can document a COVID-19 need and meet qualification criteria. The fund will provide emergency financial support for essential human needs including shelter, food, utilities, prescription medicine, and car payments. Qualified fund recipients will not receive cash. JFCS will pay the vendor or landlord directly and offer gift cards for food.
To apply for hardship funds, kindly call (941) 366-2224 and ask to speak with an Intake Specialist.
Homeless Veterans Stand Down: Sarasota County
Services Offered: VA benefits, housing assistance, Counseling and substance abuse referrals, Emergency Shelter, Stand Down Court, Criminal/Civil/Legal Services, Health Services, Haircuts/Styling/Manicure, Shower, Identification and Driver License Processing.
Items Offered: VA Surplus items-Beds, Socks, Backpacks, Clothing, Personal care items, Food/ Refreshments, First Aid Kits...
When: **POSTPONED**
Where: Sarasota Fairgrounds, 3000 Ringling Blvd
Contact: (941) 366-2224
VOLUNTEER

Wounded Warrior Project



WWP COVID-19 RELIEF PROGRAM:
Starting Thursday April 9 at 12:00 pm ET, we will be accepting applications for one-time-only COVID-19 relief grants. The amount of \$1,000, to be paid directly to 10,000 eligible warriors who find themselves in urgent and significant need.
Only Warriors who meet all of the following criteria will qualify for consideration.
Confirmed registration with WWP on or before April 8, 2020
Have themselves suffered a loss of personal employment/work income or are dependent on someone in their household who has suffered a loss of employment/work income due to COVID-19.
Are currently unable to pay for their rent/mortgage, utilities, or food due to the loss of income resulting from COVID-19.
www.woundedwarriorproject.org

United Way Suncoast—Help for Individuals and Families



United Way Suncoast is a key partner in keeping the community connected to critical service providers in DeSoto, Hillsborough, Pinellas, and Sarasota counties.
For non-emergency situations, counseling, guidance, and assistance, **dial 2-1-1** from your home or wireless phone to receive free crisis counseling along with useful information and referral 24 hours a day, 365 days a year. Help is just a phone call away. United Way provides funding support to 2-1-1 operations throughout the region and supports many of the agencies they refer people to contact.
DESOTO, MANATEE & SARASOTA
Suncoast 2-1-1 serves DeSoto, Manatee, and Sarasota counties 24 hours a day, seven days a week. www.211suncoastcares.org.
HILLSBOROUGH
The Crisis Center of Tampa Bay provides 24/7 information for Hillsborough County. The Crisis Center offers a wide variety of services for people in crisis. For more information, go to <http://www.crisiscenter.com>.
PINELLAS
In Pinellas County, 2-1-1 Tampa Bay Cares provides immediate 24-hour hot-line information for those needing assistance. Learn more at <http://www.211tampabay.org>.

CareerSource Suncoast Offices Offering Virtual Services



We are offering our services virtually to career seekers and employers. Please call us at (941) 358-4200 Monday - Friday between 8:30 a.m. - 5 p.m. to speak with our Career Coaches and Talent Consultants who are happy to help you.
We are connecting you with job seekers. Let us know if you are hiring!
Our team is fielding hundreds of calls daily from people who are looking for work. Submit your job openings and we'll get you listed on our site ASAP at careersourcesuncoast.com/companies

Veterans Online Tax-Free Shopping



EXCHANGE AXPEZ BXPX
Any honorably discharged Veteran may shop the Exchange Service online. A Veteran does not have to be enrolled in VA healthcare or have a service connected disability to shop online. Visit www.shopmyexchange.com to create an account.

Bay Pines VA Free Legal Clinics for Veterans



Bay Pines VA offers free Legal Service for Veterans under VA care seeking civil legal services. The MLP program is a health and legal alliance between the C.W. Bill Young VA Medical Center, Stetson University Veterans Law Institute, and Bay Area Legal Services. Legal services available include: family law, housing, consumer, bankruptcy, advanced directives, licensing, sealing/expungement, service connected disability, and discharge upgrades. The program is designed specifically for Veterans enrolled for care with the Bay Pines VAHCS (some exceptions may apply) who are in need of legal representation/consultation for non-criminal offenses. Services provided by MLP attorneys at no cost. For more information, call 727-398-9592.

Legal Aid Manasota



Legal Aid of Manasota is here to help people when they have no other option or place to turn. Our lawyers aren't just working on a legal document or court dispute – they are giving a person or a family a fair chance to get justice.
Bradenton Office: 941-747-1628
Sarasota: 941-366-0038
Venice: 941-492-4631

Sarasota National Cemetery "Unaccompanied" Ceremony



Ceremonies for deceased Veterans with no next-of-kin **SUSPENDED**. Community accepts the flag as family of the Veteran. Generally held on Wednesday at 11:30 a.m. at the Sarasota National Cemetery. Address: 9810 State Road 72, Sarasota FL 34241
Contact: 941-922-7200. john.rosenrater@va.gov

Mentors Needed for Veterans Treatment Court



Manatee County Veterans Treatment Court is held each month at the Manatee County Judicial Center, 1051 State Street West, Bradenton, FL 34205. Ph: 941-749-3670.
Sarasota County Veterans Treatment Court is held each month at the Sarasota County Courthouse. Contact: 1991 Main St, Suite 180, Sarasota, FL 34236. Ph: 941-861-8120.
Desoto County Treatment Courts Points of Contact: kwilcox@jud12.flcourts.org, abrown@jud12.flcourts.org
VOLUNTEER

Manatee County Veterans Council



Meets the third Thursday each month at 11 a.m. at the American Legion Kirby Stewart Post 24 at 2000 75th Street West, Bradenton Florida.

SRQ Vets



SRQ VETS is comprised of local veterans uniting within their community to solve local veteran problems. We aim to make a realistic impact for the local veteran communities of Sarasota and Manatee counties. First, we are here to build and strengthen individual veterans. Second, we as veterans want to protect our home and to accomplish this we plan on rebuilding veterans by strengthening them as productive members of our hometown. We work to raise awareness on critical veteran issues such as PTSD, joblessness, education, homelessness, healthcare, and suicide prevention. Our goal is to make a strong community of veterans by building a network of strong local veterans to solve veteran and community issues.
Monthly general meeting is the first Monday each month at 8pm at Bee Ridge Park. 4430 S. Lockwood Ridge Rd, Sarasota. Ph: 941-777-8387
VOLUNTEER

Team Rubicon

Team Rubicon is an international non-profit disaster response organization that unites the skills and experiences of military veterans with first responders to rapidly deploy emergency response teams, free of charge, to communities affected by disasters. Team Rubicon currently maintains a roster of 65,000+ volunteers able to deploy throughout the United States and world.
Contact: Team Rubicon Region 4 maria.sanders@teamrubiconusa.org
Phone: 310-640-8787
Website: <https://teamrubiconusa.org>
VOLUNTEER

The Mission Continues

The Mission Continues is a national, nonpartisan nonprofit that empowers veterans to continue their service, and empowers communities with veteran talent, skills and preparedness to generate visible impact.
Veterans possess the drive and desire to serve others, but without access to the tools needed, their potential to make meaningful impact at the local level remains untapped. On the other end of the spectrum growing numbers of communities in this country are under-resourced and being left behind.
At The Mission Continues, we're on a mission to connect veterans with under-resourced communities.
Our programs in cities across the country deploy veteran volunteers alongside nonprofit partners and community leaders to improve educational resources, increase access to parks and green spaces, foster neighborhood identity, and more.
Our vision is for all veterans with a desire to continue their service to be part of a movement to transform communities.
Website: MISSIONCONTINUES.ORG
Contact: Tampa 1st Service Platoon jimage@missioncontinues.org
VOLUNTEER

Team Red, White and Blue

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.
We define enrichment as creating quality relationships and experiences that contribute to life satisfaction and overall well-being. The concept of enrichment consists of three core components—health, people, and purpose—that comprise a rich life.
Health: Creating frequent opportunities for team members to connect through fitness, sports, and recreation to improve physical, mental, and emotional well-being.
People: Creating authentic connections (defined as genuine, quality, supportive relationships that generate mutual trust and accountability), reflected in an increased number of close relationships and improvements in teammates' sense of belonging, purpose, and community engagement.
Purpose: Engaging members in meaningful team and community-based experiences such as leadership and service that, beyond physical and social activities, renew self-identity and purpose in life.
We accomplish our mission via our two core programs: our Chapter and our Community Program and our Eagle Leadership Development Program.
St. Petersburg, FL Chapter Contact: [Dominick Viloneo, dominick.viloneo@teamrwb.org](mailto:Dominick.Viloneo@teamrwb.org)
Tampa, FL Chapter Contact: [Kevin Cheeley, Kevin.Cheeley@teamrwb.org](mailto:Kevin.Cheeley@teamrwb.org)
Website: teamrwb.org
VOLUNTEER

Habitat for Humanity Women Build

Women Build is a woman-focused Habitat for Humanity home build event that typically spans an 8 – 12 week period. Since 1991, women from all walks of life have come together to participate in Women Build events at Habitat for Humanity affiliate locations throughout the U.S.
Habitat for Humanity of Hillsborough County officially joined this increasingly popular tradition by hosting its first annual Women Build in the spring of 2017.
It provides a hands-on opportunity for women to be proactive in addressing the low-income housing needs in their communities by helping families build strength, stability and independence through affordable homeownership. The work is vital, the impact lasting.
Contact: Melissa Crowther, 813-239-2242 ext. 109. Email: mcrowther@habitatforhumanity.org.
VOLUNTEER

Habitat for Humanity Hillsborough County Veterans Build

Habitat Hillsborough's Veterans Build event offers a unique way to get co-workers, friends, and family together to make an impact for local veterans in need of home maintenance assistance or affordable housing. Whether you're a business, faith-based group, or student group, we invite you to volunteer for our Veterans Build event.
PLEASE NOTE: Veterans Build is also a fundraising event that benefits our **Veterans Initiative program**. Every dollar raised will benefit our Veterans Initiative that enables us to serve those who served with affordable housing solutions all year long.
Contact: 509 East Jackson St, Tampa FL 33602
Phone: 813-239-2242
VOLUNTEER

Freedom Waters Foundation Veterans Program

Freedom Waters Foundation provides boating and fishing opportunities for veterans and their family members, offering the opportunity to relax, leave their concerns on the dock and enjoy camaraderie with other veterans in a safe, enriching environment. Veterans Programs take place year round. They include individual and small boat trips as well as our popular Veterans Meet-and-Greets the week before Memorial Day and Veterans Day aboard larger commercial vessels.
Contact: Naples, FL
895 10th Street South, Suite 302-F
Naples, Florida 34102
Phone: 239-263-2377
VOLUNTEER

Heroes on the Water

Heroes on the Water, a 501(c)(3) veterans charity, creates alternative therapeutic programs to serve veterans, active-duty military personnel, first responders and their families. These experiential programs incorporate structured activities proven to improve the lives of these men and women. No experience or equipment is needed, and kayak fishing is adaptive to those with disabilities.
Fort Myers: Southwest Florida Chapter swfloridat@heroesonthewater.org
Sarasota/Bradenton: sarasota@heroesonthewater.org
Seeking volunteer guides with own kayak and equipment.
Tampa Bay Florida Chapter: tampabay@heroesonthewater.org
VOLUNTEER

Project Healing Waters Fly Fishing

Project Healing Waters brings a high-quality, full-spectrum fly fishing program to an ever-expanding number of disabled active military service personnel across the Veterans Affairs Healthcare System, in Military Hospitals and the Warrior Transition Command. We focus our resources wherever the need is greatest and expand our partner base in the process. PHWFF has become recognized as an innovative leader and model in the field of therapeutic outdoor recreation for the disabled, through its successful application of the sport of fly fishing as a rehabilitation tool.
Bay Pines, FL
Bay Pines VA Healthcare System
Suncoast Fly Fishers, FFI
alan.sewell@projecthealingwaters.org
Cape Coral, FL
Lee County VA Healthcare Center
SWFLA Fly Fishers, FFI
Ronnie.friedl@projecthealingwaters.org
Lake City, FL
North Florida/South Georgia Vet. Health System
Sunwanee Valley Fly Fishing, FFI
larry.bussey@projecthealingwaters.org
Sarasota, FL
Goodwill Manasota
Mangrove Coast Fly Fishers, FFI
ken.babineau@projecthealingwaters.org
Tampa, FL
James A. Haley Veterans' Hospital
Tampa Bay Fly Fishing Club, FFI
joseph.perez@projecthealingwaters.org

PGA HOPE, South Florida

Free golf instruction for military veterans by PGA Professionals for 6-8 weeks.
Join us on a weekly basis for growing in golf skills & camaraderie. All skill levels welcome!
Contact: [Michelle Gorda](mailto:Michelle.Gorda)
Register: mgo@pga.com, (561) 537-5009

Freedom Rows and Sarasota Adaptive Rowing Program

Freedom Rows is a program offered by US Rowing to promote the opportunities and benefits gained from the sport of rowing to disabled military veterans and members of the armed forces.
The primary goals of Freedom Rows are to increase the number of disabled veterans participating and competing in adaptive and para-rowing categories; to provide expert training and technical assistance in adaptive rowing to VA adaptive sports program managers, community rowing coaches, instructors, and VA recreational therapists; and finally, to provide outreach coordination, Paralympic classification of athletes, FISA-certified training of classifiers, adaptive rowing program development, adaptive rowing equipment evaluation, and other activities related to the implementation and operation of the program.
Contact: Freedom Rows Tri Cities Chapter
Phone: 941-266-7173
joedobsoncndr@yahoo.com

The Iron Brotherhood at The Cave Gym

This is a FREE, unconventional, strength based workout provided to veterans and monitored closely by veteran owner Frank DiMeo. The workout will be modified to the fitness level of the participant. No gym experience is necessary. The Iron Brotherhood meets the first Saturday of every month. Cave Gym: 4463 Ashton Rd., Unit C, Sarasota, FL. Ph: 941-228-8341

Cigna Veteran Support Line and Mindfulness Sessions

The Mindfulness for Vets Program is for all veterans, whether they are customers or not, provides training in mindful stress management, acceptance and compassion. Facilitated by a Cigna specialist, and typically lasts 45-60 minutes with time at the end for veteran participants to ask questions and share experiences. **This telephonic program is available every Tuesday at 5 PM Eastern at 866-205-5379 (Passcode 113 29 178)**
All veterans, their caregivers and families, whether they are customers or not, may participate in Cigna's other Mindfulness sessions. Every Thursday 8:30 to 9:00 PM at 866-205-5379 (passcode 113 01 992).
The Veteran Support Line provides a wide range of assistance for Veterans, as well as their caregivers and families, whether they are Cigna customers or not. The Support Line is Free and available 24/7 at 855-244-6211.

Operation Warrior Resolution Combat Conscious Yoga

Free to attend, or leave a donation. Combat Conscious yoga specifically designed for veterans and their family. Every Sunday at 2:30 – 3:30 p.m. experience yoga and flow and learn how to use yoga towards resolving military transition related challenges at Pineapple Yoga and Cycling Studio, 517 South Pineapple Ave, Sarasota FL
Contact: Kendra@operationwarriorresolution.org

InStride "Horses for Heroes"

InStride Therapy is offering monthly Equine-Assisted Learning (EAL) workshops for active-duty military and Veterans.
Address: 1629 Ranch Road, Venice, FL 34274.
Contact: [Daila Lybarger](mailto:Daila.Lybarger@instride.org) at 941-412-9333.
E-Mail: dailal@instridetherapy.org
VOLUNTEER

My Warrior's Place Retreat Center

The retreat center offers a relaxed tropical setting nestled on the Little Manatee River in Ruskin, FL and offers paddle boards, canoes, kayaks and paddle boats among other services.
OUR MISSION: To honor, support and promote healing of the mind and spirit by providing a relaxed setting, special programs and to be a resource for any Military Service Member, Veteran, Fire Fighter, Law Enforcement Officer (active or retired), Blue Star, Silver Star or Gold Star Family Member whose life has been touched and forever changed due to a tragic event and/or the death of a Fallen Warrior while in service to our country. Ph: 813-321-0880.
Address: 101 22nd St NW, Ruskin FL 33570

4th Annual Manasota Military & First Responder Ball

This is a formal event and all military, first responders, veterans and their support community may attend. Active duty must be in formal attire. Military Veterans have a choice of formal military or civilian attire. All ticket sales are nonrefundable with excess funds donated to Veteran programs.
Saturday, September 19th, 5:30 PM to 11:00 PM. IMG Academy Golf Club, 4350 El Conquistador Pkwy, Bradenton, FL
Tickets: \$50 Per Person
www.manasotaveterans.org/military-ball
Phone: 618-741-6041.

Disclaimer: The sharing of information does not constitute an endorsement of products or services on the part of the Sarasota County Veterans Commission, Warrior Base, or the Vet Center.

Sarasota County Veterans Commission | PO Box 2055 | Sarasota | FL 34230
sarasotaveteranscommission@gmail.com

Sarasota Vet Center | 4801 S. Swift Road | Sarasota | FL 34231 | 941-927-8285
dwright.english@va.gov

Warrior Base, LLC | PO Box 8146 | North Port | FL 34290 | 719-445-8387
E-Mail: newsletter@warriorbase.com

Request future Newsletters: Send e-mail to newsletter@warriorbase.com