What is CDS?

CDS is a lifeline for families.
CDS is a resource for the community.
CDS is a place to get help.

While CDS's many individual programs serve a wide variety of community needs, they all fall under the umbrella of our mission statement:

"Empowering Youth & Building Strong Families for a Brighter Tomorrow"

Be it parents or guardians struggling with troubled youth or children at high risk for dangerous behaviors, CDS has programs that can help.

CDS has been serving the communities of North Central Florida for more than 50 years. Our services now cover an eleven county area:

Alachua	Dixie	Levy	Suwannee
Gilchrist	Bradford	Hamilton	Putnam
Union	Columbia	Lafayette	

CDS Family & Behavioral Health Services, Inc. is a private 501(c)(3) non-profit social services agency. At CDS, we constantly monitor our programs and results in order to better serve participants.

We welcome your feedback!
www.cdsfl.org

Quality Improvement

We want to continue to seek your feedback regarding the services received in order to improve the process. Find us on Facebook and like our page:

Contact Information

CDS Administration
Gainesville……..……...(352) 244-0628

Youth Shelters
Interface Central, Gainesville…….……....(352) 244-0618
Interface East, Palatka……....(386) 385-0405
Interface Northwest, Lake City…….....(386) 487-0190
Safe Place……...(352) 244-0618

Counseling Offices
Gainesville……..……..(352) 244-0628 x 3822
Palatka……...……..…(386) 385-0405
Lake City……...……(386) 487-0190
Prevention……..…….…….....(352) 244-0628
SNAP Gainesville……...(352) 244-0628x3804
SNAP Lake City……(352) 318-9431

Online
www.cdsfl.org
CDS (@cdsfamilyandbehavioralhealth) • Instagram photos and videos
(1) CDS Family & Behavioral Health Services, Inc. | Facebook
CDS Family and Behavioral Health Services - YouTube

"A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-435-7352 (OR 1-800-352-9832 EN ESPAÑOL) WITHIN THE STATE OR GOING ON THE DEPARTMENT'S WEBSITE WWW.FLORIDACONSUMERHELP.COM. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE."

Major support from: Florida Department of Juvenile Justice; Florida Network of Youth & Family Services; Florida Department of Children & Families; LSF Health Systems; Partnership for Strong Families; U.S. Department of Health & Human Services; United Way of Suwannee Valley, United Way of St. Johns and Putnam Counties and Individual Donations

Find us on Facebook

CDS Family & Behavioral Health Services, Inc.

Family Action - Northwest -

620 S.W. Arlington Bld.
Lake City, FL 32025

(386) 487—0190
www.cdsfl.org

Our facilities are accessible to persons with disabilities.

Family Action Counseling

Family Action Counseling provides short-term counseling to families with youth ages 6 to 17 who are having trouble following rules, are truant from school, have runaway, or who are threatening to runaway. We work to provide youth and their families with the tools necessary to meet the challenges they face. We are dedicated to promoting healthy communities by serving youth and families.

All families and youth experience crisis. Sometimes one or more crises may be going on at the same time in a family. Families may be able to handle and resolve most of these things quickly. But sometimes they have problems that push them to the limit. These problems might include a teenager or younger child who: skips school, runs away from home (or threatens to), will not follow directions, etc. Family Action can help you find ways to reduce or stop these

Family Action Counseling– N.W.

620 S.W. Arlington Bld.
Lake City, FL 32025
(386) 487—0190

How it works

Family Action provides short-term counseling to individual youths and families. This program is available **24-hours a day, every day, and is free of charge** for all basic services.

Family Action usually takes 12 weeks to complete.

To qualify, youth must be under 18 and cannot be involved with foster care or adjudicated delinquent or under the supervision of the Department of Juvenile Justice at the time of services.

Family Action begins with a simple screening process. The information gathered is used to determine what services the family is eligible for and what programs would best help the child.

Family Action works to repair broken communications between parents and children, and helps them find a better path. The program is available to residents of Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee

Remember

CDS coordinates the Safe Place program in North Central Florida.
Call (352) 244-0628 x 3865 to find out more!

SAFE PLACE

Conflict Resolution: Tips For Parents *

Before resorting to screaming and yelling, think about all your options for how to deal with a family conflict. You have several options: Suggest an alternative to what's being proposed; **compromise**; **resolve** the problem as a family; "sleep on it" so that everyone has a chance to cool down; use humor or surprise to lighten the mood; Order the necessary action, but do so clearly, calmly, and respectfully.

Children are also more likely to fight if they feel powerless, so give your child a voice in family discussions and decisions. Encourage your children to express all their feelings, even if they are angry or sad, and express yours too. You can also help matters by spending more time with your children, and taking every opportunity to bolster their self-esteem.

Lastly, be a good role model. Children learn general approaches to resolving conflict by watching *you*. How do you negotiate? Do you try to see the other person's point of view? Can you admit when you are wrong?

** From The National PTA Parenting Guide*

Support Our Work!

CDS needs your help in order to continue providing valuable services to the community. Contributions are tax deductible and vital to our ongoing success. Both monetary and in-kind donations are very much appreciated! For more information or to find out how you can volunteer, please visit CDS's website or contact the Resource Development Coordinator at: giving@cdsfl.org or at (352) 244-0628 x3865.