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.

Interface Youth Program - Northwest -

1884 S.W. Grandview Street
Lake City, FL 32025

(386) 487—0190
www.cdsfl.org

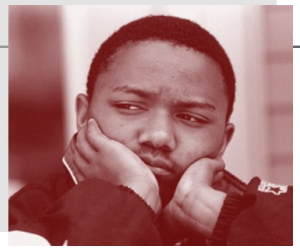
Our facilities are accessible to persons with disabilities.

Interface & Family Action

All families and children experience crisis. Sometimes one or more crises may be going on at the same time. Families may be able to handle and resolve most of these problems quickly, but sometimes families have problems that push them to the limit.

These problems might include a child who: often skips school, runs away from home (or threatens to), and/or a child who will not follow directions.

Interface Youth Program and ***Family Action*** can help you find ways to reduce or stop these kinds of behaviors.



Interface Youth Shelter

Services Available at all Times (24/7)
Voluntary Participation
Free of Charge for all Basic Services

Family Action Counseling—NW

1884 S.W. Grandview Street
Lake City, FL 32025
(386) 487—0190

Interface Youth Shelter

Sometimes it is necessary for parents and children to have a break from each other. This "time out" can allow everyone a chance to calm down and gain perspective. Interface is a **short-term youth shelter for children ages 10 to 17.**

Parents, friends, teachers, social workers, and police officers can all refer youth to Interface — youth may also refer themselves.

Interface is open 24 hours a day, 365 days a year. A child who is in need of services can come to our door both day and night. Once there, a trained staff member talks to the youth about their situation and explains how the program works. Youth who decide to stay can count on a safe place to sleep, food, clothing, and personal support. Trained staff also provide crisis stabilization, counseling, and help youth address short-term needs and long-term goals.

Youth in this program typically meet with a counselor three times a week and are also expected to participate in group activities, and family counseling if possible. Youth are expected to attend school while at Interface, or to participate in the shelter Life Skills Program. While we target youth in our 11-county service area, any youth may be eligible to participate in our programs. All services are provided at no cost to youth or families—your *participation* is your payment!

Interface—NW

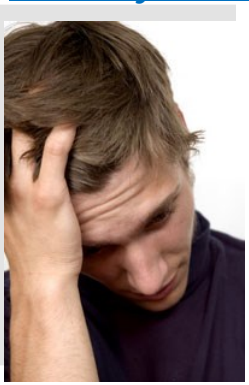
1884 S.W. Grandview Street
Lake City, FL 32025
(352) 487—0190
(24-hours)

Remember

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

SAFE PLACE

Family Action Counseling



Family Action provides short-term counseling to families with children ages 6 to 17 who are ungovernable, truant, who runaway (or threaten to do so). This program is available **24-hours a day, every day, and is free of charge** for all basic services.

Family Action begins with a simple screening process with the family to determine their eligibility and what programs would best serve the child. Next, a counselor sits down with the family to develop a plan together. This plan outlines the child's needs, goals, the steps to reach goals, and the time it will take to accomplish each task.

Family Action can provide individual, group, and family counseling. The program can also refer participants to other programs and services.

Family Action is available to residents of Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee, and Union Counties.

This program has been shown to be an effective way to help at-risk youth and their families. In Family Action, we repair broken communications between parents and children and help youth make better choices.

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.