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

CLI SNAP LICENSED AFFILIATE

SNAP® Boys/ SNAP® Girls SNAP® for Schools & Communities

SNAP® is an award winning, evidence-based program for boys & girls ages 6-11 with behavioral problems.

The primary goal of SNAP® is to keep children in school and out of trouble.

For more information call, SNAP or SNAP for Schools & Communities
(352) 244-0628 ext. 3804 (Office)
(352)-284-4978 (Cell)

(352)244-0668 (Fax)
Evelitza_soto@cdsfl.org

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

CDS

What is SNAP?

SNAP®, which stands for STOP NOW AND PLAN, is an evidence-based, cognitive-behavioral model powered by the minds at Child Development Institute (CDI). SNAP® helps troubled children and their parents learn how to effectively manage their emotions and 'keep problems small'.

The gender-sensitive **SNAP® Boys and SNAP® Girls** program is designed for children ages 6-11 who are engaging in aggressive, anti-social behavior and/or have come into contact with authority figures at school or in the community. Children and families participate with the goal of preventing future anti-social behavior and reducing the chances of conflict with family, peers and authority figures.

SNAP® for Schools & Communities is an educational curriculum provided in elementary schools focusing on topics such as managing anger , handling peer pressure and dealing with bullying with the overall goal of increasing productive school attendance.

Make Referrals Contact

Evelitza Soto
For SNAP or
SNAP for Schools & Communities
Call, Fax or E-mail
(352)-244-0628x3804 (office)
(352)-284-4978 (cell)
352-244-0668 (fax)
evelitza_soto@cdsfl.org

How it works

SNAP® services are completely free to youth and their families! The SNAP® program is funded through the Department of Juvenile Justice and families do not pay for services.

In addition to providing services free, SNAP® families are fed healthy meals and snacks at each SNAP® session. Sibling care and in-county transportation can be provided if needed.

SNAP® Boys/ SNAP® Girls Groups

Boys or Girls attend gender-specific weekly group sessions for 13 weeks. They learn how to use SNAP® in different situations through engaging activities including, discussions, role-playing and interactive games. A variety of topics, including dealing with angry thoughts and feelings, self-control, problem solving and bullying are addressed.

SNAP® Parents Group

The parent group meets at the same time as the SNAP® Boys/SNAP® Girls groups. Parents learn effective child management and SNAP® strategies. The group also provides parents with an opportunity to make connections with other parents facing similar challenges.

Our facilities are accessible to persons with disabilities

3615 S.W. 13th Street Suite 5
Gainesville, FL 32608

Who should attend SNAP?

Boys & Girls ages 6-11 experiencing behavioral problems at home, at school, with persons in authority, and in the community are appropriate referrals for our program.

Presenting problems may include:

- Difficult family relationships
- Physically aggressive behavior
- Angry outbursts
- Verbally aggressive/defiant behavior
- Lacks self-control and problem solving skills
- Has difficulty making and maintaining healthy relationships

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.