

Tallahassee Area Resource Guide

We Care Network

1204 Miccosukee Road Tallahassee, FL 32308

(850) 942-5215

September 2026

Food Services

Agency	Address	Food Assistance	Distribution Days & Times	Phone
Good Samaritan Network	2706 N. Monroe St., Tallahassee, FL 32303	Free groceries	Mon–Fri, 10:30 AM–12:30 PM; while supplies last	(850) 297-1113
Manna On Meridian - Food Distribution Center	2200 N. Meridian Rd., Tallahassee, FL 32303	Free groceries	Every Sun., 12–1 PM; 3rd Sat., 8–9:30 AM drive-thru	info@mannaonmeridian.org
Holy Comforter Church Food Closet - Food Distribution Center	2015 Fleischmann Rd., Tallahassee, FL 32308	Food pantry	1st & 3rd Tues., 5:30–6:30 PM; 1st & 3rd Sat., 11 AM–12 PM	(850) 877-2712
Freedom Church - Food Distribution Center	2797/2801 Thomasville Rd., Tallahassee, FL 32308	Free groceries	Wed., 4:30–6 PM	(850) 386-4924
Lake Jackson United Methodist Church – Redeemer's Storehouse	4423 N. Monroe St., Tallahassee, FL 32303	Food pantry	3rd Sat., 8:30–10:30 AM	(850) 562-1759
Jacob Chapel Baptist Church	2333 Lake Bradford Rd., Tallahassee, FL 32310	Food & clothing pantry	Mon. & Wed., 4–7 PM	(850) 574-3150
Maranatha Seventh-day Adventist Church	3121 Jim Lee Rd., Tallahassee, FL 32301	Food & clothing	2nd & 4th Wed., 6–7 PM	(850) 878-7780
Goodnews Outreach	606 W. 4th Ave., Tallahassee, FL 32303	Food pantry & senior delivery	Wednesdays and Thursdays 9AM-2PM	(850) 692-3301
Catholic Charities of Northwest Florida	1380 Blountstown Hwy., Tallahassee, FL 32304	Food pantry/emergency food	Tues. & Wed., 9 AM–12 PM	(850) 222-2180

ECHO	548 E Bradford Rd, Tallahassee, FL 32303	Emergency food & basic needs	Walk-ins Mon–Fri., 9 AM–12 PM; afternoons by appointment	(850) 224-3246 ext. 206
Salvation Army	2410 Allen Rd, Tallahassee, FL 32312	Emergency food/basic needs	Monday and Thursday 9AM-12PM	(850) 222-0304
Grace Mission Episcopal Church	303 W. Brevard St., Tallahassee, FL 32301	Free/community meals	Sun 5PM, Tues 9:30AM-10AM, Wed 9:30AM-10:30AM, Thurs 10:30AM-12:30PM, Fri 9:30AM-10AM	(850) 224-3817
The Kearney Center	2650 Municipal Way, Tallahassee, FL 32304	Meals for people experiencing homelessness	7:30 AM – 8:30 AM , 11:30 AM – 12:30 PM, 3:00 PM – 3:30 PM 6:00 PM – 7:00 PM	(850) 792-9000
Community Refrigerator	1139 Kissimmee St., Tallahassee, FL 32310	Free community refrigerator	24/7; food subject to availability	info@changex.org
Little Sunshine Pantries	20+ locations throughout Tallahassee	Free community mini-pantries	24/7 at participating outdoor pantries; subject to stock	needfood@littlesunshinepantries.com
Truth Outreach Ministries – Mobile Pantry	4727 Crawfordville Rd #18, Tallahassee, FL 32305	Mobile food pantry	Once monthly	(904) 330-8750
FSU Food for Thought Pantry	282 Champions Way, University Center A, Tallahassee, FL 32306	Free groceries for currently enrolled FSU students	Mon., Tues., Thurs. & Fri., 8 AM–5 PM; Wed., 1–5 PM	(850) 644-2428

Our Father's Storehouse Ministries	100 Ox Bottom Road, Tallahassee, FL 32312	Food boxes & community breakfast	2nd and 4th Tuesday of every month from 5:00 PM to 6:30 PM	850-894-1400
Bond Community Health Center	1720 S. Gadsden St., Tallahassee, FL 32301	Periodic food distribution	Monday-Thursday 9:00 a.m. to 11:00 a.m. and 2:00 p.m. to 4:00 p.m.	(850) 576-4073
Neighborhood Medical Center	438 W. Brevard Street, Tallahassee, FL 32301	Periodic food distributions	Event-based, call for schedule	(850) 224-2469 or (850) 296-9640
Leon County / Farm Share	Various Leon County locations	Large food distributions	Check Website for Distribution	https://www.farmshare.org/food-distributions
Second Harvest of the Big Bend	4446 Entrepot Blvd., Tallahassee, FL 32310	Food-bank network & mobile distributions	use Find Food locator	(850) 562-3033
Greater Love COGIC	524 E. Orange Ave., Tallahassee, FL 32301	Food assistance	3rd and 4th Saturday of every month: 10:00 AM – 12:00 PM	(850) 264-4678
Fernwood Baptist Church	1324 Fernwood Rd., Tallahassee, FL 32304	Food assistance	Wednesday evening from 8:30 p.m. to 9:30 p.m	(850) 575-6925
Anderson Chapel AME Church	1307 Harlem St., Tallahassee, FL 32304	Food assistance	3rd Saturday of each month from 9:00 a.m. to 12:00 p.m.	(850) 210-7493
A New Day Initiative	1317 High Rd., Tallahassee, FL 32304	Food assistance	Wednesday and Saturday from 8:00 AM to 10:00 AM, drive through every 2nd Saturday at 8 am	(850) 570-1353

ALARM International Church	2532 W. Tharpe St., Tallahassee, FL 32303	Food assistance	4th Saturday of each month from 9:00 a.m. to 11:00 a.m	(850) 216-1800
Apalachee Elementary Food Pantry	650 Trojan Trail, Tallahassee, FL 32311	School-based food assistance	Monday through Friday: 7:30 AM – 4:00 PM	(850) 488-7110
Saints in Unity / Mt. Moriah	2719 Lake Mary St., Tallahassee, FL 32304	Food assistance	Appointment only	(850) 661-3955

Health Care and Medical Services

Agency	Address	Assistance	Phone Number
Big Bend Cares	2200 & 2201 S. Monroe St., Tallahassee, FL 32301	Healthcare and support services	(850) 656-2437
Big Bend Hospice	1723 Mahan Center Blvd., Tallahassee, FL 32308	Hospice and palliative care; 24/7 support for patients and families	(850) 878-5310
Bond Community Health Center	1720 S. Gadsden St., Tallahassee, FL 32301	Primary and preventive healthcare	(850) 576-4073
Bond Specialty & Community Wellness Center	1549 S. Monroe St., Tallahassee, FL 32301	Specialty care and support	(850) 576-4073 / (850) 521-5151
Bond on Magnolia	2200 S. Monroe St., Tallahassee, FL 32301	Adult primary care	(850) 354-8765 ext. 129
Capital Medical Society / We Care Network	1204 Miccosukee Rd., Tallahassee, FL 32308	Donated specialty medical care	(850) 877-9018
Children's Medical Services – Big Bend	2390 Phillips Rd., Tallahassee, FL 32308	Specialized healthcare for children	(850) 487-2604 / (800) 226-2604
Florida Department of Health in Leon County	1515 Old Bainbridge Rd., Tallahassee, FL 32303	Public health and clinical services	(850) 404-6300

Kay Freeman Health Center for the Homeless	2729-8 Municipal Way, Tallahassee, FL 32304	Healthcare for homeless patients	(850) 575-5293
Neighborhood Medical Center	Multiple locations; Lincoln Center: 438 W. Brevard St., Tallahassee, FL 32301	Primary care, dental, mental health, pediatrics, women's care, chronic disease care, case management, imaging and specialty care	(850) 224-2469
Pharmacy at TMH	1401 Miccosukee Rd., Suite 100, Tallahassee, FL 32308	Full-service retail pharmacy; prescription savings card and medication-cost assistance options	(448) 209-2010
Leon County Live Healthy Prescription, Dental & Health Discounts	Leon County; cards available online and at county locations	Free prescription discount card; optional discounted dental and health-service plans	Rx: (877) 321-2652
Apalachee Center	2634 Capital Circle NE, Tallahassee, FL 32308	Behavioral health services including outpatient, inpatient, crisis, rehabilitation and community-based care	(850) 523-3333
Florida KidCare	Statewide; P.O. Box 980, Tallahassee, FL 32302-0980	Low-cost or no-cost health and dental coverage for eligible children	1-888-540-KIDS (5437)
Big Bend AHEC - Health Insurance Navigators	2815 Remington Green Circle, Suite 100, Tallahassee, FL 32308	Free, unbiased help with Marketplace coverage, Medicaid and Florida KidCare enrollment	(850) 224-1177

Merck Patient Assistance Program	Mailing: P.O. Box 1206, Wilkes-Barre, PA 18703-1206	Helps eligible patients obtain certain Merck medicines at no cost	1-800-727-5400
Florida Rx Card	Statewide / online	Free prescription discount program; no income or age requirement; accepted at participating pharmacies	1-800-726-4232
Tobacco Free Florida	Statewide	Free tobacco-cessation tools, phone/web quit support and group quit services	1-877-822-6669
Florida Department of Health in Leon County - PEPW	1515 Old Bainbridge Rd., Tallahassee, FL 32303	Presumptive Eligibility for Pregnant Women: temporary Medicaid coverage for prenatal care while full Medicaid eligibility is pending	(850) 404-6403
New Eyes	Apply online at: https://new-eyes.org/application	New Eyes purchases new prescription eyeglasses for low-income individuals in the U.S. through an e-voucher program.	https://new-eyes.org

Housing/Homelessness Services

Agency / Housing Community	Address	Assistance	Phone Number
Tallahassee Housing Authority	2940 Grady Rd., Tallahassee, FL 32312	Public housing & rental assistance	(850) 385-6126
Big Bend Homeless Coalition	2729 W. Pensacola St., Tallahassee, FL 32304	Shelter and housing services	(850) 576-5566

Big Bend Continuum of Care	1820 E. Park Ave., Suite 203, Tallahassee, FL 32308	Homelessness support & coordinated entry	(850) 792-5015
The Kearney Center	2650 Municipal Way, Tallahassee, FL 32304	Emergency homeless shelter & support	(850) 792-9000
Lutheran Social Services of North Florida	1800 Balkin Rd., Tallahassee, FL 32305	Housing and supportive services	(850) 325-6643
Tallahassee Urban League	923 Old Bainbridge Rd., Tallahassee, FL 32303	Housing and community assistance	(850) 222-6111
Refuge House	Confidential; P.O. Box 20910, Tallahassee, FL 32316	Domestic violence shelter & housing support	(850) 681-2111 (24/7)
Briarwood Manor Apartments	4495 Shelfer Rd., Tallahassee, FL 32305	Affordable housing	(850) 878-2133
Griffin Heights Apartments	1010 Basin St., Tallahassee, FL 32304	Affordable rental housing	(850) 224-1314
Sunrise Place	2525 Texas St., Tallahassee, FL 32301	Income-restricted affordable housing	(850) 942-0035
Magnolia Terrace Apartments	509 E. Magnolia Dr., Tallahassee, FL 32301	Affordable rental housing	(850) 877-6420
Miracle Village Independent Living	1208 Birmingham St., Tallahassee, FL 32304	HUD-subsidized housing for adults 62+	(850) 222-0561
Bethel Towers	324 N. Martin Luther King Jr. Blvd., Tallahassee, FL 32301	Affordable housing for adults 62+	(850) 224-2486
Lake Ella Manor	1433 N. Adams St., Tallahassee, FL 32303	Affordable senior housing	(850) 224-1341

Basic Needs/ Emergency Services

Agency	Address	Assistance	Phone Number
American Red Cross – Capital Area Chapter	1115 Easterwood Dr., Tallahassee, FL 32311	Disaster relief and emergency assistance	(850) 878-6080
211 Big Bend	211bigbend.org	24/7 community resource hotline	2-1-1 / (850) 617-6333
Capital Area Community Action Agency	309 Office Plaza Dr., Tallahassee, FL 32301	Poverty and crisis assistance	(850) 222-2043
Catholic Charities of Northwest Florida	1380 Blountstown Hwy., Tallahassee, FL 32304	Basic needs and support	(850) 222-2180
ECHO	702 W. Madison St., Tallahassee, FL 32304	Emergency basic-needs assistance	(850) 224-3246

Refuge House	Confidential; P.O. Box 20910, Tallahassee, FL 32316	Domestic and sexual violence services	(850) 681-2111 (24/7)
The Salvation Army – Tallahassee	2410 Allen Rd., Tallahassee, FL 32312	Basic needs and social services	(850) 222-0304
Tallahassee Urban League	923 Old Bainbridge Rd., Tallahassee, FL 32303	Housing and community assistance	(850) 222-6111

Employment and Financial Services

Agency	Address	Assistance	Phone Number
CareerSource Capital Region	2601 S. Blair Stone Rd., Bldg. C, #200, Tallahassee, FL 32301	Job search and training	(850) 922-0023
FloridaCommerce	107 E. Madison St., Tallahassee, FL 32399	Employment and unemployment assistance	(833) 352-7759
Goodwill Industries – Big Bend	300 Mabry St., Tallahassee, FL 32304	Employment training and job placement	(850) 576-7145
Social Security Administration	2002 Old St. Augustine Rd., Tallahassee, FL 32301	Social Security and disability benefits	(800) 772-1213

Children, Family, and Senior Services

Agency	Address	Assistance	Phone Number
Early Learning Coalition of the Big Bend	2639 N. Monroe St., Bldg. C-300, Tallahassee, FL 32303	School Readiness child-care assistance, VPK, Child Care Resource & Referral and family services	(850) 385-0504
Elder Care Services	2518 W. Tennessee St., Tallahassee, FL 32304	Senior care and support	(850) 921-5554
Florida Department of Revenue Child Support Program	325 John Knox Rd., Bldg. 300, Tallahassee, FL 32303	Enforces and manages child support	(850) 488-5437
Florida DCF – Child Protective Services	Statewide	Child abuse and neglect reporting	(800) 962-2873
Dial-A-Ride	Tallahassee Area	Destination based public transportation for disabled persons.	(850) 891-5199
Hopewell In-Home Senior Care	Tallahassee Area	Customized in-home care plans	(850)-386-5552
Tallahassee Pediatric Behavioral Health Clinic	Various Tallahassee providers	Connecting families to proper mental and behavioral health assistance for children	(850) 692-3134
Safe Families for Children - North Florida	1111 E. Tennessee St., Suite 208, Tallahassee, FL 32308	Volunteer-based crisis support that helps keep children safe and families together	(850) 508-3892

Prevent Child Abuse Florida / Ounce of Prevention Fund of Florida	325 John Knox Rd., Bldg. L, Suite 200, Tallahassee, FL 32303	Child-abuse prevention education, family-strengthening programs and community resources	(850) 921-4494
Girls on the Run Panhandle	P.O. Box 13686, Tallahassee, FL 32317	Youth development programs for girls using physical activity and social-emotional skill building; serves Leon and surrounding counties	denise.howard@girlsontherun.org
Advantage Aging Solutions	2414 Mahan Dr., Tallahassee, FL 32308	Aging and Disability Resource Center; connects older adults, adults with disabilities and caregivers to home- and community-based services	Elder Helpline: (866) 467-4624
Florida SHINE	4040 Esplanade Way, Suite 270, Tallahassee, FL 32399-7000	Free, unbiased Medicare and health-insurance counseling for Medicare beneficiaries	1-800-963-5337
Strong FL Moms	Online portal: https://strongflmoms.com/	Support and resources for pregnant women and mothers.	(833-438-4673)

Father First FL	2415 North Monroe Street, Suite 400, Tallahassee, FL 32303	Equip dads with resources, mentorship, and education to stay actively engaged in their children's lives.	850-487-1111
FAAST	2145 Delta Blvd Ste 200, Tallahassee, FL 32303	provide assistive technology to Floridians with disabilities and their loved ones.	(850) 487-3278

Legal Services

Agency	Address	Assistance	Phone Number
Legal Services of North Florida	2119 Delta Blvd., Tallahassee, FL 32303	Free civil legal assistance for eligible residents, including housing, benefits, family law, elder law and related matters	(850) 385-9007
League of Women's Voters of Tallahassee	1400 Village Square Blvd, Suite 3	Understanding politics and voter registration	(950) 309-3005
Medical-Legal Partnership (NMC / Legal Services of North Florida)	Neighborhood Medical Center / Legal Services of North Florida, Tallahassee	Civil legal help connected to health-related needs for eligible patients; contact NMC or LSNF to confirm current availability	(850) 385-9007

Transportation Services

Agency	Address / Service Area	Assistance	Phone Number
StarMetro	Tallahassee / Leon County	Public bus and accessible transportation	(850) 891-5200
Big Bend Transit	Tallahassee & Big Bend region	Transportation for elderly, disabled and transportation-disadvantaged residents	(850) 574-6266
Lyft for Medical Appointments	Tallahassee	Transportation to medical appointments within 12 miles, 1 round trip per month	2-1-1 hotline