



UPLIFTING THE HUMAN SPIRIT

GUIDANCE/CARE CENTER, INC.

COVID-19 Resources for Keys Families



Food

Upper Keys

St. Justin Church - 105500 Overseas Hwy, Key Largo, **Monday 3:00pm to 5:30pm**. No ID Required - Bags will be pre-made and distributed in an effort to minimize contact.

Burton Memorial United Methodist Church / God's Kitchen - 93001 Overseas Hwy, Tavernier, FL **Mondays and Wednesdays: 9:00am - 12:00pm. Tuesdays and Thursdays: 5:00pm - 7:00pm** - *Thursday's meal will be "to go" only, but still at its normal 5 to 7pm time.* The food pantry is open and practicing social distancing guidelines. Temperatures for visitors are also being taken and anyone with above-normal temperature cannot enter.

Middle Keys

KAIR Marathon - 3010 Overseas Hwy, Marathon. Food Pantry and operational hours are: **Mondays, Thursdays and Fridays from 9 a.m. to noon, Tuesdays from noon to 3 p.m. and Wednesdays from 2 to 5 p.m.** If you can't come during those times and are in need, come anyway and knock harder. Someone should be there. For elders who shouldn't be out, send a neighbor or call and KAIR will try to deliver.

Independence Cay Soup Kitchen - 1669 Overseas Hwy, Marathon **7 days a week at 12:30 pm** - Meals for anyone.

Lower Keys

SOS Foundation Food Pantry - 5640 Maloney Ave., Stock Island **Monday & Thursday: 9:30am to 6:00pm Tuesday & Wednesday: 9:30am to 3:30pm.**

SOS - Frederick Douglass Gym - 111 Olivia St., Key West - **1:00 to 2:30 p.m.** at Frederick Douglass Gym. Free lunch to-go for anyone 18 and younger - No income verification or ID is needed.



COVID-19 Testing

CHI Marathon Health Center - 2805 Overseas Highway, Marathon, FL 33050

Every Saturday from 11am to 12:30pm **BY APPOINTMENT ONLY**. Must be a resident of Monroe County and meet testing criteria. **Call first (305)216-2107** or email KeysCovid19@chisouthfl.org

Those looking to get tested need to meet the following criteria: They have recently traveled to any of the high-risk countries or have been in contact with someone who has COVID-19. In addition, they might be experiencing the following symptoms: fever, cough or shortness of breath.

We are in this together, and help is always available.



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Guidance Care Center Counseling Services – Tele-Health Available

Upper Keys

99198 Overseas Hwy., Suite 5
Key Largo, FL 33037
(305) 434-7660 phone
(305) 451-8019 fax
Office Manager: Denise Costa

Middle Keys

3000 41st Street, Ocean
Marathon, FL 33050
(305) 434-7660 phone
(305) 434-9040 fax
Site Director: Lisa Marciniak

Lower Keys

1205 Fourth Street
Key West, FL 33040
(305) 434-7660 phone
(305) 292-6723 fax
Office Manager: Annie Rojas

IN CRISIS?

Unsure what to do?
Thinking of Self Harm/Suicide?
Need help right away?
You are not alone.

There is help available:
Call **Mobile Crisis Response Teams**
Available 24 hours a day/7 days a week
Phone: (305) 434.7660, Option 8

Wilmarie Lopez

GUIDANCE/CARE CENTER
Prevention Counselor/Therapist

C: (305) 924.6091
wilmarie.lopez@westcare.com



Additional Resources – News Updates

Scan QR Codes below for direct links to additional information and resources

Guidance Care Center
(KL, Marathon & KW)

CDC

Florida Department
of Health

Monroe County
Emergency
Management

United Way's
FL Keys Resource Guide



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