



American residents use about 100-125 gallons of water per day. The average faucet flows at a rate of two gallons per minute. A running toilet can waste up to 200 gallons of water per day. The average family in Clearwater uses 130 gallons of water each day. Here are some things you can do to help conserve one of our greatest resources:



### Four Tips to Help Conserve Water Indoors

- Turn off faucet while brushing teeth.
- Take shorter showers.
- Fix leaks in faucets, showerheads and toilets.
- Only wash full loads.

Join us in the effort to save water. Questions about water leaks and utility bills can be directed to the city's Utility Customer Service Department at (727) 562-4600.  
[www.myclearwater.com](http://www.myclearwater.com)

## GRAND FAMILIES GAME DAY

Are You an Extended Family Member or Non-relative Raising a Minor While the Parent Cannot?

Grandparent Raising Grandchildren    Aunt or Uncle Raising Nieces or Nephews    Sibling Raising Minor Sibling

**Saturday, April 6th, 10AM – 2PM**  
 Rain Date – Saturday, April 13th

Giveaways  
 Free Snow Cones  
 Free Food Truck  
 (First Come – First Serve)

Family & Community Resources,  
 Bounce Houses,  
 Lawn Games,  
 DJ, Free Haircuts  
 & More!

**BINGO!**  
 11:30 AM  
 12:30 PM

**Haircuts**  
 by Pinellas Technical College  
 11:00 AM  
 to  
 2:00 PM

Lake Vista Park  
 1401 62nd Ave S,  
 St. Petersburg, FL 33705

Contact:  
[kroy@jwbpinellas.org](mailto:kroy@jwbpinellas.org)



### April is Stress Awareness Month: Tips to Help You Cope

- ◆ Eat healthy, well-balanced meals.
- ◆ Exercise on a regular basis.
- ◆ Get plenty of sleep.
- ◆ Give yourself a break if you feel



- stressed out.
- ◆ Share your problems and feelings and coping with a parent, friend, counselor, doctor, or pastor.
  - ◆ Avoid drugs and alcohol. These may seem to help with the stress, but in the long run, they create additional problems.
  - ◆ Take a break. If news events are causing your stress, take a break from listening or watching the news.
  - ◆ If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

With the proper understanding, good practices, and helpful support of others, stress is a battle that we can win and live balanced, healthy, and happy lives.



For immediate help, contact one of the following crisis hotlines:

- **Disaster Distress Helpline: 1-800-985-5990**
- **National Suicide & Crisis Lifeline: 988**
- **[www.988lifeline.org](http://www.988lifeline.org)**

For more information, visit

[www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html](http://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html)

### Monthly Food Distribution at Barbee Towers & Ralph Richards!

**360Eats Gourmet Meals Distribution**  
 Thursday, April 4, 2024 at 2:00 PM-4:00 PM

**HEP Mobile Market**  
 Thursday, April 4, 2024 at 2:30 PM-4:30 PM

**Hope Villages Food Distribution**  
 Tuesday, April 16, 2024 at 9:30 AM-3:00 PM

**FL Dream Center Food Distribution**  
 Tuesday, April 23, 2024 at 1:30 PM-4:30 PM

If interested in receiving food, contact the ROSS Coordinator at 727-446-1045, Ext. 248 prior to event!



**Tampa Bay  
Job & Career  
Fair!**

Presented by Tampa Bay Times  
tampabayjobfair.com



**ARE YOU  
CAREER  
READY?**

Are you looking for a career opportunity? This event is open to the public and will feature employers across Pinellas County looking to meet you. Come dressed to impress and bring your resume for the chance to make a change. We are excited to see you there!



**Monday, April 8, 2024**  
**10:00 AM-2:00 PM**

**The Coliseum**  
**535 4th Avenue North**  
**St. Petersburg, FL 33701**





For more information, email **Dave Labell**  
at [DLabel@tampabay.com](mailto:DLabel@tampabay.com)

[www.tampabay.com](http://www.tampabay.com)



**FSI CONNECT**  
Help For Families  
Is A Call Or Click Away



Are you a family with one or more children residing in Pinellas County?  
Do you have documented financial loss due to an unforeseen event or series of events?  
The Family Services Initiative (FSI) can help. Call or click for a screening today!

**WHO WE CAN HELP**

Note that assistance is not guaranteed & other qualifications may apply.

- Families in Pinellas County who are pregnant or have custody of at least one child under 18
- Families with verified income to support future household expenses
- Families with income 250% of federal poverty guidelines or less (see examples below)

+	<b>FAMILY OF TWO</b>	\$49,300/YEAR OR \$4,108/MONTH
+	<b>FAMILY OF THREE</b>	\$62,150/YEAR OR \$5,179/MONTH
+	<b>FAMILY OF FOUR</b>	\$75,000/YEAR OR \$6,250/MONTH
+	<b>FAMILY OF FIVE</b>	\$87,850/YEAR OR \$7,321/MONTH

**HOW WE CAN HELP**

- RENT/MORTGAGE ASSISTANCE**
- UTILITY BILLS**
- GROCERIES**
- CHILD CARE**
- INFANT NEEDS**
- COUNSELING RESOURCES**
- TRANSPORTATION RESOURCES**
- JOB RESOURCES**









**City of Clearwater Citizens  
Free CPR Training!**

**Saturday, April 13, 2024**  
**9:00 AM - 1:00 PM**

Clearwater Fire and Rescue is proud to offer free Cardiopulmonary Resuscitation (CPR) classes for the citizens of Clearwater. Classes are held various Saturdays of the month and are provided by a certified American Heart Association (AHA) instructor. The goal of the program is to train citizens of Clearwater to save lives of victims in cardiac arrest through early activation of the 911 system and high-quality CPR. This program prepares citizens to perform CPR and to be a critical link in the chain-of-survival.

**1760 N. Belcher Road**  
**Clearwater, FL 33765**

**Registration is required.**

If you have questions, call (727) 324-2434 or email at [peter.gushee@myclearwater.com](mailto:peter.gushee@myclearwater.com)

[www.myclearwater.com](http://www.myclearwater.com)







**Pinellas County Summer  
Bridge Program**

**PREPARE...LEARN...GROW!**

**June 3—June 27, 2024**  
**Monday—Thursday**  
**8:00 AM—2:00 PM**

**Secure Your Seat Now!**

**Open for Pinellas County students from  
kindergarten through 11th grade!**

- ◆ Weekly themed sessions
- ◆ Virtual field trips
- ◆ Math, Science, & Language Arts
- ◆ Transportation Available



**Need help applying?** Contact Student Assignment at **727-588-6210**

For more information, locations, & registration:  
[www.pcsb.org/summerbridge](http://www.pcsb.org/summerbridge)



