



April is Water Conservation Month

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



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**

For more information, visit www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html

FLORIDA VETERANS COALITION & CCHR FLORIDA PRESENTS

VETERAN RESOURCES EXPO & FAMILY DAY

A DAY DEDICATED TO THOSE WHO SERVED AND THE FAMILIES WHO SUPPORT THEM.

SATURDAY . 11 APRIL . 11AM - 3PM

DOWNTOWN CLEARWATER
CORNER OF DREW ST. & FORT HARRISON

ALL VETERANS, ACTIVE-DUTY, FRIENDS, FAMILY, AND VETERAN ADVOCATES ARE WELCOME!

BRING YOUR FRIENDS, YOUR APPETITE, AND YOUR PATRIOTIC SPIRIT!

THE MISSION: BOOTHS TO LEARN ABOUT RESOURCES AND BENEFITS FOR VETS AND THEIR FAMILIES.

THE CELEBRATION: LIVE MUSIC, JROTC COLOR GUARD AND A BOUNCY HOUSE WITH GAMES FOR THE KIDS.

THE TREATS: FREE FOOD, DRINKS & ICE CREAM!

FOR MORE INFO VISIT:
WWW.CCHRFLORIDA.ORG/EVENTS
 OR CALL OR TEXT 727-244-5114

Monthly Food Distribution at Barbee Towers & Ralph Richards!

Good Neighbors Grocery Giveaway
 Wednesday, April 1, 2026 at 12:00 PM-2:00 PM

Hope Villages Food Distribution
 Tuesday, April 14, 2026 at 9:30 AM-1:30 PM

FL Dream Center Food Distribution
 Tuesday, April 21, 2026 at 2:00 PM-4:00 PM

If you're interested in receiving food, contact the **ROSS Coordinator** at 727-446-1045, ext. 248 or email at swhite@clearwaterhousingauth.org



Shred-A-Thon and Medicine Disposal Event

Saturday, April 25, 2026
9:00 AM-2:00 PM

Countryside Mall
27001 US Hwy 19 N
Clearwater, FL 33761

(near intersection of US 19 & Countryside Blvd south of Whole Foods)

- ♦ **FREE** shredding event for Clearwater residents **ONLY** - no businesses (bring proof of residency)
- ♦ Drop-offs are for all paperwork and old/expired prescription medication
- ♦ Needles or other hazardous materials will **NOT** be accepted
- ♦ Limit of 10 boxes per vehicle for shredding

Residents with questions can call
(727) 562-4920

Clearwater Solid Waste/Recycling Department
1701 N. Hercules Avenue
Clearwater, FL 33765
www.myclclearwater.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)

	FAMILY OF TWO \$52,875/YEAR OR \$4,406/MONTH
	FAMILY OF THREE \$66,625/YEAR OR \$5,552/MONTH
	FAMILY OF FOUR \$80,375/YEAR OR \$6,698/MONTH
	FAMILY OF FIVE \$94,125/YEAR OR \$7,844/MONTH

727-888-HELP
727-888-4357

ELEOSWELLNESS.ORG/
APPLY-FOR-ASSISTANCE

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, May 16, 2026
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

www.myclclearwater.com



Pinellas County Summer Bridge Program

PREPARE...LEARN...GROW!

June 1—June 25, 2026
Monday—Thursday
8:00 AM—12:00 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/learning/summer-programs/summer-bridge


