DAVIDSON COUNTY RELATIVE CAREGIVER PROGRAM

Directory of Services for Caregivers

3203 Brick Church Pike
Nashville, TN 37207
Phone: 615-226-4917
Fax: 615-226-4971

1st Edition 2006

Family & Children's Service
Davidson County Relative Caregiver Program
Directory of Services

The Directory covers services that may be beneficial to our caregivers and their families. The purpose of this Directory is to have in one publication the information that our caregivers and families may want or need. These services, range from governmental agencies, not-for-profit, and for profit.

We have tried to present accurate information as of December 2005. The Family & Children's Services, Davidson County Relative Caregiver Program does not endorse any of the listings, and omission does not mean disapproval. We tried to be complete and regret any omissions or errors.

TO RECEIVE A COPY OF THIS RESOURCE GUIDE

Please come by the Davidson County Relative Caregiver Program Monday through Friday from 8:00 AM to 5:00 PM.

For More Information Call:
Phone: 615-226-4917
Fax: 615-226-4971

Vanderbilt Legal Clinic: 322-4964

Legal Aid Society of Middle Tennessee
300 Deadrick St.
Nashville, TN 37201
615-244-6610
http://www.las.org/lawyers

Court Appointed Special Advocate - CASA
601 Woodland St, Nashville, TN 37213
(615) 425-2383
http://www.casa-nashville.org/index.html

Notes:

Donelson Station Center
108 Donelson Pike
Nashville, TN 37214

(615) 883-8375

Hadley Park Center
3700 Ashland City Hwy
Nashville, TN 37218
(615) 248-2272

Knowles Senior Center
174 Rains Avenue
Nashville, TN 37203
(615) 743-3400

Madison Station Center
301 Madison Street
Madison, TN 37115
(615) 860-7180

The Martin Center of SCI
960 Heritage Way
Brentwood, TN 37027
(360) 376-0102

Senior Citizen INC, Branches

Bellevue
174 Rains Avenue
Nashville, TN 37203
(615) 743-3400

Inglewood
301 Madison Street
Madison, TN 37115
(615) 860-7180

Legal Services

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The Davidson County Relative Caregiver Program is a Program of Family and Children's Service and is supported by the ***Tennessee Department of Children's Services.***

Caregiver's Bill of Rights

I have the right to take care of myself. This is not an act of selfishness. It will give me the ability to take better care of my loved one.

I have the right to seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.

I have the right to maintain facets of my own life that do not include the person I care for just as I would if he or she were healthy. I know that I do everything that I reasonably can do for this person and I have the right to do some things just for myself.

I have the right to get angry, be depressed, and **express difficult feelings** occasionally.

I have the right to reject any attempt by my loved one (either conscious or unconscious) to manipulate me through guilt or anger.

I have the right to receive considerations, affection, forgiveness, and acceptance for what I do for my loved one as I offer these attributes in return.

I have the right to take pride in what I am accomplishing and to applaud the courage it has taken to meet the needs of my loved one.

I have the right to protect my individuality and my right to make a life for myself that will sustain me in times when my loved one no longer needs my full-time help.

I have the right to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.

Author Unknown

Wave Country
2320 Two Rivers Parkway
Nashville, TN 37214
615-885-1052
(Wave Country opens for the season Memorial Day weekend from, 11:00am to 5:00pm. After the first day of school, *open weekends only*. Weekend hours are 11:00am to 5:00pm., Saturday and Sunday. Closed for the season *after* Labor Day.)
www.nashville.gov/parks/wave_country.htm

Activities for Senior's

Senior Citizens Center

Douglas Senior Center
210 North 7th St.
Nashville, TN 37206
615-862-8446

Elizabeth Community Center
1701 Arthur Ave
Nashville, TN 37208
615-862-8449

Senior Citizens INC, Centers

College Grove Senior Center
8607 Henry Horton Highway
College Grove, TN 37046
(615) 368-7093

Senior Activities
Continued

XXX Sports
1180 Antioch Pike
Nashville, TN
615-781-8766
www.xxxsports.com

Skate Center Brentwood
402 Wilson Pike Circle
Brentwood TN
615-373-1827

Hendersonville Skating Rink
750 Main St.
Hendersonville, TN
615-824-0630

River Gate Skate Center
119 Gleaves St
Madison, TN 37115
615-868-3692

Summer Fun

Nashville Shores Outdoor Water Park
4001 Bell Road
Hermitage, TN 37076
615-889-7050
(2006 Operating Schedule Opening Weekend: May 20 - 21 Open Daily: May 29 to August 11 Open Weekends: August 12 to September 4.)
www.nashvilleshores.com

Emergency Numbers

Life Threatening Assistance: 911
Fire: 327-1300
Non-Life Threatening Assistance: 862-8600
Mobile Crisis Juvenile: 250-7288
Mobile Crisis Adult: 726-0125
Poison Control Center: 936-2034
Drug Helpline: 1-800-662-4357
Narcotics Anonymous: 615-251-7462
Sexual Assault: 256-8526
Domestic Violence Hotline: 1-800-356-6767
Suicide Prevention/Crisis Intervention Center: 244-7444
Mental Health Crisis Services Hotline: 1-800-809-9957

Head Start Centers

Berry Head Start
2233 Winford Ave.
Nashville, TN 37211
615-862-8885

Dudley Park Head Start
1203 3rd Ave.
Nashville, TN 37210
615-862-8911

East Nashville Head Start
217 S. 10th St.
Nashville, TN 37206
615-862-8886

North Head Start
1624 5th Ave. N.
Nashville, TN 37208
615-862-8860

Reservoir Park Head Start
824 Argyle Ave.
Nashville, TN 37203
615-880-2392

Richland Head Start
5900 Charlotte Pike
Nashville, TN 37209
615-862-8935

Ross Head Start
1310 Ordway Place
Nashville, TN 37206
615-862-8878

Tom Joy Head Start
1900 Lischey Ave
Nashville, TN 37207
615-880-1690

Metropolitan Public Schools Nashville
General Information 615-259-8400

Family Resource Centers

Bethlehem FRC
Bethlehem Center
1417 Charlotte Ave
Phone: 615-329-3386

Bordeaux/Northwest FRC
Bordeaux Enhanced Option School
1910 South Hamilton Road
Phone: 615-291-6355 ext. 104

Cayce FRC
Martha O'Bryan Center
711 South Seventh St.
Phone: 615-254-1791

Cora Howe FRC
Cora Howe Elementary School
1928 Greenwood Ave.
Phone: 615-650-6851

Edgehill FRC

Organized Neighbors Of Edgehill (ONE)
1001 Edgehill Ave.
Phone: 615-256-4617

Fall-Hamilton Wedgewood FRC
Fall-Hamilton Enhanced Option Elementary School
510 Wedgewood Ave.
Phone: 615-568-3201

Maplewood FRC
Maplewood Comprehensive High School
401 Maplewood Lane
Phone: 615-259-5575

C.E. McGruder FRC
C.E. McGruder Community Center
2013 25th Ave. North
Phone: 615-291-4512

McKissack FRC
McKissack Professional Development School
915 38th Ave. North
Phone: 615-321-8366

Napier FRC
Napier Enhanced Option Elementary School
60 Fairfield Ave.
Phone: 615-271-1765

Hermitage Lanes
3436 Lebanon Rd.
Hermitage, TN 37076
615-883-8900

Madison Bowl
517 Gallatin Rd.
Madison, TN 37115
615-868-1496

Tusculum Lanes
5315 Nolensville Rd.
Nashville, TN 37211
615-833-2881

West Bowling Center
5400 Charlotte Pike
Nashville, TN 37209
615-298-2632

Skating

Skate Park
2320 Two Rivers Parkway
Nashville, TN 37

Centennial Park Ice Rink
222 25th Ave North
Nashville, TN 372
615-862-8480

Snookers of Hickory Hollow
1015 Bell Rd.
Nashville, TN 37214
615-731-5573
Activities for Children/Young Adults continued

Sportsplex
222 25th Avenue North
Nashville, TN 37203
(615) 862-8480
http://www.nashville.gov/sportsplex/

Family Fun Centers
460 W Main St.
Hendersonville, TN 37075
(615) 824-5685

Family Fun Centers
3710 Old Annex Dr.
Nashville, TN 37214
615-425-2695

Bowling

Donelson Bowling Center
117 Donelson Pike
Nashville, TN 37214
615-868-6641

Hendersonville Bowling Center
460 W. Main St.
Hendersonville, TN 37075
615-824-5685

Pearl-Cohn FRC
Pearl-Cohn Comprehensive High School
904 26th Ave.
Phone: 615-321-8361

St. Luke's FRC
St. Luke's Community House
5601 New York Ave.
Phone: 615-350-1131

The Salvation Army Northeast FRC
Magness Potter Community Center
611 Stockwell St.
Phone: 615-255-0554

South Nashville FRC
Exchange Club Family Center
139 Thompson Lane
Phone: 615-479-2106

Metropolitan Nashville Parks and Recreation Community Centers

Please check with each center for current schedule of activities, as they change throughout the year.

Antioch Community Center
5023 Blue Hole Rd.
Nashville, TN 37013
615-315-9363

Bellevue CommunityCenter
656 Colice Jeanne Rd.
Nashville, TN 37221
615-862-8435

Cleveland Community Center
925 North 6th St.
Nashville, TN 37207
615-862-8444

Coleman Community Center
384 Thompson Lane
Nashville, TN 37211
615-862-8445

Douglas Senior Center
210 North 7th St.
Nashville, TN 37206
615-862-8446

East Park Community Center
700 Woodland St.
Nashville, TN
615-862-8448

Elizabeth Community Center
1701 Arthur Ave.
Nashville, TN 37208
615-862-8449

Hadley Community Center
1037 28th Ave North
Nashville, TN 37208
615-862-8451

Hartman Community Center
2801 Tucker Rd.
Nashville, TN 37218
615-254-6531

Hermitage Community Center
3720 James Kay Lane
Hermitage, TN 37076
615-316-0843

Valley Amusement Park
2400 Music Valley Dr.
Nashville, TN 37214
615-885-2330 or 615-885-3270

Activities for Young Adults

All Year Fun

Grand Old Golf Recreation Center
2444 Music Valley Dr.
Nashville, Tennessee 37214
615-871-4701
www.grandoldgolf.net

Laser Quest
166 Second Avenue North
Nashville, TN 37201
615-256-2560
(Schedule: Monday/Tuesday Available for private groups, Wednesday/Thursday 6:00 PM to 9:00 PM, Friday 4:00 PM to Midnight, Saturday noon to Midnight, Sunday 2:00 PM to 7:00 PM)
www.lasrerquest.com

RCKTWN
Rocketown
401 Sixth Ave South
Nashville, TN 37203
Event Hotline: 615-843-4000
General Information: 615-843-4001
www.rocketown.com
Recreation Social Activities Child/Adult Continued

Activities for Children

Adventure Science Center
800 Fort Negley Blvd.
Nashville TN 37203
(615) 862-5160
(Schedule: Monday-Saturday: 10:00 am - 5:00 pm
Sunday: 12:30 pm - 5:30 pm)
www.adventuresci.com

Boy Scouts of America-Middle Tennessee Council
3414 Hillsboro Road
P.O. Box 150409
Nashville, TN 37215
615-383-9724 or Toll Free Phone (800) 899-7268
E-mail: boyscout@mtcbsa.org
www.mtcbsa.com

Boys and Girls Club of Middle Tennessee
PO Box 110268
Nashville TN 37222
615 833-2368
(Club has eight locations including two teen centers serving.)
www.bgcmt.org

Girl Scout Council of Cumberland Valley
4522 Granny White Pike
Nashville, TN 37204
615-383-0490
www.girlscoutsofcv.org

Nashville's Children's Theater
724 2nd Ave South
Nashville, TN 37210
615-254-9103

Kirkpatrick Community Center
1000 Sevier St.
Nashville, TN 37206
615-862-8453

Madison Community Center
510 North Dupont Ave.
Nashville, TN 37115
615-862-8459

McCabe Community Center
101 46th Ave. North
Nashville, TN 37209
615-862-8457

McFerrin Community Center
301 Berry St.
Nashville, TN 37207
615-862-8458

Morgan Park Community Center
411 Hume St.
Nashville, TN 37208
615-862-8462

Napier Community Center
73 Fairfield St.
Nashville, TN 37210
615-256-4474

Rose Community Center
1000 Edgehill Ave.
Nashville, TN 37203
615-862-8465

Sevier Community Center
3021 Lealand Lane
Nashville, TN 37204
615-862-8466

Shelby Community Center
South 20th St. at Shelby Ave.
Nashville, TN 37206
615-862-8452

South Inglewood Community Center
1624 Rebecca Ave.
Nashville, TN 37216
615-862-8452

Watkins Park Community Center
616 7th Ave. North
Nashville, TN 37219
615-862-8468

West Park Community Center
6105 Morrow Rd.
Nashville, TN 37209
615-862-8469

Z. Alexander Looby Center
2301 Metro Center Blvd.
Nashville, TN 37228
615-862-8454

TennCare Important Numbers

Family Assistance Service Center **1-866-311-4287**

Call this number for general information regarding TennCare, including: Applying for TennCare, Disenrollment & Benefit Changes, Reporting a change (such as a new address, or change in jobs),Establishing or changing an appointment with your DHS case worker.

TennCare Solutions **1-800-878-3192**

Call this number to *file an appeal* about medical or prescription problems.

TennCare Advocacy Program **1-800-722-7474**

Call this number if you need help with any other health-related care?

Tennessee Health Options **1-888-486-9355**

Call this number if you do not have health insurance or are losing TennCare.

TennCare Partners Advocacy **1-800-758-1638**

Call this number if you require help with mental health care or alcohol treatment.

Recreation Social Activities Child/Adult

Mental Health Cooperative, INC.
1501 Herman St.
Nashville, TN
615-321-2420
www.mhc-tn.org

Mental Health Association in Nashville
2416 21st Ave South
Nashville, TN 37212
615-269-5355

Metropolitan Action Commission: 615-862-8860 option 2
(For assistance with: emergency assistance, housing services, education, Low Income Home Energy Assistance Program (LIHEAP), Summer Food Services for Children.

Metro Social Services
25 Middleton St.
Nashville, TN 37210
615-862-6400
www.nashville.gov/sservices

Adult and Family Support Services 615-862-6432
Information and Referral Services 615-862-6458
Adult Homemaker Services 615-862-6480
Senior Nutrition Services 615-880-2292
Brief Counseling 615-862-6432
Burial Assistance 615-862-6458
Relative Caregiver Assistance 615-862-6432
Homeless Services 615-880-2526

Vanderbilt Community Mental Health Center
2100 Pierce Ave.
Nashville, TN 37232
615-936-3555

Metropolitan Nashville Public Libraries

Bellevue Branch Library
650 Colice Jeanne Rd.
Nashville, TN 37221
615-862-5854
(Hours: Monday/Wednesday 9:30 AM to 5:00 PM, Tuesday/Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Bordeaux Branch Library
4000 Clarksville Pike
Nashville, TN 37218
615-862-5856
(Hours: Monday through Thursday 9:00 AM to 8:00 PM, Friday Close, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Donelson Branch Library
2315 Lebanon Road
Nashville, TN 37214
615-862-5859
(Hours: Monday through Thursday 9:00 AM to 8:00 PM, Friday Close, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

East Branch Library
206 Gallatin Road
Nashville, TN 37206
615-862-5860
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Edgehill Branch Library
1409 12th Ave South
Nashville, TN 37203
615-862-5861
(Hours: Monday through Wednesday 9:30 AM to 5:30 PM, Thursday 11:00 AM to 7:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Edmonson Pike Branch Library
5501 Edmonson Pike
Nashville, TN 37211
615-880-3957
(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Goodlettsville Brach Library
106 Old Brick Church Pike
Goodlettsville, TN 37072
615-862-5862
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Green Hills Branch Library
3701 Benham Ave.
Nashville, TN 37215
615-862-5863
(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Hadley Park Branch Library
3700 James Kay Lane
Hermitage, TN 37076
615-880-3951
(Hours: Monday through Thursday 9:00 AM to 8:00 PM, Friday Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Inglewood Branch Library
4312 Gallatin Rd.
Nashville, TN 37216
615-862-5866
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday 9:00 Am to 5:00 PM)

Family and Children's Service
Werthan Office (Main Office)
201 23rd Avenue North
Nashville, TN 37203
(615) 320-0591

Davidson County Relative Caregiver Program/Center
3203 Brick Church Pike
Nashville, TN 37208
(615) 226-4917

Center for Adoption
1210 Foster Avenue
Nashville, TN 37243
(615) 253-3289 or (800) 807-3228

Southeast Counseling Office
4732 West Longdale Drive
Nashville, TN 37211
(615) 832-9220

TICCA (Trauma Intervention)
Enterprise Center
78 Lafayette Street
Nashville, TN 37210
(615) 254-1595

LIFESolutions – ReConnect
1617 16th Avenue North
Nashville, TN 37212
615) 269-9536
615) 269-3312 – fax

Disabilities Website of Services:
www.tennesseepathfinder.org

Centerstone
Ella Hayes Center Clinic Services & Wallace Academy
1101 6th Avenue North
Nashville, TN 37208
(615) 460-4100
(615) 460-4104 - fax

Dede Wallace Campus
2400 White Avenue
Nashville, TN 37204
(615) 460-4430
(615 460-4433 – fax

Frank Luton Center
1921 Ransom Place
Nashville, TN 37217
(615) 279-6700
(615) 279-6702 – fax

Harbor House
654 West Iris Drive
Nashville, TN 37204
(615) 269-5170
(615) 269-8015 – fax

School-Based Counseling & Family Centered Services
915 8th Avenue North
Nashville, TN 37208
615) 463-6600
615) 460-4109 – fax

Z. Alexander Looby Branch Library
2301 Metro Center Blvd.
Nashville, TN 37228
615-862-5867
(Hours: Monday/Wednesday 9:30 AM to 8:00 PM, Tuesday/ Thursday 12:00 PM to 8:00 PM, Friday Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Madison Branch Public Library
610 Gallatin Pike South
Madison, TN 37115
615-862-5868
(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Nashville Talking Library
505 Heritage Drive
Madison, TN 37115
Voice: 615-862-5874
Fax: 615-862-5796
Schedule Line: 615-862-5876

The Nashville Talking Library is an audio reading service broadcasting round-the clock readings to individuals who cannot read normally printed matter because of a visual or physical impairment, or because of a reading disability. To get the service call 615-862-5874.

North Branch Library
1001 Monroe St.
Nashville, TN 37208
615-862-5858
(Hours: Monday-Wednesday-Thursday 9:30 AM to PM to 5:30 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Old Hickory Branch Library
1010 Jones St.
Old Hickory, TN 37138
615-862-5869
(Hours: Monday/Wednesday 9:30 AM to 5:30 AM, Tuesday/ Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Mary & Charles W. Pruitt Branch Library
117 Charles E. Davis Blvd.
Nashville, TN 37210
615-862-5985
(Hours: Monday through Thursday 9:30 AM to 7:00 PM, Friday/ Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Richland Park Branch Library
4711 Charlotte Ave.
Nashville, TN 37209
615-862-5870
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/ Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Southeast Branch Library
2325 Hickory Highlands Drive
Antioch, TN 37013
615-862-5871
(Hours: Monday through Thursday 9:30 AM to 8:00 PM, Friday Closed, Saturday 9:00 AM to 5:00 PM, Sunday 2:00 PM to 5:00 PM)

Thompson Lane Branch Library
380 Thompson Lane
Nashville, TN 37211
615-862-5873
(Hours: Monday/Wednesday 9:30 AM to 5:30 PM, Tuesday/ Thursday 12:00 PM to 8:00 PM, Friday/Sunday Closed, Saturday 9:00 AM to 5:00 PM)

Watkins Park Community Library
612 17th Ave North
Nashville, TN 37203
615-862-5872
(Hours: Monday through Thursday 10: 00 AM to 6:00 PM, Friday through Sunday Closed)

Social Service/Mental Health Agencies

Department of Children's Services
900 2nd Ave North
Nashville, TN 37243
615-253-1400

Department of Human Services
1000 2nd Ave North
Nashville, TN 37243
615-532-4000

Division of Mental Retardation Services
15th Floor, Andrew Jackson Building
500 Deaderick Street
Nashville, Tennessee 37243
(615) 532-6530

Statewide MR Hotline-1-800-535-9725

Department of Mental Health and Developmental Disabilities

Mental Health Services
425 Fifth Avenue North
3rd Floor, Cordell Hull Building
Nashville, Tennessee 37243
(615) 532-6767