



Addiction Recovery Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Addicted.org 800-304-2219 https://www.addicted.org/</p>	<p>Helps individuals and their families overcome addiction and prevent substance use by providing comprehensive information and an up-to-date directory of life-changing services across the U.S. Also operates a confidential call center to help link people up with the best resources.</p>
<p>Addiction Group 407-490-3869 https://www.addictiongroup.org/ 10 S Dearborn St Chicago, IL 60603</p>	<p>Offers a wealth of information on alcohol and drug addiction as well as resources to support recovery. Includes helpful blogs, discussing to assist in determining best course of treatment, and links to treatment center options.</p>
<p>Addiction Treatment Division 888-336-6924 https://www.addictiontreatmentdivision.org/</p>	<p>Helps individuals who are addicted to drugs or alcohol locate proper treatment options. services are 100% free across all 50 states.</p>
<p>Alcohol Rehab Help https://alcoholrehabhelp.org/ 4700 Millenia Boulevard Suite 175 PMB 93044 Orlando, FL 32839</p>	<p>An informational web guide for people struggling with alcohol use disorders (AUD) and co-occurring mental health disorders. Provides information on AUD as well as links to tools and resources for treatment options.</p>

<p>Alcoholics Anonymous 602-957-7457</p> <p>2720 E Thomas Road Phoenix, Arizona 85016</p>	<p>Referrals to local twelve step groups open to all.</p>
<p>Arizona Council on Compulsive Gambling 800-777-7207 azccg.org</p>	<p>Provides referrals to local Gamblers Anonymous meetings.</p>
<p>Arizona Smoker's Helpline 800-556-6222 www.ashline.org</p>	<p>Free telephone and web-based coaching services to help people quit tobacco. Medication cessation assistance also available.</p>
<p>Arizona Women's Recovery Center 602-264-6214 www.azwomensrecoverycenter.org 4201 N. 16th Street Suite 140 Phoenix, AZ. 85016</p>	<p>Offers a range of services for women experiencing substance use disorders. Support includes group, individual, and family therapy; case management services; career counseling; psychiatric nurse practitioner support; parenting coaching; peer support; DBT groups; dual diagnosis relapse prevention groups; and supportive housing (when available.)</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.boosite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>

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<p>Calvary Addiction Recovery Center 602-279-1468 www.calvarycenter.com 720 E. Montebello Ave. Phoenix, AZ 85014</p>	<p>Faith based addiction treatment in a residential or outpatient setting.</p>
<p>Celebrate Recovery http://www.celebraterecovery.com/?page_id=62</p>	<p>Offers Christain based support meetings to help people obtain freedom from their hurts, hang-ups, and habits. Multiple meetings times/places in Arizona.</p>
<p>Center for Hope 480-461-1711 www.communitybridgesaz.org</p>	<p>Provides residential and comprehensive support services for homeless pregnant women dealing with substance abuse issues, including counseling, parenting classes, health classes, and more.</p>
<p>Coast to Coast Referrals 800-281-4731 recoverynowtv.com</p>	<p>Recovery Now TV is a no cost consultation hotline that provides referrals to drug & alcohol treatment centers nationwide. Our counselors will evaluate your situation and work with your health insurance provider to place you in a program that meets your needs. We can ensure that you are placed in the best treatment facility possible and receive the care you need for your unique circumstances.</p>
<p>Crossroads 602-263-5242 http://www.thecrossroadsinc.org/</p>	<p>An Arizona Department of Health Services licensed 12 step substance use treatment provider. Offering Residential, Intensive Outpatient and Aftercare Treatment.</p>

<p>Destiny House 602-639-2442</p>	<p>Faith based transitional housing for men and women seeking recovery from addiction. 12-step based; \$100/week with \$25 intake fee. Fees include christian counseling, and job search search assistance.</p>
<p>Destiny Sober Living 602-249-6674 http://www.destinyhouse.biz</p> <p>Locations in Mesa, Laveen, Phoenix, and Buckeye</p>	<p>Inpatient program for adults ages 18+ with substance abuse/dependence issues, general mental health issues, involvement with Child Protective Services and/or Adult Probation or Parole. Residents may be self-referred or court ordered. Specialty areas include treatment for: Substance-Related and Addictive Disorders, Depressive Disorders, Anxiety Disorders, Bipolar and Related Mood Disorders, Schizophrenia Spectrum and other Psychotic Disorders, ADD-ADHD, Obsessive Compulsive Related Disorders, Trauma-and Stressor-Related Disorders, Dissociative Disorders, Somatic Symptom and Related Disorders, Disruptive, Impulse-Control, Conduct Disorders, and Personality Disorders.</p>
<p>La Frontera/EMPACT - SPC 480-784-1500 (Crisis) http://lafrontera-empact.org/</p>	<p>Provides 24 hours a day/7 days a week crisis response for behavioral health crisis situations and a Sexual Assault hotline.</p>
<p>LDS Family Services 800-537-2229 www.providentliving.org</p>	<p>Offers free substance abuse and sexual addiction support groups, and crisis pregnancy counseling. Also offer mental health counseling for a fee of \$120/initial assessment and \$80/session thereafter. Also offers community resources and referrals.</p>
<p>My Hope For Addiction 480-782-0403 www.myhopeforaddiction.com PO Box 525 Gilbert, AZ 85299</p>	<p>Our purpose is to walk alongside, equip and care for those who struggle with addiction. There is hope, and lasting change is possible.</p>
<p>Narcotics Anonymous 480-897-4636 www.arizona-na.org</p>	<p>Provides information for local twelve step groups open to all.</p>

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<p>Narcotics.com 800-407-7195 https://www.narcotics.com/</p>	<p>Promotes and provides access to quality narcotics treatment programs as well as education, support, guidance, and treatment placement. Also provides a contact list of Narcotics Anonymous meetings in Arizona as well as a 24/7 hotline.</p>
<p>National Institute on Drug Abuse Hotline 800-662-4357 www.nida.nih.gov</p>	<p>Offers information and referrals for addiction, treatment, and recovery.</p>
<p>Native Health Community Health Center 602-279-5262 www.nativehealthphoenix.org</p>	<p>Low cost medical and dental care. Also offers mental health services, substance abuse services, and women's services. Free transportation available. Also offers free HIV testing for the community. Call for locations and times.</p>
<p>New Wine 12-Step Recovery & Support Group 602-678-0999</p>	<p>Offers Christian based 12-step recovery and support groups for adults dealing with addictions issues, as well as anger/rage, sexual issues, abuse, dependency, eating disorders, and relationship issues. Group meets on Tuesdays from 7:30 – 9:30 pm. Please call before you attend.</p>
<p>Omega Counseling 602-495-9306 1480 E Bethany Home Rd. Suite 230 Phoenix, AZ 85015</p>	<p>Provides individual and group counseling on a variety of issues including domestic violence, substance abuse, and anger management. Fees are \$90/hour for individual counseling, and \$15-\$20/session for group therapy (2 hour sessions). No verification of citizenship required.</p>

<p>Overcomers Addiction Recovery Support Group 602-268-1201</p>	<p>Provides a Christian based 12-step support group for individuals and families affected by addictions.</p>
<p>Phoenix Dream Center 602-346-8700 www.phxdreamcenter.org</p>	<p>Offers a free 15 month faith-based residential recovery program for men and women, shelter and other assistance to victims of human trafficking, hunger relief program to single mothers and families living below the poverty level, affordable living for working single men and women, and a neighborhood revitalization program.</p>
<p>Phoenix Indian Medical Center 602-263-1200 4212 N. 16th St. Phoenix, AZ 85016</p>	<p>Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe.</p>
<p>Rehab Center 800-406-7633 www.rehabcenter.net</p>	<p>A drug or alcohol problem is not a death sentence—you can get your life back and be the person you were meant to be. The benefits of recovery include a renewed outlook, a wiser disposition, and a more energetic and ambitious you.RehabCenter.net is the Web’s most comprehensive guide to quality rehab centers and addiction treatment. We offer free and confidential information about the many effective and empowering rehab options available today.</p>
<p>Resilient Recovery 602-304-0072 http://www.crosswalkphoenix.com Cesar Chavez High School 3921 W Baseline Rd</p>	<p>For the past three years, our faith-based recovery ministry has been helping individuals with addictions and difficult life events. Sessions consist of general meeting in which we share prayer requests and recite prayers and scriptures. Later we break into small groups to drill down into the word of God, applying scripture to our lives and supporting one another with encouragement and accountability.</p>
<p>Scottsdale Youth and Family Services 480-312-7922 4201 N. Hayden Rd. Scottsdale, AZ 85251</p>	<p>Provides free resources and referrals for counseling services.</p>

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<p>Shoplifters Anonymous 800-848-9595 www.shopliftersanonymous.com</p>	<p>Provides self help and support services via telephone contact Monday through Friday 9am – 5pm Eastern Time.</p>
<p>SMART Recovery http://www.smartrecovery.org/</p>	<p>Offers free, self-empowering, science-based mutual help groups for abstaining from any substance or activity addiction. Seven weekly meetings in the Phoenix area; see website for details.</p>
<p>Standing Strong Teen Program 602-424-2060 www.nativeconnections.org</p>	<p>Offers a 12 week outpatient and community based substance abuse treatment program with a focus on minority teens.</p>
<p>Stonewall Institute 602-535-6468 www.stonewallinstitute.com 2720 E. Thomas Rd. Suite 302 Phoenix, AZ 85016</p>	<p>Provides safe and confidential services for adults with psychiatric and addictions issues. Accepts private insurance, or \$125/hour, but willing to consider financial circumstances.</p>
<p>Substance Abuse Prevention and Treatment Block Grant Providers 1.800.640.2123 http://www.healthchoiceintegratedcare.com/members/adult-services/</p>	<p>If you or someone you know needs help accessing substance use treatment, and do not have insurance through the Arizona Health Care Cost Containment System (AHCCCS), help may be available through services funded by the Substance Abuse Prevention and Treatment Block Grant (SABG).</p>

<p>The Potter's House 602-254-9701 http://www.thepottershousesacenter.org/ 1717 W. Northern Ave Ste# 101 Phoenix, Az 85021</p>	<p>Provides outpatient treatment for men and women 18 and older of all ethnic groups who are experiencing substance use disorders (abuse, dependency), including education of criminal offenders.</p>
<p>Together AZ 480-767-7880 http://togetheraz.com/</p>	<p>Provides information and resources to assist with addictions issues. Also hosts a yearly "Art of Recovery" Expo to offer free education, resources, and solutions for addiction recovery and behavioral health.</p>
<p>Together We Stand 602-285-0281</p>	<p>Sober living facility to assist men with recovery from alcohol and drugs. \$110/week includes cable and all utilities, but no meals. Willing to accept men without money up front and assist in locating employment. Required to complete 90 meetings in 90 days. Must have ID and proof of citizenship.</p>
<p>Treatment Referral Routing Service 1-800-662-HELP (4357)</p>	<p>This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish</p>
<p>Valley Hospital 602-952-3939 (intake) http://www.valleyhospital-phoenix.com/ 3550 E. Pinchot Ave. Phoenix, AZ 85018</p>	<p>Valley Hospital is a private freestanding hospital specializing in mental health and chemical dependency care, and offers inpatient, outpatient, and partial hospitalization programs for adults. Valley Hospital also offers a free initial mental health and chemical dependency assessment and referral services for adults. Most major insurance accepted; no sliding scale option.</p>
<p>West Mesa Family Resource Center 480-489-5772 http://www.lss-sw.org/get-help/ First Evangelical Lutheran Church, 142 North Date Street Mesa, AZ 85201</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>

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Advocacy Services

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<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Ability360 602-256-2245 www.ability360.org 5025 E. Washington St., #200 Phoenix, AZ 85034</p>	<p>Provides information, programs, events, and resources to assist individuals with disabilities take personal responsibility so they may achieve or continue independent living. Also offers a medical loan closet.</p>
<p>American Academy of Child & Adolescent Psychiatry http://www.aacap.org/</p>	<p>National professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by these disorders. Publishes "Facts for Families" to provide concise and up-to-date information on issues that affect children, teenagers, and their families, and offers AACAP Resource Centers to empower consumers through patient education.</p>
<p>American Foundation for Suicide Prevention 1-800-273-8255 http://www.afsp.org</p>	<p>Provides information on suicide statistics, suicide prevention, suicide awareness community and activities, and suicide prevention and education resources.</p>
<p>Arizona Center for Disability Law 602-274-6287 http://www.acdl.com/</p>	<p>Designated protection and advocacy system in Arizona. Call Monday, Tuesday, Thursday, or Friday from 9am - 1pm for an intake if you have an advocacy question or concern.</p>

<p>5025 E. Washington St. Phoenix, AZ 85034</p>	
<p>Arizona Child & Family Advocacy Network 928-750-3583 http://www.acfan.net/index.htm</p>	<p>Advocacy centers located throughout Arizona are designed to provide onsite services to child victims of either physical or sexual abuse as well as neglect. Some centers provide services to adult victims of sexual assault, domestic violence, or vulnerable adult abuse.</p>
<p>Arizona Secretary of State 602-542-4285 http://www.azsos.gov/</p>	<p>Maintains a free registry called the "Arizona Advance Directive" where individuals can send advance directives for secure storage and can be accessible to individuals, loved ones and health care providers. This webpage also has other resources available on advanced directives.</p>
<p>Arizona Senior Citizen's Law Project 602-252-6710 1818 S. 16th St. Phoenix, AZ 85034</p>	<p>Offers free information and legal assistance to seniors over 60 in Maricopa County. Call on Wednesdays between 1pm and 4:30pm.</p>
<p>Arizona Spinal Cord Injury Association 602-507-4209 www.azspinal.org 5025 E. Washington St. STE #110 Phoenix, AZ 85034</p>	<p>The Arizona Spinal Cord Injury Association is a nonprofit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer support, family support, and education of consumers, families, caregivers and professionals. We also link consumers and families with vocational, social and recreational resources, and offer accessible transportation services, as well as a number of support groups throughout the valley.</p>
<p>Arizona State Legislature http://www.azleg.gov/</p>	<p>Offers an overview of the legislative process in Arizona. Provides a tool to track pending legislation, ability to locate and contact individual legislators, and information to stay up-to-date on current issues.</p>
<p>Arizona Supreme Court http://www.azcourts.gov/</p>	<p>Offers information on the various Arizona Courts, a case search function, and an e-filing tool for preparing and filing a case, as well as legislation news and updates.</p>

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<p>Bazon Center for Mental Health Law 202-467-5730 http://www.bazon.org/</p>	<p>The Bazon Center for Mental Health Law is a nonprofit organization devoted to improving the lives of people with mental illnesses through changes in policy and law. Their website provides legislative updates that affect individuals with mental illness, and advocacy resources.</p>
<p>Center for Psychiatric Rehabilitation www.cpr.bu.edu</p>	<p>Offers resources for living well with a psychiatric disability in work and school. An interactive and informative web site for people with a psychiatric condition that addresses issues and reasonable accommodations related to work and school.</p>
<p>Circle of Hope Cancer Ministry http://www.southwestnetwork.org/nt19rg/result.asp?engSearch=52 Orangewood Church: 7510 N 27th Ave Phoenix, AZ 85051</p>	<p>A Faith-Base cancer support group for all. Facilitated by an 11 year breast cancer survivor walking through the cancer journey. Courage + Comfort= Hope. A group of peers walking through the cancer journey together, sharing experiences with one another by giving helpful hints, praying, sharing resources and more. Come and be loved on.</p>
<p>David's Hope 602-774-4382 www.davidshopeaz.org</p>	<p>Provides information, advocacy, and resources for individuals living with a mental or substance use disorders who currently are or have been involved in the criminal justice system. David's Hope also leads the Arizona Mental Health Criminal Justice Coalition. Coalition meetings are held monthly from 10 a.m. to 12 p.m. Locations and days vary. Please call for more information, including how to navigate the mental health criminal justice systems in all 15 Arizona counties. Assistance offered to all at no charge. You can contact David's Hope at: 602.774.4382</p>

<p>Depression and Bipolar Support Alliance 800-826-3632 www.dbsalliance.org.</p>	<p>Offers referrals for support groups, counseling services, medication services, and many other support services/materials.</p>
<p>Disability Help Center 1-888-939-4092 www.disabilityhelpcenteraz.org 1833 W Main St Mesa, AZ 85201</p>	<p>Provides assistance in obtaining Social Security Disability Benefits, and referrals for necessary resources. They assist with the application process, appeals process, or preparing for a hearing before an Administrative Law Judge.</p>
<p>Family Advocacy Center 602-534-2120 www.phoenix.gov/fac 2120 N. Central Ave. Phoenix, AZ</p>	<p>Provides comprehensive services to victims of violence, including counseling referrals, financial assistance referrals, and light case management. Assists with orders of protection and other legal issues surrounding the case.</p>
<p>Family of Choice Guide: Your Roadmap To The Behavioral Health Care System http://www.mercymaricopa.org/assets/pdf/members/directories-guides/MMIC-Family-Resource-Guide.pdf</p>	<p>This guide from Mercy Maricopa Integrated Care, the regional behavioral health authority, is designed for those who care and want to support an adult who is receiving treatment for a serious mental illness.</p>
<p>Florence Crittenton 602-274-7549 www.flocrit.org 715 West Mariposa Street Phoenix, AZ 85013</p>	<p>Florence Crittenton is a community based services program that is designed to support teens and youth so they can discover their self-worth and reach a higher level of independence.</p>
<p>Job Accommodation Network 800-526-7234 http://askjan.org/</p>	<p>Offers information and resources regarding workplace accommodations and ADA legislation. Offers resources for both job seekers and employers.</p>
<p>Kids.gov http://www.kids.gov/</p>	<p>Kids.gov is the official kids' portal for the U.S. government. It links to over 2,000 web pages from government agencies, schools, and educational organizations, all geared to the learning level and interest of kids.</p>

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<p>Labor's Community Service Agency - General 602-263-5741 www.lcsaphx.org 3117 N. 16th St., #100 Phoenix, AZ 85016</p>	<p>Serving the general welfare of our community and advocating for health and human services that meet the needs of all members of the community. Offers information and referrals to community resources/programs to help meet the needs of community members.</p>
<p>Law for Kids http://www.lawforkids.org/</p>	<p>Provides information and resources to teach children about the law. Created by the Arizona Foundation for Legal Services and Education with the specific goal of educating Arizona's youth, their parents, communities and schools to increase their knowledge about youth laws and to encourage law-abiding behavior.</p>
<p>Magellan Health Services www.magellanhealth.com/Training</p>	<p>Magellan and DBSA have partnered to create online Peer Support Courses to educate a variety of audiences about the role of Peer Specialists in promoting recovery. Hosted on Magellan's Resiliency and Recovery E-Learning Center, these courses are free and were developed in collaboration with recognized leaders to provide convenient, self-paced learning opportunities on a range of topics such as Using Your Recovery Story and Effective Supervision of Peer Specialists.</p>
<p>My Hope For Addiction 480-782-0403 www.myhopeforaddiction.com PO Box 525 Gilbert, AZ 85299</p>	<p>Our purpose is to walk alongside, equip and care for those who struggle with addiction. There is hope, and lasting change is possible.</p>
<p>National Alliance on Mental Illness 602-244-8166 www.namiaz.com</p>	<p>Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.</p>

<p>5025 E. Washington St. Suite 112 Phoenix, AZ 85034</p>	
<p>National Resource Center on Psychiatric Advance Directives http://www.nrc-pad.org/</p>	<p>Provides information and resources related to creating a psychiatric advance directive specific to each state. Provides a link to specific forms necessary for completing an Advance Directive.</p>
<p>Never Again 480-539-9111 www.neveragainfoundation.org 25 S. Arizona Pl. Chandler, AZ 85225</p>	<p>Provides civil litigation and legal representation for surviving family members of victims of domestic violence deaths.</p>
<p>Ober & Pekas Disability Attorneys 602-714-3169 http://oberpekas.com/ 3030 North 3rd St. Suite 1230 Phoenix, AZ 85012</p>	<p>The attorneys of Ober & Pekas advocate for individuals with disabilities and their families in the process of winning social security and long-term disability benefits.</p>
<p>Office for Children, Youth, and Families 602-542-4043 www.goyff.az.gov</p>	<p>Provides resources, promotes citizen engagement and leads innovative projects to strengthen and empower families and communities in Arizona.</p>
<p>Office of Human Rights 602-364-4585 www.azahcccs.gov</p>	<p>Provides free assistance to those determined to have a Serious Mental Illness in Arizona.</p>
<p>one-n-ten 602-279-0894 www.oneten.org 3660 N 3rd St. Phoenix, AZ 85013</p>	<p>One-n-ten provides a safe, social environment for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Offers drop-in social support services for LGBTQ youth ages 14-22 to develop positive self-acceptance through life enhancing programs and connection with local resources. Offers two weekly meetings and various social events and resources. Offers GED services, job development, benefits assistance, HIV testing, and a soup kitchen/food box kitchen 4 days/week. All services are free, and there are no citizenship requirements.</p>

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Recovery Empowerment Network 602-248-0368 www.rehaz.org	Offers free education and training programs for learning more about mental illness and becoming a Peer Support Specialist, as well as free peer advocacy services.
Rescued Not Arrested Inc. 602-647-8325 http://www.rescuednotarrested.org P.O. Box 90606 Phoenix, AZ 85066	Rescued Not Arrested Inc. is a 501(c)3 non-profit organization that uses unique outreach methods to reduce both recidivism and incarceration. Among other services, Rescued Not Arrested Inc. provides support groups, housing partners to assist in transition, assistance with employment upon release, and free English and Spanish NIV Bibles.
SAMHSA's National Mental Health Information Center 877-726-4727 http://www.samhsa.gov/	Provides information on local mental health and substance abuse services.
SHARE 866-891-2392 www.sharecancersupport.org	Offers a support hotline for women diagnosed with breast or ovarian cancer. Website also provides information and resources, as well as online support.
Social Security and Disability Resource Center http://www.ssdrcc.com/	Provides information on the federal disability benefit programs, SSD (social security disability, mandated under title II of the social security act) and SSI (supplemental security income, mandated under title 16), in addition to answering questions about social security retirement benefits and providing resource links on topics such as medicare. The SSDRC is published, edited, and maintained by Tim Moore, a former disability claims examiner for the social security administration's disability determination services (DDS), as well as a former

	caseworker with a background in many federal assistance programs, including medicaid for disabled adults.
Sojourner Center 602-244-0089 http://www.sojournercenter.org/go2/index.php	Offers a 24 hour crisis line to provide information about shelters and safety planning. Offers emergency food, housing, clothing, and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy, and family enrichment programs.
Treatment Advocacy Center 703-294-6001 http://www.treatmentadvocacycenter.org	Offers information and statistics about the Arizona Civil Commitment process, as well as links to legal forms.
Women's Services Directory, a Guide to Substance Abuse and Mental Health Support http://www.mercymaricopa.org	Agencies in this directory from Mercy Maricopa Integrated Care, the regional behavioral health authority, provide treatment and other services to eligible women. To qualify, you must be eligible for Medicaid.
Wright's Law http://www.wrightslaw.com/	Provides accurate, reliable information about special education law, education law, and advocacy for children with disabilities.

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African-American Community Resources

Resource	Description
African American Multicultural Museum	Offers an extensive variety of exhibits and programs featuring art, historical items, speakers, and artist will be highlighted throughout the year. Exhibits are changed quarterly. The Museum will keynote

480-314-4400 http://aammuseum.org 617 N. Scottsdale Rd. # A Scottsdale, AZ 85257	multiculturalism by emphasizing the positive contributions of many races and cultures while incorporating the African American segment. Admission is free.
African Association of Phoenix 623-247-4869 http://www.afasa.org/	Works to promote greater awareness and understanding of Africa and the African condition through educational and cultural activities.
Greater Phoenix Urban League 602-254-5611 http://www.gphxul.org/	Offers housing, employment, education, and small business programs to the community. Housing programs include Foreclosure Prevention Counseling, First Time Homebuyers Seminar, Affordable Low Income Housing Referral assistance, and Neighborhood Stabilization programs. Employment Services include Job Readiness Training and Summer Youth Employment. Education services include Head Start and College Preparation.
PhxSoul http://www.phxsoul.com/	Provides information about local African-American businesses, activities, and associations.

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Al-Anon Resources

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2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.

2200 N Central Ave #211 Phoenix, AZ 85004	
Addiction Group 407-490-3869 https://www.addictiongroup.org/ 10 S Dearborn St Chicago, IL 60603	Offers a wealth of information on alcohol and drug addiction as well as resources to support recovery. Includes helpful blogs, discussing to assist in determining best course of treatment, and links to treatment center options.
Adult Children of Alcoholics (Maricopa Co.) 602-241-6760	Offers 12 step support meetings at confidential locations.
Al-Anon Family Groups Meeting Information Line 800-344-2666	Offers national meeting information from 8am-6pm (EST).
Al-Anon/Alateen 602-249-1257 English www.srvais.org/	Offers 12 step support meetings at confidential locations.
Families Anonymous 800-736-9805 www.familiesanonymous.org	Provides 12-step meeting information for families of people who use drugs or alcohol. Also offers an online meeting format.

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Anger Management Resources

Resource	Description
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<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Family Resource Center 480-834-9424 http://childcrisisaz.org/ 817 N. Country Club Dr. Mesa, AZ</p>	<p>Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Offers a Dads Support group on the 1st and 3rd Wednesday of the month from 6pm – 7:30pm. Also offers a Dads of Children with Special Needs Support Group on the 2nd and 4th Wednesday of the month at the same time. Please call before you attend.</p>
<p>Native Health 602-279-5262 x3205 (Adults)</p>	<p>Offers 12-week Anger Management groups for adults (\$180) and teens ages 13 - 17 (\$5/session). Program will teach individuals how to manage anger effectively, stop violence or the threat of violence, and develop self control over thoughts and actions. Also offers a variety of free community health education events - topics include home safety, car seats, parenting classes, fathers mentoring, and HIV/AIDS (schedule and topics change monthly, call for details).</p>
<p>Omega Counseling 602-495-9306 1480 E Bethany Home Rd. Suite 230 Phoenix, AZ 85015</p>	<p>Provides individual and group counseling on a variety of issues including domestic violence, substance abuse, and anger management. Fees are \$90/hour for individual counseling, and \$15-\$20/session for group therapy (2 hour sessions). No verification of citizenship required.</p>
<p>Organization for Non-Violence Education 623-934-0696 www.oneincusa.org</p>	<p>Provides individual and group counseling for anger management and domestic violence for \$180/12 sessions, up to 52 weeks. Sessions are gender specific and court order approved. Men's groups are offered Mondays in the East Valley and Wednesdays in Glendale; Women's groups are offered Thursdays in Glendale.</p>
<p>The Potter's House 602-254-9701 http://www.thepottershousesacenter.org/ 1717 W. Northern Ave Ste# 101 Phoenix, Az 85021</p>	<p>Provides outpatient treatment for men and women 18 and older of all ethnic groups who are experiencing substance use disorders (abuse, dependency), including education of criminal offenders.</p>

<p>West Mesa Family Resource Center 480-489-5772 http://www.lss-sw.org/get-help/ First Evangelical Lutheran Church, 142 North Date Street Mesa, AZ 85201</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>
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Asian Community Resources

Resource	Description
<p>Arizona Asian American Association hparsons@cox.net http://www.aaaa-az.org/</p>	<p>Offers numerous social activities to bring the Asian community together, build unity among the various groups, make representations and make recommendations to local, county, state and federal governments.</p>
<p>Arizona South Asians for Safe Families 877-723-3711 www.asafsf.org</p>	<p>Free domestic violence assistance for individuals from South Asian communities.</p>
<p>Asian Pacific Community in Action 602-265-4598 http://apcaaz.org/ 6741 N. 7th St. Phoenix, AZ 85014</p>	<p>Offers Hepatitis B screenings, vaccinations, and education.</p>

<p>COFCO Center 602-273-7268 http://www.phxchinatown.com/</p>	<p>The facility represents the most advanced facility in North and South America featuring Chinese architecture with an exterior highlighted by traditional Chinese gardens and replicas of ancient Chinese pagodas and statues. These features combine to create a uniquely interactive hub of Asian culture in the Southwest.</p>
<p>National Association of Asian American Professionals of Phoenix http://naaapphoenix.org/</p>	<p>Offers opportunities for cultural awareness and community service activities in Asian American communities in the Phoenix area. Provides an environment where Asian Americans of all descent and others can work together to advance our collective career advancement and make significant contributions to our community through volunteer and charity work.</p>
<p>TheFilipino.com 602-380-7295 http://www.thefilipino.com/filipinosinarizona.html</p>	<p>Provides information about local Filipino businesses, restaurants, stores, churches, activities, and associations.</p>

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Birth-to-Five

Resource	Description
<p>Arizona Child Care Resource & Referral 800-308-9000 www.azchildcare.org</p>	<p>Provides free information about community trainings and resources for child care providers and the early childhood community via telephone or online search.</p>
<p>Arizona Department of Economic Security 855-777-8590 www.healtharizona.org https://des.az.gov/</p>	<p>Offers a Nutritious Assistance Program (formerly Food Stamps) based on income and other eligibility requirements. Ask your doctor to complete form FAA-1249A to provide with your application. A number of other assistance programs are available, including the Arizona Early Intervention Program (birth to 3 years), Child care, and caregiver support resources.</p>

<p>Association for Supportive Child Care 800-535-4599 http://www.asccaz.org/</p>	<p>Provides free information about community trainings and resources for child care providers and the early childhood community via telephone or online search. Offers a Kith & Kin Project that provides a 14 week free early childhood training and support group to child care providers of the children of friends and family. Transportation within a 5 mile radius can be provided. Free childcare available during the classes.</p>
<p>Community Resource Guide: Living Well in Your Community http://www.mercymaricopa.org/assets/pdf/members/directories-guides/MMICCommunityResourceGuide508.pdf</p>	<p>This guide from Mercy Maricopa Integrated Care, the regional behavioral health authority, is intended to help you connect to community services and supports you need to achieve your behavioral health recovery and resiliency goals.</p>
<p>Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014</p>	<p>Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.</p>
<p>Family Learning Center 602-344-1352 http://mihs.org/flc/flceducation-classes</p>	<p>Offers an array of information and resources, as well as free fun and health-focused classes and activities Most activities open to all community members; many activities focused on children and youth.</p>
<p>Good Fit Counseling Center 602-200-0434 x8672 http://www.swhd.org/</p>	<p>Offers counseling and therapy to children (ages 3 and under) and their families on a sliding scale fee schedule or insurance reimbursement. Services include play therapy, child and family counseling, assessments, and evaluations.</p>
<p>Healthy Families 602-266-5976 x5200 https://www.swhd.org/how-we-help/health-and-development/healthy-families</p>	<p>A community-based, family-centered, voluntary home visitation program serving at risk prenatal families and families with newborns through age five. The infant must be under three months of age at enrollment into the program as services are focused primarily on prevention through education and support in the homes of new parents.</p>
<p>Healthy Start 602-372-1166 http://www.maricopa.gov/PublicHealth/programs/HealthyStart/</p>	<p>Offers free perinatal case management services, health education events and learning opportunities to women and their families in South Phoenix and Maryvale.</p>

<p>Parents as Teachers 480-388-3292 http://www.azpartnershipforchildren.org/parentsAsTeachers.htm</p>	<p>Offers free Parent Educator services for families with a child age birth to five. Services include home visits, resource and referral, group meetings (with free childcare), and child screenings.</p>
<p>Phoenix Nurse Family Partnership 602-224-1740</p>	<p>Offers free home visits by a Registered Nurse (RN) for women pregnant with their first child. The RN provides health and development education, life coaching, assistance locating appropriate resources, and prenatal education. Services continue through the child's second birthday.</p>

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Birth-to-Five

Resource	Description
<p>Smiles for Lifetime 480-325-7500 www.dickersonortho.com</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21 years of age or older and cannot afford dental care.</p>
<p>Southwest Human Development 602-266-5976 http://www.swhd.org/ 2850 N. 24th Street Phoenix, AZ 85008</p>	<p>Offers a free Birth to Five helpline open Monday through Friday from 8am to 8pm; staffed by RNs and Social Workers. Offers advice and referrals for any questions related to children ages birth to five. Also offers a free Fussy Baby Program to any parent with a child under 1 year of age residing in Maricopa County.</p>
<p>Text4Baby Text BABY to 511411 www.text4baby.org</p>	<p>Offers free text-length text health messages containing personal and timely health information and resources for pregnant moms. Messages are timed to the due date, and continue through the first year of the baby's life. Text4Baby works with most cell phone carriers, so all messages are free and do not count toward any text message limits.</p>

<p>The Center for Autism and Related Disorders 602-325-2485 http://phoenix.centerforautism.com 1620 N. 48th St. Phoenix, AZ 85008</p>	<p>Offers free therapy to Northeast Valley children who have behavior problems. The short-term therapy is for families with children up to age 5 who don't have to have an autism diagnosis to qualify. Families must live in Scottsdale, Paradise Valley, Fountain Hills, Cave Creek, Carefree or on the Fort McDowell Reservation. There are no income restrictions.</p>
<p>Thrive to Five Family Resource Centers http://thrivetofive.org Varied Locations Varied Locations</p>	<p>Thrive To Five is a project of Commitment to Schools of Tempe and Kyrene and is funded by First Things First to provide family support services to parents and/or caregivers of children aged birth to five years old. Thrive To Five has the goals of promoting understanding of early child development and brain growth and to provide families and caregivers with the knowledge, skills and resources to help children reach their potential and enter school ready to learn. Family Support Services are offered through the Family Resource Centers of the Tempe Elementary and Kyrene School Districts. Parent Liaisons work within the Resource Centers as a direct contact for parents in their community. Thrive To Five services are offered FREE to families and caregivers of children aged birth through five years old.</p>

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Children & Youth Resources

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>

<p>American Academy of Child & Adolescent Psychiatry</p> <p>http://www.aacap.org/</p>	<p>National professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by these disorders. Publishes "Facts for Families" to provide concise and up-to-date information on issues that affect children, teenagers, and their families, and offers AACAP Resource Centers to empower consumers through patient education.</p>
<p>Arizona Child & Family Advocacy Network 928-750-3583 http://www.acfan.net/index.htm</p>	<p>Advocacy centers located throughout Arizona are designed to provide onsite services to child victims of either physical or sexual abuse as well as neglect. Some centers provide services to adult victims of sexual assault, domestic violence, or vulnerable adult abuse.</p>
<p>Arizona Child Abuse Info Center</p> <p>www.childhelpinfocenter.org</p>	<p>Offers a clearinghouse of information regarding child abuse and neglect and foster care for children, youth, parents, professionals, and community members. Provide information, education, and resources on child abuse and foster care.</p>
<p>Arizona Child Care Resource & Referral 800-308-9000 www.azchildcare.org</p>	<p>Provides free information about community trainings and resources for child care providers and the early childhood community via telephone or online search.</p>
<p>Arizona Department of Economic Security 855-777-8590 www.healtharizona.org https://des.az.gov/</p>	<p>Offers a Nutritious Assistance Program (formerly Food Stamps) based on income and other eligibility requirements. Ask your doctor to complete form FAA-1249A to provide with your application. A number of other assistance programs are available, including the Arizona Early Intervention Program (birth to 3 years), Child care, and caregiver support resources.</p>
<p>Arizona Helping Hands 480-889-0604 http://www.azhelpinghands.org</p>	<p>Offers multiple programs to assist under-privileged and struggling children and families, including an annual holiday toy distribution, annual Christmas meal, English as a Learned Language for parents of school-aged children, vision care for children, and other special projects throughout the year.</p>
<p>Arizona Phoenix Baptist Children's Services 602-346-2300 www.abcs.org</p>	<p>Offers low cost (\$40 - \$80/session) counseling to children and adults. Also offers an array of workshops, parenting classes, and resources.</p>
<p>ArizonaSERVES</p> <p>www.azdes.gov/arizonaserveshome.aspx</p>	<p>Online database for finding community resources for foster care, childcare, family resources, and transportation resources.</p>

<p>Association for Supportive Child Care 800-535-4599 http://www.asccaz.org/</p>	<p>Provides free information about community trainings and resources for child care providers and the early childhood community via telephone or online search. Offers a Kith & Kin Project that provides a 14 week free early childhood training and support group to child care providers of the children of friends and family. Transportation within a 5 mile radius can be provided. Free childcare available during the classes.</p>
<p>AZ Foster Youth 411 866-999-6384 http://www.fosteryouth411.org/index.php</p>	<p>Foster Youth 411 is a website designed for youth and young adults who need resources and information to facilitate immediate survival and long-term success. The website provides multiple emergency toll free helplines for resources, including shelter, education/employment assistance, transportation, and food.</p>

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Children & Youth Resources

Resource	Description
<p>Banner Children's Asthma 480-412-7902</p> <p>Carden Children's Medical Center</p>	<p>The entire family & caregivers of the child with asthma is invited to attend with the child with asthma to learn how to control their asthma, so asthma does not control them. To sign up for future flyers by email or to learn more: please call Kimberly Reiners, Pediatric Asthma Educator for Cardon Children's Medical Center at 480-412-7902 or email: AZPedsAsthmaSupport@bannerhealth.com</p>
<p>Banner Health School-Based Health Services 480-412-6344</p>	<p>Banner's goal is to keep your child healthy, and limit his/her number of absentee days from school. This service is</p>

<p>https://www.bannerhealth.com/Services/Pediatrics/Services/School+Based+Mobile+Care/Outreach.htm Multiple Locations -Check the website for more information</p>	<p>efficient, cost effective, and easily accessible through your school nurse. Our health clinics are located at several schools around the Valley. Students do not need to attend these schools in order to receive care. Please call (480) 412-6344 to find the clinic closest to you.</p>
<p>Big Brothers Big Sisters of Central Arizona 602-264-9254 www.bbbsaz.org/</p>	<p>Offers community-based and school-based mentoring programs for children ages 6 to 18.</p>
<p>Billy's Place 623-414-9838 https://billysplace.me/ 21448 N. 75th Ave. Suite 5 Glendale, AZ 85308</p>	<p>A free grief resource center/grief support center for kids and their families ages 3 to 30. This 501c3, non-profit agency hosts various peer-facilitated support groups and community remembrance events for those who have lost a special person.</p>
<p>Boys and Girls Clubs 602-954-8182 (Phoenix) http://www.bgcamp.org http://www.clubzona.org/</p>	<p>Offers a variety of summer and after school programs for children in grades K through 12, including programs in Arts, Character and Leadership, Education and Career Development, Technology, Health and Life Skills, and Sports, Fitness, and Recreations. Dues start around \$30/year with scholarships available dependent on family income and situation.</p>
<p>Carrington College Dental Clinic 480-717-3510 1300 S. Country Club Drive Mesa, AZ</p>	<p>Offering free dental care to children ages 12-17, conducted by supervised students in the college's dental-hygiene program, including X-rays, cleaning and polishing. Valid 5-8:30pm Mondays, 8am-9pm Tuesdays, 1-5pm Wednesdays, and 8am-5pm Thursdays and Fridays.</p>
<p>Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204</p>	<p>Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof</p>

	of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.
Child Abuse Hotline 800-792-5200	Takes reports after hours and provide referrals to local shelters.
Child Crisis Arizona Emergency Children’s Shelters 480.969.2308 http://childcrisisaz.org/what-we-do/emergency-shelter/	Temporary emergency shelter for children ages 0-11 years old. Offers shelter to children in abusive situations as well as any child needing a place to stay whether due to family emotional stress or homelessness.
Child Help USA 800-422-4453 www.childhelpusa.org	National child abuse hotline that provides crisis information, child abuse and neglect counseling, and general referrals throughout the US.
Children and Adolescents in Foster and Adoptive Care: Understanding Children’s Needs, Support and Treatment	A guide to behavioral health support and care for caregivers of children in foster or adoptive care from Mercy Maricopa Integrated Care, the regional behavioral health authority

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Children & Youth Resources

Resource	Description
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<p>Children and Adolescents in Foster and Adoptive Care: Understanding Children’s Needs, Support and Treatment</p>	<p>A guide to behavioral health support and care for caregivers of children in foster or adoptive care from Mercy Maricopa Integrated Care, the regional behavioral health authority</p>
<p>Children’s Action Alliance 602-266-0707 www.azchildren.org</p>	<p>Children’s Action Alliance is a non-profit, non-partisan research, education and advocacy organization dedicated to promoting the well-being of Arizona’s children and families. They provide information and referrals designed to meet the needs of children and families.</p>
<p>Covenant House 800-786-2929 www.covenanthouse.org</p>	<p>Crisis hotline for troubled teens and families. Provides referrals to shelters and counseling services throughout the US.</p>
<p>Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014</p>	<p>Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.</p>
<p>Family Learning Center 602-344-1352 http://mihs.org/flc/flceducation-classes</p>	<p>Offers an array of information and resources, as well as free fun and health-focused classes and activities Most activities open to all community members; many activities focused on children and youth.</p>
<p>Family Promise 480-659-5227</p>	<p>Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support.</p>
<p>Family Resource Center 480-834-9424 http://childcrisisaz.org/ 817 N. Country Club Dr. Mesa, AZ</p>	<p>Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Offers a Dads Support group on the 1st and 3rd Wednesday of the month from 6pm – 7:30pm. Also offers a Dads of Children with Special Needs Support Group on the 2nd and 4th Wednesday of the month at the same time. Please call before you attend.</p>
<p>First Teeth First 602-506-6900 http://www.maricopa.gov/publichealth/programs/oral/firstteeth.aspx</p>	<p>Maricopa County Office of Oral Health’s First Teeth First program provides dental screenings, parent education, fluoride varnish, and referrals to children five years of age and younger in the Northwest, Southwest, and Northeast Maricopa, and South Phoenix Regions in Maricopa County.</p>
<p>Florence Crittenton 602-274-7549 www.flocrit.org 715 West Mariposa Street Phoenix, AZ 85013</p>	<p>Florence Crittenton is a community based services program that is designed to support teens and youth so they can discover their self-worth and reach a higher level of independence.</p>

<p>Foundation for Blind Children 602-331-1470 http://www.seeitourway.org/ 1235 East Harmont Drive Phoenix, AZ 85020</p>	<p>Creates opportunities for anyone with vision loss to achieve. With three Valley locations (East Valley, West Valley and Central Phoenix), they strive to serve as "the" community's resource for blind, visually-impaired, and multi-handicapped children, adults, and their families.</p>
<p>Good Fit Counseling Center 602-200-0434 x8672 http://www.swhd.org/</p>	<p>Offers counseling and therapy to children (ages 3 and under) and their families on a sliding scale fee schedule or insurance reimbursement. Services include play therapy, child and family counseling, assessments, and evaluations.</p>

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Children & Youth Resources

Resource	Description
<p>Greater Phoenix Urban League 602-254-5611 http://www.gphxul.org/</p>	<p>Offers housing, employment, education, and small business programs to the community. Housing programs include Foreclosure Prevention Counseling, First Time Homebuyers Seminar, Affordable Low Income Housing Referral assistance, and Neighborhood Stabilization programs. Employment Services include Job Readiness Training and Summer Youth Employment. Education services include Head Start and College Preparation.</p>
<p>Healthy Families 602-266-5976 x5200 https://www.swhd.org/how-we-help/health-and-development/healthy-families</p>	<p>A community-based, family-centered, voluntary home visitation program serving at risk prenatal families and families with newborns through age five. The infant must be under three months of age at enrollment into the program as services are focused primarily on prevention through education and support in the homes of new parents.</p>

<p>HEAR For Kids 602-690-3975 www.earfoundationaz.com</p>	<p>Provides financial assistance with obtaining hearing aids for children who do not qualify for AHCCCS. Also offers loaner hearing aids while awaiting permanent devices.</p>
<p>Herbert K Cummings Community Center 623-772-2760</p>	<p>Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.</p>
<p>Immunizations (Adult, Child, Foreign Travel) http://www.maricopa.gov/publichealth/services/immunizations/ 1645 E. Roosevelt St. Phoenix, AZ</p>	<p>Offers immunizations for adults, children, and foreign travel needs.</p>
<p>infantCPR 888-250-5023 https://infantcpr.com/ 3116 South Mill Avenue. #244 Tempe, AZ 85282</p>	<p>Offers online infant CPR training. Once registered, enrollee has lifetime access to all purchased modules.</p>
<p>Internet Essentials 1-855-846-8376 http://www.internetessentials.com/</p>	<p>Provides low cost internet service (\$9.95/month), a low-cost computer (\$150), and free internet training for families with children receiving free school lunch assistance.</p>
<p>Juvenile Alternatives in Glendale (JAG) 623-847-7040</p>	<p>Offers free groups to youth ages 13-17 in Anger Management, Substance Abuse, and Positive Choices. Also offers a short-term (23 hour) non-secure alternative to detention for youth when there is a crisis in the home.</p>
<p>Kids.gov http://www.kids.gov/</p>	<p>Kids.gov is the official kids' portal for the U.S. government. It links to over 2,000 web pages from government agencies, schools, and educational organizations, all geared to the learning level and interest of kids.</p>
<p>Law for Kids http://www.lawforkids.org/</p>	<p>Provides information and resources to teach children about the law. Created by the Arizona Foundation for Legal Services and Education with the specific goal of educating Arizona's youth, their parents, communities and schools to increase their knowledge about youth laws and to encourage law-abiding behavior.</p>

MIKID
602-253-1240
www.mikid.org

Designed to provide support and assistance to families in Arizona with behaviorally challenged children. They offer educational events and resources.

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Children & Youth Resources

Resource	Description
MinuteClinics at CVS Pharmacy http://www.cvs.com/minuteclinic/services/vaccinations-and-injections/N-d8Z3a3joZd5	Offers vaccines for children, adolescents, teens and adults. Please call to check your insurance
Miracle Ear 800-234-5422 www.miracle-ear.com	Provides assistance with hearing aids for children under the age of 16 with parent(s) who make less than \$50,000/year. Child must live in the US, fill out an application, and have a current audiogram.
My Child's Ready 480-304-9440 www.childcrisis.org	Provides free information, support, and education about your child's development for expecting parents or parents of children ages 0-5 in Mesa, Gilbert, and Queen Creek.
National Center on Secondary Education and Transition 612-624-2097 http://www.ncset.org/	Coordinates national resources, offers technical assistance, and disseminates information related to secondary education and transition for youth with disabilities in order to create opportunities for youth to achieve successful futures. Offers additional online programs for development and transition planning, including Youthhood.org, Transition Solutions, and Check and Connect.

<p>National Hotline for Missing & Exploited Children 800-843-5678 www.missingkids.com</p>	<p>Provides resources, information, and support for issues regarding child protection.</p>
<p>National Hunger Hotline and Summer Food Service Program (SFSP) 1-866-3-HUNGRY http://www.whyhunger.org/findfood</p>	<p>The Summer Food Service Program (SFSP) was established to ensure that low-income children continue to receive nutritious meals when school is not in session. Free meals, that meet Federal nutrition guidelines, are provided to all children 18 years old and under at approved SFSP sites in areas with significant concentrations of low-income children.</p>
<p>National Runaway Safeline 800-786-2929 www.1800runaway.org</p>	<p>Here to listen. Here to help. You can immediately share your story with a compassionate person and build a plan together. Visit the website to chat, email or join a forum.</p>
<p>Native Health 602-279-5262 x3205 (Adults)</p>	<p>Offers 12-week Anger Management groups for adults (\$180) and teens ages 13 - 17 (\$5/session). Program will teach individuals how to manage anger effectively, stop violence or the threat of violence, and develop self control over thoughts and actions. Also offers a variety of free community health education events - topics include home safety, car seats, parenting classes, fathers mentoring, and HIV/AIDS (schedule and topics change monthly, call for details).</p>
<p>New Directions Institute for Early Childhood Brain Development 480-729-6510 www.ArizonasChildren.org 1420 N. Greenfield Rd., Suite 105 Gilbert, AZ 85234</p>	<p>Provides free parenting workshops for parents, grandparents and caregivers with free childcare available during most classes. Also, offers interactive workshops where parent/caregiver and child learn together. Some programs focus on pre-literacy/reading. All classes include materials and gifts for attending. New Directions' programs are offered FREE to families and caregivers of children birth to five years.</p>
<p>New Song Center for Grieving Children 480-951-8985 http://www.hov.org/new_song_center.aspx</p>	<p>Offers grief support for children, teens, young adults and parents or family caregivers. The center also offers grief education for caregivers, community groups, clergy, medical and mental health professionals.</p>
<p>not MY kid 602-652-0163 http://www.notmykid.org/home.aspx 5230 E. Shea Blvd., #100 Scottsdale, AZ</p>	<p>Offers local resources including drug testing information, support group information, and crisis information, as well as educational materials to help parents and young adults make informed choices to avoid destructive behavior.</p>

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Children & Youth Resources

Resource	Description
<p>Office for Children, Youth, and Families 602-542-4043 www.goyff.az.gov</p>	<p>Provides resources, promotes citizen engagement and leads innovative projects to strengthen and empower families and communities in Arizona.</p>
<p>one-n-ten 602-279-0894 www.oneten.org 3660 N 3rd St. Phoenix, AZ 85013</p>	<p>One-n-ten provides a safe, social environment for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Offers drop-in social support services for LGBTQ youth ages 14-22 to develop positive self-acceptance through life enhancing programs and connection with local resources. Offers two weekly meetings and various social events and resources. Offers GED services, job development, benefits assistance, HIV testing, and a soup kitchen/food box kitchen 4 days/week. All services are free, and there are no citizenship requirements.</p>
<p>Open Hearts Family Wellness 602-285-5550 https://www.openheartsaz.org/phx/ 4414 N. 19th Ave. Phoenix, AZ 85015</p>	<p>Provides family coaching, counseling, support, and access to community resources to help families and their children cope with behavioral issues.</p>
<p>Parent Education and Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>1st Saturday of each month. Please call before you attend.</p>

<p>Parents as Teachers 480-388-3292 http://www.azpartnershipforchildren.org/parentsAsTeachers.htm</p>	<p>Offers free Parent Educator services for families with a child age birth to five. Services include home visits, resource and referral, group meetings (with free childcare), and child screenings.</p>
<p>Phoenix Neighbors Helping Neighbors</p>	<p>Community Outreach program to offer free clothing, toys, and personal items. This is a place where you can trade your items, without having to worry about money. (A lot of parents come to trade their kids' outgrown clothes and toys for bigger ones.) This is also a place where those who have been blessed, can donate their things. And also for those who are truly in need, to come and get what they need. Must make appointment through e-mail.</p>
<p>Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html</p>	<p>Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.</p>
<p>Raising Special Kids 602-242-4366 www.raisingpecialkids.org</p>	<p>Offers free information, training, resources, and support to families of children (up to age 22) with disabilities and special health care needs. Services include free training workshops, parent-to-parent matching services, and resource/referral information.</p>
<p>Resilient Recovery 602-304-0072 http://www.crosswalkphoenix.com Cesar Chavez High School 3921 W Baseline Rd</p>	<p>For the past three years, our faith-based recovery ministry has been helping individuals with addictions and difficult life events. Sessions consist of general meeting in which we share prayer requests and recite prayers and scriptures. Later we break into small groups to drill down into the word of God, applying scripture to our lives and supporting one another with encouragement and accountability.</p>
<p>Resource Guide for Students With Disabilities https://www.learnhowtobecome.org/college/resources-for-students-with-disabilities/</p>	<p>This guide helps prospective students and their families self-advocate and be aware of the resources and provisions in place at colleges and universities to help them succeed. It also bring awareness to rights and responsibilities of students with disabilities, helps them learn how to take advantage of myriad services, and offers expert advice.</p>
<p>Safety, Nutrition, Activity and Care for Kids (SNACK) 602-506-6850 4041 N. Central Ave., Suite 700 Phoenix, AZ 85012</p>	<p>SNACK works in the Northwest and Southwest Valley communities to make kids safer, healthier and happier. We are an enthusiastic team of Health Educators, Dietitians, Car Seat Specialists and a Resource Coordinator that are here to help you, your child and your child care center or preschool.</p>

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Children & Youth Resources

Resource	Description
<p>SingleCare 844-234-3057 https://www.singlecare.com/blog/talking-to-children-about-mental-health/</p>	<p>Blog about mental health issues of children, along with support for talking with kids about mental health issues.</p>
<p>Smiles for Lifetime 480-325-7500 www.dickersonortho.com</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21 years of age or older and cannot afford dental care.</p>
<p>Southwest Human Development 602-266-5976 http://www.swhd.org/ 2850 N. 24th Street Phoenix, AZ 85008</p>	<p>Offers a free Birth to Five helpline open Monday through Friday from 8am to 8pm; staffed by RNs and Social Workers. Offers advice and referrals for any questions related to children ages birth to five. Also offers a free Fussy Baby Program to any parent with a child under 1 year of age residing in Maricopa County.</p>
<p>St. Luke's Behavioral Health Center 602-251-8535 1800 E. Van Buren St., Phoenix, AZ 85006</p>	<p>If your child or teen is depressed, has suicidal intentions, anxiety, hallucinations, paranoia, mood swings or destructive anger, they may need additional support and treatment to help them get through this difficult time. In addition, the Adolescent Chemical Dependency program provides inpatient medical detoxification and outpatient treatment for dependency on alcohol, stimulants, opiates, prescription drugs, or illicit drugs to those ages 13 through 17.</p>
<p>St. Luke's Behavioral Health Center 602-251-8535</p>	<p>If your child or teen is depressed, has suicidal intentions, anxiety, hallucinations, paranoia, mood swings or destructive anger, they may need additional support and treatment to help them get through this difficult time. In addition, the Adolescent Chemical Dependency program</p>

1800 E. Van Buren St., Phoenix, AZ 85006	provides inpatient medical detoxification and outpatient treatment for dependency on alcohol, stimulants, opiates, prescription drugs, or illicit drugs to those ages 13 through 17.
Standing Strong Teen Program 602-424-2060 www.nativeconnections.org	Offers a 12 week outpatient and community based substance abuse treatment program with a focus on minority teens.
Summer Lunch Buddies Text FOOD to 877-877 www.eatwellbewell.org/summerfood	All summer long, Summer Lunch Buddies serve up food and fun to kids 18 years and younger. There's no cost and no registration required. Summer Lunch Buddies is an Arizona based campaign to support the Summer Food Service Program (SFSP), a federally funded child nutrition program that ensures nutritious, free meals are available for children and teens while school is out of session
Sunrise Preschools 480-706-2500 http://www.sunrisepreschools.com/	Offers free interview care for children ages 6 weeks to 12 years old. Childcare is provided for up to 4 hours for interviews only.
Teen Lifeline 602-248-8336 www.teenlifeline.org	Offers a peer counseling suicide hotline from 3pm - 9pm daily. Also offers Life Skills Development Training for teens interested in becoming Peer Counselors. Awareness, education, and prevention material available to the community, as well as training opportunities.
Teen Outreach Pregnancy Services (TOPS) 480-668-8800 www.teenoutreachaz.org 931 E. Southern Ave., Suite 101 Mesa, AZ	Provides a free education based program for pregnant and parenting teens, 21 and under. Teens are given healthy pregnancy classes, childbirth classes, parenting classes, support group and special events. Dedicated Case Managers follow the teens for up to a year following the birth of their baby making sure that they have the best possible outcomes.
Teen Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016	3rd Saturday of each month. Please call before you attend.

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Children & Youth Resources

Resource	Description
<p>The Center for Autism and Related Disorders 602-325-2485 http://phoenix.centerforautism.com 1620 N. 48th St. Phoenix, AZ 85008</p>	<p>Offers free therapy to Northeast Valley children who have behavior problems. The short-term therapy is for families with children up to age 5 who don't have to have an autism diagnosis to qualify. Families must live in Scottsdale, Paradise Valley, Fountain Hills, Cave Creek, Carefree or on the Fort McDowell Reservation. There are no income restrictions.</p>
<p>The Dolores Ann Legault Foundation 480-242-0038</p>	<p>Provides financial assistance to families with funeral and burial costs after the loss of a child 19 years or younger, by homicide or tragic accident.</p>
<p>The New Foundation 480-945-3302 www.thenewfoundation.org 1200 N. 77th St. Scottsdale, AZ</p>	<p>Offers outpatient counseling, inpatient treatment, inpatient stabilization, a group home, and a partial hospitalization program for youth up to age 17 for both behavioral health and substance abuse. Offers services on a sliding scale fee option (rates as low as \$20/session). Also offers a 5 day respite service (STOP) for \$150/day.</p>
<p>The New Song Center for Grieving Children http://www.hov.org/welcome-new-song-center-grieving-children</p>	<p>When tragedy claims the life of a loved one, families often need help finding a way to heal. The New Song Center for Grieving Children is here to provide nurturing support for grieving children, teens, young adults and their families.</p>
<p>UnitedHealthcare Children's Foundation 952-992-4459 www.uhccf.org</p>	<p>Offers a grant program to cover the cost of medical-related services and equipment for children (hearing aids, speech therapy, wheelchairs, etc.) not covered fully covered by the available commercial health benefit plan.</p>

<p>Unlimited Potential 602-243-7376 www.upaz.org</p>	<p>Offers literacy and educational programs for Hispanic women and children age 5 and under including a bilingual family literacy program; adult education programs covering self-esteem, literacy, and English; and early childhood programs fostering language and socialization. There is a \$150 fee, (\$20 returnable at end of course) for the GED course. Also offers bilingual support groups. No proof of citizenship required.</p>
<p>WellCare Foundation 602-263-7619 www.wellcarefoundation.org</p>	<p>Provides free, integrated primary healthcare to single working mothers and their children not on state assistance who cannot afford insurance or pay for needed healthcare.</p>
<p>Workshops for Youth and Families 480-245-9724 http://www.workshopsaz.org/ 8711 E. Pinnacle Peak Rd. Ste. F101 PMB 348 Scottsdale, AZ 85255</p>	<p>Workshop for Youth and Families wants to provide young people with the necessary tools and information to expand social, emotional and life skills; negotiate new and conflicting demands and pressures; build a higher level of interpersonal and leadership behavior; nurture necessary personal strengths and assets for success, and enhance resiliency for a healthy transition through the adolescent years.</p>
<p>Wright's Law http://www.wrightslaw.com/</p>	<p>Provides accurate, reliable information about special education law, education law, and advocacy for children with disabilities.</p>
<p>Youth Build 602-238-4334 http://www.youthbuild.org/about-youthbuild</p>	<p>Offers a paid GED and job skills training program for youth (ages 16-24). Some income limitations, but can accept individuals above income on case-by-case basis.</p>

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Clothing

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Abby's Place 602-773-7523 5707 N. 7th St. Phoenix, AZ</p>	<p>Southwest Behavioral Health's thrift store offers all Mercy Maricopa members a 50% discount on all merchandise every day. Each day of the week also offers a special discount opportunity. Open Monday through Friday 9:30am - 4pm.</p>
<p>Agua Fria Food & Clothing Bank 623-932-9135 www.azfoodbanks.org 405 E. Harrison Dr. Avondale, AZ 85323</p>	<p>Free food and clothing resource open from 8:30 am – 2 pm Monday through Thursday, and 8:30 am – 12:30 pm on Friday. No proof of citizenship required.</p>
<p>Andre House 602-255-0580 www.andrehouse.org 213 S. 11th Ave. Phoenix, AZ 85007</p>	<p>Offers transitional housing for men and women; call 602-252-9023 between 10:15am and 12pm on Tuesday or Wednesday, or between 8am and 9:30am on Saturday to schedule an interview. Offers a nightly meal Saturday through Thursday between 5:30pm and 6:30pm. Offers a clothing closet for adult clothes on Monday, Wednesday, and Thursday at 10am, and on Saturday at 1pm. Offers showers at 1pm Monday through Thursday, and at 12:30pm on Saturday. Offers free laundry services on Monday, Tuesday, Thursday, and Saturday. Drop off one load at 10am on Monday, Tuesday or Thursday, and at 1pm on Saturday. Clothing will be washed, dried, and folded, and ready for pick up in the afternoon. Also offers locker rentals for \$10 key deposit and \$2/month; office is open Monday through Thursday from 3:30pm to 4:30pm. Proof of citizenship not required, but ID required for some services.</p>
<p>Chandler Community Action 480-963-4321 650 N. Arizona Ave. Chandler, AZ 85225</p>	<p>Offers clothing and food box referrals for walk-ins Monday through Thursday from 8am - 10:30am. Offers assistance with utilities and past due rent; must come in and fill out an application Monday through Thursday 8am - 5pm. Verification of citizenship not required. Closed Friday.</p>
<p>Concerned Citizens for Community Health 480-312-2323 7700 E. Roosevelt Scottsdale, AZ</p>	<p>Offers vouchers for clothing, and an onsite food bank. Must make an appointment. Proof of citizenship required.</p>

Herbert K Cummings Community Center 623-772-2760	Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.
Interfatith Cooperative Ministries 602-254-7450 www.icmaz.org 501 S. 9th Ave. Phoenix, AZ	Offers a food and clothing bank. Open Monday through Saturday from 9am to 11am. Must bring photo ID and proof of address. Also offers a free monthly health clinic - call for details.
Phoenix Neighbors Helping Neighbors	Community Outreach program to offer free clothing, toys, and personal items. This is a place where you can trade your items, without having to worry about money. (A lot of parents come to trade their kids' outgrown clothes and toys for bigger ones.) This is also a place where those who have been blessed, can donate their things. And also for those who are truly in need, to come and get what they need. Must make appointment through e-mail.
Phoenix Rescue Mission 602-233-3000 Phoenixrescuemission.org	Offers three free meals a day (7am, 12pm, 5pm) for anyone, and shelter services for adult men. Offers daily showers for men, women, and children, spiritual support, e-mail, and voicemail services. Phoenix Rescue Mission is also a safe day labor pick up station. Must show proof of residence and identity. Proof of citizenship not required. Also offers a substance abuse program for adult men.
Tempe United Methodist Church 480-967-3376 http://tempefirstumc.org/ 215 E. University Dr. Tempe, AZ 85281	Offers shower program Mondays and Fridays 6am-9am. Also offers breakfast and access to a clothing bank (up to 4 items per visit).

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Clothing

Resource	Description
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The Salvation Army
602-267-4122
www.salvationarmyusa.org

Provides assistance with food, rent payments, utility payments, transportation costs, prescription costs, hygiene supplies, counseling, clothing, and other emergency assistance for individuals and families in need. Programs located throughout the valley.

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Communication

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona Assistive Technology Exchange http://www.azatexchange.org</p>	<p>Online resource for used assistive technology, adapted and durable medical equipment. Some items are no cost, although some may have a price or best offer.</p>
<p>AT & T Language Line 800-752-6096 www.languageline.com</p>	<p>Communicate with anyone in over 170 languages within minutes. This is a fee for service provider.</p>
<p>Care 1st Avondale Resource Center 623-333-2703</p>	<p>Provides human and housing services including assistance with benefits, tutoring in English and literacy, citizenship classes, employment assistance, parenting classes and teen pregnancy support, and various other resources and workshops. Multiple social service agencies are housed in this location;</p>

	each has their own eligibility criteria. Please call for details. Do not have to be a resident of Avondale to access these services.
Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204	Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.
Community Voicemail 602-263-8845 X108 www.cvm.org	Provides a free local number to set up and check voicemail. No eligibility or restrictions.
Family of Choice Guide: Your Roadmap To The Behavioral Health Care System http://www.mercymaricopa.org/assets/pdf/members/directories-guides/MMIC-Family-Resource-Guide.pdf	This guide from Mercy Maricopa Integrated Care, the regional behavioral health authority, is designed for those who care and want to support an adult who is receiving treatment for a serious mental illness.
Friendly House 602-416-7219 www.friendlyhouse.org	Provides free GED preparation classes, citizenship classes, literacy classes, health and financial literacy classes, and ESOL classes. Orientations are held once every three months. Must bring ID and proof of legal residency.
HEAR For Kids 602-690-3975 www.earfoundationaz.com	Provides financial assistance with obtaining hearing aids for children who do not qualify for AHCCCS. Also offers loaner hearing aids while awaiting permanent devices.
Herbert K Cummings Community Center 623-772-2760	Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.
Hopeline 602-279-2900	Provides a phone and 3000 anytime minutes to domestic violence survivors affiliated with a local domestic violence agency.

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Communication

Resource	Description
<p>Literacy Volunteers of Maricopa County 602-274-3430 www.literacyvolunteers-maricopa.org 1500 E. Thomas Rd. Phoenix, AZ 85014</p>	<p>Offers Adult Basic Education and GED preparation classes. Registration is limited to the first 50 people to attend the orientation. See website or call for orientation information. Also provides computer assisted instruction in basic reading, GED, and ESOL. Call for orientation times. All services require a \$25 fee. Proof of legal residency required.</p>
<p>Live More Abundantly, Inc. 602-488-1731</p> <p>Phoenix,AZ</p>	<p>Life-Coaching draws inspiration from various disciplines including, but not limited to sociology, psychology, health and wellness, and theology to help individuals develop the tools to permanently improve their lives.</p>
<p>Mesa Laubach Literacy Council 480-964-3833</p>	<p>Tutors teach ESL, English, reading, and math to English and non-English speaking adults.</p>
<p>SafeLink Wireless 602-487-7578 https://www.safelinkwireless.com/Safelink/state-benefits/Arizona</p>	<p>Provides a free wireless phone with free minutes to individuals in Arizona already receiving state assistance or with income less than 150% Federal Poverty Level.</p>
<p>Tempe Public Library 480-350-5511 www.tempe.gov/library 3500 S. Rural Road Tempe, AZ</p>	<p>Free computer classes offered every Saturday with instruction about the Internet, e-mail, Microsoft Word, and social networking. The library also offers a wide array of information monthly about free events and resources in the community.</p>

<p>Unlimited Potential 602-243-7376 www.upaz.org</p>	<p>Offers literacy and educational programs for Hispanic women and children age 5 and under including a bilingual family literacy program; adult education programs covering self-esteem, literacy, and English; and early childhood programs fostering language and socialization. There is a \$150 fee, (\$20 returnable at end of course) for the GED course. Also offers bilingual support groups. No proof of citizenship required.</p>
<p>Wesley Community Center 623-849-1676 www.wesleycenterphx.org 1300 S. 10th St. Phoenix, AZ 85034</p>	<p>Offers classes for pre-GED, ESOL (English for Speakers of Other Languages), English Language Acquisition for Adults, and conversational Spanish. Also offers computer literacy classes and computer instruction classes. Childcare is provided.</p>

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Computer Assistance

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona Assistive Technology Exchange http://www.azatexchange.org</p>	<p>Online resource for used assistive technology, adapted and durable medical equipment. Some items are no cost, although some may have a price or best offer.</p>
<p>Bret Tarver Learning Center 602-262-7127</p>	<p>As part of the City of Phoenix Parks and Recreation Department, offers free computer classes (1:1 and group), computers for public use, lending library, ESL classes, and additional services</p>

<p>http://phoenix.gov/PARKS/tarverlc.html 1516 N. 35th Ave. Phoenix, AZ</p>	<p>as available. Must have a recreation card (\$10/year for Phoenix residents). Some scholarships available.</p>
<p>Chicanos por la Causa 602- 257-0700 www.cplc.org 1112 E. Buckeye Rd Phoenix, AZ 85034</p>	<p>Offers free computer training, employment assistance, job skills workshops, GED classes, housing repair program, some utility assistance, and safe, affordable housing options.</p>
<p>Goodwill One-Stop Career Centers 602-416-6174 www.goodwillaz.org/jobs/career-centers</p>	<p>Career Centers that offer free job search and career development services to the community. There are 11 Career centers located throughout the valley that are equipped with computers, printers, internet, fax machines, and telephones. Certain career centers also offer free computer and customer service training.</p>
<p>Herbert K Cummings Community Center 623-772-2760</p>	<p>Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.</p>
<p>Internet Essentials 1-855-846-8376 http://www.internetessentials.com/</p>	<p>Provides low cost internet service (\$9.95/month), a low-cost computer (\$150), and free internet training for families with children receiving free school lunch assistance.</p>
<p>Tempe Public Library 480-350-5511 www.tempe.gov/library 3500 S. Rural Road Tempe, AZ</p>	<p>Free computer classes offered every Saturday with instruction about the Internet, e-mail, Microsoft Word, and social networking. The library also offers a wide array of information monthly about free events and resources in the community.</p>
<p>Wesley Community Center 623-849-1676 www.wesleycenterphx.org 1300 S. 10th St. Phoenix, AZ 85034</p>	<p>Offers classes for pre-GED, ESOL (English for Speakers of Other Languages), English Language Acquisition for Adults, and conversational Spanish. Also offers computer literacy classes and computer instruction classes. Childcare is provided.</p>

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Counseling (Behavioral Health) Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>AmeriPsych 602-728-0630 ameripsych.org</p>	<p>Offers low cost family counseling services, as well as parenting classes and other family support services.</p>
<p>Arizona Department of Health Services/Division of Behavioral Health Services 602-364-4558 www.azdhs.gov/bhs/index.htm 150 N. 18th Ave. Phoenix, AZ 85007</p>	<p>State governing agency for behavioral health services. Offers an easy to use flow-chart website (http://www.azdhs.gov/bhs/pdf/WhatToDoWhenConcernedFlowchart.pdf) designed to provide information and resources for behavioral health services in Arizona.</p>
<p>Arizona Phoenix Baptist Children's Services 602-346-2300 www.abcs.org</p>	<p>Offers low cost (\$40 - \$80/session) counseling to children and adults. Also offers an array of workshops, parenting classes, and resources.</p>
<p>Arizona Teen Crisis Solutions 623.879.9600</p>	<p>For parents of struggling and troubled teens. 24-hour cell phone.</p>

ASU Health Center 602-496-0721	Offers counseling for \$95/first session and \$45/additional sessions.
Banner Behavioral Health 602-254-4357 www.bannerhealth.com	Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.
Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org	Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.
Catholic Charities Community Services 1.855.316.2229 https://www.catholiccharitiesaz.org/get-help-pages/directory-of-services	Immigrations, unaccompanied minors, refugee resettlement and housing services available, plus counseling for unexpected pregnancy, sex trafficking, domestic violence, and more.
Centro de la Familia 623-247-0464	Outpatient behavioral health care including prescription of psychiatric medications. \$100/initial 2 hour visit, \$100/initial visit with prescribing NP; \$40/all subsequent visits. No proof of citizenship required.
Chandler Regional Hospital 877-728-5414	Offers a variety of free support groups (cancer, motherhood, and stroke), as well as a free 6 week grief program.

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Counseling (Behavioral Health) Services

Resource	Description
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<p>Christian Counseling (Community Church of Joy) 623-561-0500 www.joyonline.org 21000 N. 75th Ave. Glendale, AZ 85308</p>	<p>Offers Christian based counseling for those presently experiencing challenges or crises in their lives. Also offers a variety of support groups.</p>
<p>Christy Center for Loss and Renewal 480-775-5200</p>	<p>Offers reduced fee counseling (donation suggested) based on ability to pay.</p>
<p>Deer Valley Counseling 602-750-8051 www.deerval.com</p>	<p>Individual counseling for \$40/session and group counseling for \$25/session. Locations in Phoenix, Mesa and Scottsdale.</p>
<p>Desert Vista Outpatient (at Maricopa Medical Center) 480-344-2000 www.mihs.org 2601 E. Roosevelt St. Phoenix, AZ 85008</p>	<p>Provides medication and counseling services for \$40/first visit, \$25/visit with medication, and \$10/visit without medication. Frequency of visits dependent on doctor recommendations. No insurance accepted. Provides up to 1 year of therapy.</p>
<p>Destiny Sober Living 602-249-6674 http://www.destinyhouse.biz</p> <p>Locations in Mesa, Laveen, Phoenix, and Buckeye</p>	<p>Inpatient program for adults ages 18+ with substance abuse/dependence issues, general mental health issues, involvement with Child Protective Services and/or Adult Probation or Parole. Residents may be self-referred or court ordered. Specialty areas include treatment for: Substance-Related and Addictive Disorders, Depressive Disorders, Anxiety Disorders, Bipolar and Related Mood Disorders, Schizophrenia Spectrum and other Psychotic Disorders, ADD-ADHD, Obsessive Compulsive Related Disorders, Trauma-and Stressor-Related Disorders, Dissociative Disorders, Somatic Symptom and Related Disorders, Disruptive, Impulse-Control, Conduct Disorders, and Personality Disorders.</p>
<p>Family Service Agency 602-264-9891 Phoenix www.fsaphoenix.org</p>	<p>Provides counseling and medication services for a sliding scale fee based on income. Also offers an array of family based services and groups. Locations in Mesa, Phoenix, and Metro areas. Also offers a Community Re-integration Program for ex-offenders to assist with job placement and case management services.</p>
<p>Friendship Community Mental Health Center 602-241-6656 X107</p>	<p>Partial Hospitalization Program that offers group therapy, case management services, and some counseling, with a psychiatrist and RN on staff. They offer a sliding scale fee schedule based on client income.</p>
<p>Give An Hour www.giveanhour.org</p>	<p>Offers free counseling for military personnel and their families affected by the current conflicts in Iraq and Afghanistan.</p>

<p>Goodworks Bible-based Counseling 480-821-1330 www.goodworkscounseling.org 2950 S. Alma School Rd. Mesa, AZ 85210</p>	<p>Offers Christian counseling at affordable rates.</p>
<p>La Frontera/EMPACT - SPC 480-784-1500 (Crisis) http://lafrontera-empact.org/</p>	<p>Provides 24 hours a day/7 days a week crisis response for behavioral health crisis situations and a Sexual Assault hotline.</p>
<p>LDS Family Services 800-537-2229 www.providentliving.org</p>	<p>Offers free substance abuse and sexual addiction support groups, and crisis pregnancy counseling. Also offer mental health counseling for a fee of \$120/initial assessment and \$80/session thereafter. Also offers community resources and referrals.</p>

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Counseling (Behavioral Health) Services

Resource	Description
<p>Native Health Community Health Center 602-279-5262 www.nativehealthphoenix.org</p>	<p>Low cost medical and dental care. Also offers mental health services, substance abuse services, and women's services. Free transportation available. Also offers free HIV testing for the community. Call for locations and times.</p>
<p>NP Care 602-496-0721 500 N. 3rd Street Phoenix, AZ 85004</p>	<p>Offers low cost physical and behavioral health care for those without insurance. Annual membership is \$50/individual, first office visit is \$95, and subsequent visits are \$45. In-house lab tests are provided at no additional charge. Also accepts most insurance plans. Additional locations in Scottsdale and Tempe.</p>

<p>Omega Counseling 602-495-9306</p> <p>1480 E Bethany Home Rd. Suite 230 Phoenix, AZ 85015</p>	<p>Provides individual and group counseling on a variety of issues including domestic violence, substance abuse, and anger management. Fees are \$90/hour for individual counseling, and \$15-\$20/session for group therapy (2 hour sessions). No verification of citizenship required.</p>
<p>Open Hearts Family Wellness 602-285-5550 https://www.openheartsaz.org/phx/ 4414 N. 19th Ave. Phoenix, AZ 85015</p>	<p>Provides family coaching, counseling, support, and access to community resources to help families and their children cope with behavioral issues.</p>
<p>Organization for Non-Violence Education 623-934-0696 www.oneincusa.org</p>	<p>Provides individual and group counseling for anger management and domestic violence for \$180/12 sessions, up to 52 weeks. Sessions are gender specific and court order approved. Men's groups are offered Mondays in the East Valley and Wednesdays in Glendale; Women's groups are offered Thursdays in Glendale.</p>
<p>Phoenix Indian Medical Center 602-263-1200</p> <p>4212 N. 16th St. Phoenix, AZ 85016</p>	<p>Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe.</p>
<p>Phoenix Interfaith Counseling 602-248-9247 Phoenix www.phx-interfaith.org</p>	<p>Individual counseling with possible sliding scale fee schedule (lowest amount is \$60/session). Locations in Phoenix, Mesa, and Scottsdale.</p>
<p>Pilgrim Rest Baptist Church</p> <p>http://pilgrimrestphx.org/pr_family2res.html</p>	<p>Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.</p>
<p>PTSD Foundation of America - Arizona 832-912-4429 www.ptsdUSA.org 9724 Derrington Houston, TX 77064</p>	<p>Provides hope and healing for the unseen wounds of war. Combat Trauma Support Line: 877-717-PTSD (7873)</p>
<p>Resilient Recovery 602-304-0072 http://www.crosswalkphoenix.com Cesar Chavez High School 3921 W Baseline Rd</p>	<p>For the past three years, our faith-based recovery ministry has been helping individuals with addictions and difficult life events. Sessions consist of general meeting in which we share prayer requests and recite prayers and scriptures. Later we break into small groups to drill</p>

	down into the word of God, applying scripture to our lives and supporting one another with encouragement and accountability.
Scottsdale Youth and Family Services 480-312-7922 4201 N. Hayden Rd. Scottsdale, AZ 85251	Provides free resources and referrals for counseling services.

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Counseling (Behavioral Health) Services

Resource	Description
Stonewall Institute 602-535-6468 www.stonewallinstitute.com 2720 E. Thomas Rd. Suite 302 Phoenix, AZ 85016	Provides safe and confidential services for adults with psychiatric and addictions issues. Accepts private insurance, or \$125/hour, but willing to consider financial circumstances.
The Center for Autism and Related Disorders 602-325-2485 http://phoenix.centerforautism.com 1620 N. 48th St. Phoenix, AZ 85008	Offers free therapy to Northeast Valley children who have behavior problems. The short-term therapy is for families with children up to age 5 who don't have to have an autism diagnosis to qualify. Families must live in Scottsdale, Paradise Valley, Fountain Hills, Cave Creek, Carefree or on the Fort McDowell Reservation. There are no income restrictions.
The Potter's House 602-254-9701 http://www.thepottershousesacenter.org/	Provides outpatient treatment for men and women 18 and older of all ethnic groups who are experiencing substance use disorders (abuse, dependency), including education of criminal offenders.

<p>1717 W. Northern Ave Ste# 101 Phoenix, Az 85021</p>	
<p>The Salvation Army 602-267-4122 www.salvationarmyusa.org</p>	<p>Provides assistance with food, rent payments, utility payments, transportation costs, prescription costs, hygiene supplies, counseling, clothing, and other emergency assistance for individuals and families in need. Programs located throughout the valley.</p>
<p>University of Phoenix Counseling Skills Center 480-557-2217 www.phoenix.edu 1625 W. Fountainhead Parkway Tempe, AZ</p>	<p>Offers free counseling services by Masters of Counseling students to the community. Cannot provide services for individuals who are suicidal, homicidal, or actively psychotic, or with any court ordered counseling.</p>
<p>Valley Hospital 602-952-3939 (intake) http://www.valleyhospital-phoenix.com/ 3550 E. Pinchot Ave. Phoenix, AZ 85018</p>	<p>Valley Hospital is a private freestanding hospital specializing in mental health and chemical dependency care, and offers inpatient, outpatient, and partial hospitalization programs for adults. Valley Hospital also offers a free initial mental health and chemical dependency assessment and referral services for adults. Most major insurance accepted; no sliding scale option.</p>
<p>Wesley Health Center 602-257-4323</p>	<p>Provides medical health care services on a sliding scale fee schedule (lowest charge is \$30/consult). No proof of citizenship required.</p>
<p>West Mesa Family Resource Center 480-489-5772 http://www.lss-sw.org/get-help/ First Evangelical Lutheran Church, 142 North Date Street Mesa, AZ 85201</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>

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Crisis Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>American Red Cross Grand Canyon Chapter 602-336-6660 www.arizonaredcross.org 6135 N BlackCanyon Hwy. Phoenix, AZ 85015</p>	<p>Provides relief to victims of disaster as well as helps people prevent, prepare for and respond to emergencies.</p>
<p>Arizona Teen Crisis Solutions 623.879.9600</p>	<p>For parents of struggling and troubled teens. 24-hour cell phone.</p>
<p>Circle of Hope Cancer Ministry http://www.southwestnetwork.org/nt19rg/result.asp?engSearch=52 Orangewood Church: 7510 N 27th Ave Phoenix, AZ 85051</p>	<p>A Faith-Base cancer support group for all. Facilitated by an 11 year breast cancer survivor walking through the cancer journey. Courage + Comfort= Hope. A group of peers walking through the cancer journey together, sharing experiences with one another by giving helpful hints, praying, sharing resources and more. Come and be loved on.</p>
<p>City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency</p>	<p>The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and</p>

	senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.
City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency	The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.
Connections AZ Urgent Psychiatric Care Center 602-416-7600 www.connectionsarizona.com 1201 S 7th Ave. Suite 150 Phoenix, AZ 85007	Assessment and consultation, medication services, counseling, crisis services, court ordered evaluation and treatment services, peer support, and co-morbid treatment for select medical conditions.
Covenant House 800-786-2929 www.covenanthouse.org	Crisis hotline for troubled teens and families. Provides referrals to shelters and counseling services throughout the US.
Impact Suicide Prevention Center 480-784-1500 http://www.lafronteraarizona.org/ 618 S. Madison Dr. Tempe, AZ 85281	Provides Crisis Response, Counseling, Psychiatry, Substance Abuse, Support Groups, Prevention, and Trauma Services to individuals and families.
Hope's Door 602-248-0368 www.recoveryempowermentnetwork.com 4707 N. 12th St. Phoenix, AZ 85014	Offers pre-crisis services in hopes to stay out of crisis. Hope's Door offers ways to learn how to achieve whole-person wellness. Hope's Door is run out of the SWN Highland Clinic by Recovery Empowerment Network.
Juvenile Alternatives in Glendale (JAG) 623-847-7040	Offers free groups to youth ages 13-17 in Anger Management, Substance Abuse, and Positive Choices. Also offers a short-term (23 hour) non-secure alternative to detention for youth when there is a crisis in the home.

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Crisis Services

Resource	Description
<p>La Frontera/EMPACT - SPC 480-784-1500 (Crisis) http://lafrontera-empact.org/</p>	<p>Provides 24 hours a day/7 days a week crisis response for behavioral health crisis situations and a Sexual Assault hotline.</p>
<p>Maricopa CRISIS Line 602-222-9444 www.crisisnetwork.org</p>	<p>When life is overwhelming, you can't cope, you're worried about a loved one, or you just need to talk, immediate and confidential help is available 24/7/365.</p>
<p>Mercy Maricopa Integrated Care of Arizona 800-564-5465 http://www.mercymaricopa.org/ 4350 E. Cotton Center Blvd., Bldg. D Phoenix, AZ 85040</p>	<p>Provides information on county covered behavioral health services. Individuals or families can call to request an assessment/intake for behavioral health services.</p>
<p>National Disaster Distress Helpline 1-800-985-5990 http://www.disasterdistress.samhsa.gov/</p>	<p>The National Disaster Distress Helpline is a 24 hours-a-day, seven-days-a-week national service that offers phone- and text-based crisis counseling and support to people in distress related to any natural or human-caused disaster, to help them move forward on the path of recovery. You may reach the Helpline at 1-800-985-5990 or by texting "TalkWithUs" or ("Hablanos" for Spanish-speaking) to 66746. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Helpline immediately connects callers to trained and caring professionals from the closest crisis counseling center in the nationwide network of centers. The Helpline staff will provide confidential counseling, referrals and other needed support services. The Helpline complements the U.S. Department of Health and Human Services, the Federal Emergency Management Agency and other disaster response capacities, and is available immediately anywhere within the United States. This service is provided under contract with SAMHSA by Mental Health America's New York City affiliate.</p>

<p>National Hopeline Network 800-442-4673</p>	<p>Provides a free 24 hour hotline to anyone experiencing a crisis.</p>
<p>National Suicide Prevention Lifeline 800-273-8255 www.suicidepreventionlifeline.org</p>	<p>Offers free 24 hour hotline available to anyone in suicidal crisis or emotional distress.</p>
<p>Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html</p>	<p>Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.</p>
<p>PTSD Foundation of America - Arizona 832-912-4429 www.ptsdUSA.org 9724 Derrington Houston, TX 77064</p>	<p>Provides hope and healing for the unseen wounds of war. Combat Trauma Support Line: 877-717-PTSD (7873)</p>
<p>Q-Line 800-527-4747</p>	<p>Crisis hotline for queer and questioning youth. Provides crisis counseling and referrals for local resources if requested or needed.</p>
<p>Rape, Abuse, and Incest National Network 800-656-4673 www.rainn.org</p>	<p>Provides information, referrals, and telephonic or online support for victims of rape or abuse.</p>
<p>Recovery Response Center West (PRC-West) 602-650-1212 11361 N. 99th Ave Peoria, AZ 85345</p>	<p>Crisis stabilization programs, evaluation and treatment, and crisis respite.</p>

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Crisis Services

Resource	Description
RiAZ Urgent Care (West Side) 620-650-1212	Offers inpatient stabilization services.
Sojourner Center 602-244-0089 http://www.sojournercenter.org/go2/index.php	Offers a 24 hour crisis line to provide information about shelters and safety planning. Offers emergency food, housing, clothing, and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy, and family enrichment programs.
Southwest Behavioral Health Crisis Recovery 602-258-3600 www.sbhservices.org 1424 S. 7th ave., Bldg C Phoenix, AZ 85007	Opiate treatment program, counseling, case management, psychiatric evaluations, medication monitoring, methadone and suboxone treatment, and health and wellness.
Teen Lifeline 602-248-8336 www.teenlifeline.org	Offers a peer counseling suicide hotline from 3pm - 9pm daily. Also offers Life Skills Development Training for teens interested in becoming Peer Counselors. Awareness, education, and prevention material available to the community, as well as training opportunities.
The Trevor Project 866-488-7386 www.thetrevorproject.org	Provides crisis intervention and suicide prevention for LGBTQ youth.
Trans Lifeline 877-565-8860 www.translifeline.org	Trans Lifeline is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While our goal is to prevent self harm, we welcome the call of any transgender person in need.

Treatment Referral Routing Service 1-800-662-HELP (4357)	This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish
United Way 2-1-1 800-233-4357	Connect callers to local resources for any identified need (i.e. food, shelter, ID, counseling, etc.).
Veteran's Crisis Line 800-273-8255 (press 1) http://www.veteranscrisisline.net/	The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. The website also offers a resource locator and additional online resources.
Visions of Hope WARM Line 602-347-1100	Offers a healthy choice when you need non-crisis, non-judgmental, non-clinical, confidential support. Open every night from 4 pm to 12 am. Operated by Peer Support Specialists.

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Dental Care

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.
Adelante Healthcare Buckeye 623-386-1630	Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.

<p>306 E. Monroe Buckeye, AZ 85326</p>	
<p>Arizona Dental Association 480-344-5777 http://www.azda.org/docs/default-source/important-documents/community-dental-clinics.pdf?sfvrsn=6 http://www.azda.org/docs/default-source/important-documents/community-dental-clinics.pdf?sfvrsn=6</p>	<p>Offers a free telephonic and online dentist referral system. Provides information on all reduced fee clinics in Arizona. No proof of citizenship required.</p>
<p>Arizona Dental Association 480.344.5777 3193 N Drinkwater Blvd Scottsdale, AZ 85257</p>	<p>Are you looking for a dentist? Why you should consider an AzDA member ? Our members are bound by the Principles of Ethics and Code of Professional Conduct of the American Dental Association, the AzDA By-Laws, the Arizona Dental Practice Act, and all applicable federal or state laws and regulations. We also provide members with ample opportunities to keep up-to-date on all the latest dental techniques, technology and products. They can get plugged into a support network of peers and specialists who can help them deliver superior dental care.</p>
<p>Arizona School of Dentistry & Oral Health 480.248.8100 Mesa, AZ</p>	
<p>Arizona School of Dentistry & Oral Health 480-248-8100 www.atsudental.com 5855 E. Still Circle Mesa, AZ</p>	<p>Offer a variety of dental services at affordable rates by student doctors supervised by dentists. Initial exam is \$69.</p>
<p>Carrington College Dental Clinic 480-717-3510 1300 S. Country Club Drive Mesa, AZ</p>	<p>Offering free dental care to children ages 12-17, conducted by supervised students in the college's dental-hygiene program, including X-rays, cleaning and polishing. Valid 5-8:30pm Mondays, 8am-9pm Tuesdays, 1-5pm Wednesdays, and 8am-5pm Thursdays and Fridays.</p>
<p>CASS Homeless Shelter 602.256.6945 Phoenix, AZ</p>	

<p>CASS Homeless Shelter Dental Clinic 602-256-6945</p> <p>230 S. 12th Ave Phoenix, AZ 85007</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.</p>
<p>Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204</p>	<p>Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.</p>
<p>Central Arizona Shelter Services 602-256-6945 x3059 www.cassaz.org 230 S. 12th Ave. Phoenix, AZ 85007</p>	<p>Provides shelter and support services to homeless adults and families. Services include showers, food, clothing, hygiene items, and case management. They also house a medical and dental facility, as well as offer employment services.</p>

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Dental Care

Resource	Description
<p>Chandler Family Health Center & Dental Clinic 480-344-6109</p>	<p>Offers discounted and sliding scale fee schedule dental care. Must apply for and be denied AHCCCS to qualify.</p>
<p>Chandler Family Health Center Dental Clinic (MIHS) 480.728.5709</p> <p>Chandler, AZ</p>	

<p>Clinica Adelante 623-386-1630 West Valley www.adelantehealthcare.com</p>	<p>Offers discounted and sliding scale fee medical and dental care, and is accepting new patients.</p>
<p>Clinica Adelante/Tidwell Family Care 623.386.1630</p> <p>Buckeye, AZ</p>	
<p>Dental Sealant Program 602-506-6946 http://www.maricopa.gov/publichealth/programs/oral/sealant.aspx 1645 E. Roosevelt St. Phoenix, AZ 85006</p>	<p>Maricopa County's Office of Oral Health administers the Arizona Department of Health Services' School-based Dental Sealant Program and the Delta Dental Foundation of Arizona Sealant Program. These programs provide dental screenings, sealants, education and referrals to 2nd and 6th grade children attending schools where at least 40% of the students participate in the Arizona Department of Education National School Lunch Program. These preventative services are at no cost to the school or child. Interested schools can call to check their eligibility and get additional information.</p>
<p>DentalPlans.com 888-632-5353 http://www.dentalplans.com/</p>	<p>Provides an online portal to find discount dental plans by zip code.</p>
<p>Donated Dental Services 480-850-1474 www.azdentalfoundation.org</p>	<p>Provides comprehensive dental care at no charge to individuals who are elderly (65+), have a special need (SSDI), or are medically compromised (i.e., transplant waiting lists), and lack adequate income to pay for needed dental care or have no dental insurance. Must fill out an application and be placed on waiting list.</p>
<p>First Teeth First 602-506-6900 http://www.maricopa.gov/publichealth/programs/oral/firstteeth.aspx</p>	<p>Maricopa County Office of Oral Health's First Teeth First program provides dental screenings, parent education, fluoride varnish, and referrals to children five years of age and younger in the Northwest, Southwest, and Northeast Maricopa, and South Phoenix Regions in Maricopa County.</p>
<p>Magic Smiles 602-253-6600 http://www.magicsmiles.org/ 1701 E. Thomas Road, #204 Phoenix, AZ 85016</p>	<p>Provides professional dental care to children, teens, and adults at discounted prices to those without dental insurance. No proof of citizenship necessary.</p>

<p>Maricopa Integrated Health System Comprehensive Healthcare Center 602-344-1015</p> <p>2525 E. Roosevelt St. Phoenix, AZ 85008</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.</p>
<p>Maricopa Integrated Health System Maricopa Medical Center 602-344-1005</p> <p>2601 E Roosevelt Phoenix, AZ 85008</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.</p>

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Dental Care

Resource	Description
<p>Midwestern Dental Clinic 623.537.6000</p> <p>Glendale, AZ</p>	
<p>Midwestern Dental Clinic 623-537-6000 http://www.mwuclinic.com/</p>	<p>Provides a full range of affordable dental care by students to the community. Provides free or low cost dental services to adults and children. Must complete "hardship" form to determine cost of care.</p>

<p>Mountain Park Clinics 602-243-7277 www.mountainparkhealth.org</p>	<p>Offers discounted and sliding scale fee medical and dental health care. Proof of citizenship not required.</p>
<p>Mountain Park Health Baseline Dental Clinic 602-243-7277 635 E. Baseline Phoenix, AZ 85042</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.</p>
<p>Mountain Park Health Maryvale Dental Clinic 602-243-7277 6601 W. Thomas Rd. Phoenix, AZ 85033</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.</p>
<p>Native American Community Health Center 602-279-5262 4041 N Central Ave., Bld. C Phoenix, AZ 85012</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.</p>
<p>Native Health Community Health Center 602-279-5262 www.nativehealthphoenix.org</p>	<p>Low cost medical and dental care. Also offers mental health services, substance abuse services, and women's services. Free transportation available. Also offers free HIV testing for the community. Call for locations and times.</p>
<p>Neighborhood Christian Center 602-258-6008 www.thechristianclinic.org 1929 W. Fillmore, #C Phoenix, AZ 85009</p>	<p>Provides sliding scale fee for service medical and dental care to qualifying individuals. Must go to the clinic to become a new patient. The clinic is open Monday and Thursday from 12:30pm - 9pm, and Tuesday and Friday from 8:30am - 5pm. Proof of citizenship not required.</p>
<p>Neighborhood Outreach Access to Health (NOAH) 480-882-4317 (Appointments) http://www.noahhelps.org/</p>	<p>All NOAH clinics provide medical care to uninsured, underserved patients of all ages within Maricopa County. Certain criteria are used to determine an individual's fee which is based on a sliding scale. Also accepts most insurance plans, including AHCCCS. Offers family medicine, pediatric care, dental services, behavioral health and prevention.</p>

Phoenix College Dental Clinic 602-285-7323	Offers discounted dental cleanings. Closed during summer months.
Phoenix Indian Medical Center 602.263.1592 Phoenix, AZ	

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Dental Care

Resource	Description
Phoenix Indian Medical Center 602-263-1200 4212 N. 16th St. Phoenix, AZ 85016	Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.
Phoenix Indian Medical Center 602-263-1592	Offers free dental services to members of federally recognized Native American tribes. Provides routine care, periodontics, and pediatric services. Only accept new adult patients on the 2nd business day of every month, on a walk-in basis only. Also offers a daily emergency walk-in clinic that starts at 7:30am - only the first 30 people are seen.
Phoenix VA Health Care Dental Services 602-277-5551 650 E. Indian School Rd., Bld 1 Phoenix, AZ 85012	Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.

<p>Rio Salado Dental Clinic 480-37734100 www.riosalado.edu 2250 W. 14th St., Tempe, AZ 85281</p>	<p>Dental cleanings, including radiographs. Provided by student hygienists under the supervision of licensed hygienists and dentists. Call for current prices, hours and more information.</p>
<p>Special Care Clinics (ASDOH) 623.251.4711 Glendale, AZ</p>	
<p>St. Vincent de Paul Health Center 602-261-6868 www.stvincentdepaul.net</p>	<p>Offers free medical clinic based on need and availability. Has a medical equipment loan program for low income individuals. Also offers a lottery for free dental care. Must call and leave a message. Also has a limited fund for free eye surgery for those who qualify.</p>
<p>The Society of St. Vincent De Paul Dental Clinic 602-261-6868 420 W. Watkins Phoenix, AZ 85003</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21</p>

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Domestic Violence

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>

<p>www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	
<p>A New Leaf http://www.turnanewleaf.org/services/homeless.html</p>	<p>Housing and supportive services for the homeless and those in need, including victims of domestic violence.</p>
<p>Arizona Child & Family Advocacy Network 928-750-3583 http://www.acfan.net/index.htm</p>	<p>Advocacy centers located throughout Arizona are designed to provide onsite services to child victims of either physical or sexual abuse as well as neglect. Some centers provide services to adult victims of sexual assault, domestic violence, or vulnerable adult abuse.</p>
<p>Arizona Child Abuse Info Center www.childhelpinfocenter.org</p>	<p>Offers a clearinghouse of information regarding child abuse and neglect and foster care for children, youth, parents, professionals, and community members. Provide information, education, and resources on child abuse and foster care.</p>
<p>Arizona Coalition against Domestic Violence 602-279-2900 www.azcadv.org 301 E. Bethany Home Road Phoenix, AZ 85012</p>	<p>Provides information and education about domestic violence, as well as provides resources to victims of domestic violence.</p>
<p>Arizona Coalition to End Sexual & Domestic Violence http://www.acesdv.org/</p>	<p>Providers of direct services to victims and survivors of sexual and domestic violence are their primary customers. Victims and survivors are the beneficiaries of their work. Also provides free legal representation to enforce the rights of crime victims in criminal cases in Arizona, as well as social services to assist crime victims during the course of the case.</p>
<p>Arizona Shelters and Safe Houses https://www.mcso.org/Documents/VictimsAssistance/Shelters_resourcelist.pdf</p>	<p>A list of domestic violence shelters, safe houses and services in Arizona.</p>
<p>Arizona South Asians for Safe Families 877-723-3711 www.asafsf.org</p>	<p>Free domestic violence assistance for individuals from South Asian communities.</p>

<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Catholic Charities Community Services 1.855.316.2229 https://www.catholiccharitiesaz.org/get-help-pages/directory-of-services</p>	<p>Immigrations, unaccompanied minors, refugee resettlement and housing services available, plus counseling for unexpected pregnancy, sex trafficking, domestic violence, and more.</p>
<p>Chicanos por la Causa/De Colores 602-269-1515 www.cplc.org</p>	<p>Provides emergency domestic violence shelter service.</p>

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Domestic Violence

Resource	Description
<p>Child Help USA 800-422-4453 www.childhelpusa.org</p>	<p>National child abuse hotline that provides crisis information, child abuse and neglect counseling, and general referrals throughout the US.</p>
<p>Chrysalis 602-944-4999 Phoenix www.noabuse.org</p>	<p>Offers domestic violence shelters and transitional housing options.</p>

<p>Community Alliance Against Family Abuse 480-982-0205 www.caafaaz.org</p>	<p>Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions.</p>
<p>Community Care Emergency Shelter 623-755-2284</p>	<p>Provides free emergency shelter to women and children, including meals and supportive services, with the ultimate goal of independent living. Community Care also has transitional and permanent housing available for families, with case management support in each level. Credit history and application fee waiver available.</p>
<p>CONTACTS Shelter Hotline 800-799-7739</p>	<p>Shelter referrals 24 hours a day/7 days a week.</p>
<p>Covenant House 800-786-2929 www.covenanthouse.org</p>	<p>Crisis hotline for troubled teens and families. Provides referrals to shelters and counseling services throughout the US.</p>
<p>Family Advocacy Center 602-534-2120 www.phoenix.gov/fac 2120 N. Central Ave. Phoenix, AZ</p>	<p>Provides comprehensive services to victims of violence, including counseling referrals, financial assistance referrals, and light case management. Assists with orders of protection and other legal issues surrounding the case.</p>
<p>Florence Crittenton - Girls Ranch 602-274-7318 www.flocrit.org 715 West Mariposa Street Phoenix AZ 85013</p>	<p>Florence Crittenton Girls Ranch helps at risk girls and young women who are dealing with abuse, neglect, teen pregnancy and/or behavioral health. They provide a safe place where they can discover their strengths and self-worth and get community support.</p>
<p>Fresh Start Women's Foundation 602-252-8494 http://www.freshstartwomen.org/home 1130 E. McDowell Rd. Phoenix, AZ</p>	<p>Whether adjusting to a career change, concerned about financial security, coping with difficult family relationships, or simply seeking opportunities for personal growth, Fresh Start is dedicated to supporting women who want to thrive.</p>
<p>Harmony House 602-279-2939</p>	<p>Housing resource/program for women or women with children experiencing domestic violence.</p>
<p>Herbert K Cummings Community Center 623-772-2760</p>	<p>Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.</p>

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Domestic Violence

Resource	Description
Homeward Bound 602-263-7654	Offer transitional living to families with children, and assists the families in achieving economic independence and obtaining safe, secure, affordable long term housing.
Hopeline 602-279-2900	Provides a phone and 3000 anytime minutes to domestic violence survivors affiliated with a local domestic violence agency.
My Sister's Place 480-821-1024	Domestic violence shelter for women and children in the East Valley with meals and linens provided.
National Advocacy and Training Network 602-369-7792 http://www.natn-az.org/	An international network of survivors, volunteers, advocates, staff and professionals who strive for the prevention of domestic violence and abuse through quality training programs tailored to specific needs, enhancing recovery and the quality of life for survivors through transitional housing, counseling, and support.
National Coalition Against Domestic Violence 800-799-7233 www.ncadv.org	Provides a national hotline that can provide crisis support, emotional support, advocacy and legal service referrals, and other supportive services.
National Hotline for Missing & Exploited Children 800-843-5678 www.missingkids.com	Provides resources, information, and support for issues regarding child protection.

<p>Never Again 480-539-9111 www.neveragainfoundation.org 25 S. Arizona Pl. Chandler, AZ 85225</p>	<p>Provides civil litigation and legal representation for surviving family members of victims of domestic violence deaths.</p>
<p>New Life Center 623-932-4404 www.newlifectr.org PO Box 5005 Goodyear, AZ 85338</p>	<p>Provides emergency shelter and related services to victims of domestic violence and their children.</p>
<p>Northwest Valley Community Resource Guide</p>	<p>The City of Peoria and City of Surprise collaborated to create a quick reference guide to provide contact information for assistance with food, shelter, homelessness, domestic violence and many other local resources.</p>
<p>Omega Counseling 602-495-9306 1480 E Bethany Home Rd. Suite 230 Phoenix, AZ 85015</p>	<p>Provides individual and group counseling on a variety of issues including domestic violence, substance abuse, and anger management. Fees are \$90/hour for individual counseling, and \$15-\$20/session for group therapy (2 hour sessions). No verification of citizenship required.</p>
<p>Organization for Non-Violence Education 623-934-0696 www.oneincusa.org</p>	<p>Provides individual and group counseling for anger management and domestic violence for \$180/12 sessions, up to 52 weeks. Sessions are gender specific and court order approved. Men's groups are offered Mondays in the East Valley and Wednesdays in Glendale; Women's groups are offered Thursdays in Glendale.</p>

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Domestic Violence

Resource	Description
Rape, Abuse, and Incest National Network 800-656-4673 www.rainn.org	Provides information, referrals, and telephonic or online support for victims of rape or abuse.
Save the Family 480-898-0228 X203 www.savethefamily.org 450 W. 4th Pl. Mesa, AZ 85021	Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more.
Sexual Assault & Domestic Violence Hotline 800-223-5001	Provides support and referral information 24 hours a day.
Sojourner Center 602-244-0089 http://www.sojournercenter.org/go2/index.php	Offers a 24 hour crisis line to provide information about shelters and safety planning. Offers emergency food, housing, clothing, and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy, and family enrichment programs.
The National Domestic Violence Hotline 800-799-7233 http://www.thehotline.org/	Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states. Information is offered in both English and Spanish. Offers information on the Violence Against Women Act, which allows domestic abuse victims to pursue citizenship if they are married to their abuser, if the abuser is a U.S. citizen or legal resident, and if the victim assists law enforcement.
The Potter's House 602-254-9701 http://www.thepottershousescenter.org/ 1717 W. Northern Ave Ste# 101 Phoenix, Az 85021	Provides outpatient treatment for men and women 18 and older of all ethnic groups who are experiencing substance use disorders (abuse, dependency), including education of criminal offenders.
US Immigration Support 646-233-3836 http://www.usimmigrationsupport.org/	U.S. Immigration Support can help you save on legal fees by providing the latest U.S. Immigration news and application procedures so you can submit your own application without the assistance of an immigration lawyer. Offers information on the U-Visa for immigrants who are the victims of crimes.
West Mesa Family Resource Center 480-489-5772 http://www.lss-sw.org/get-help/ First Evangelical Lutheran Church, 142 North Date Street Mesa, AZ 85201	Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.

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Eating Disorder Treatment

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Amy Bjorkman 480-688-4987</p>	<p>Individual counselor offering eating disorder treatment on a sliding scale fee structure.</p>
<p>Community Connections, LLC AZ 623-242-8460 http://www.communityconnectionsaz.org/ 4025 W. Bell Road, Suite #6 Phoenix, AZ 85053</p>	<p>Provides intensive inpatient and outpatient residential programs for individuals with eating disorders. Accepts AHCCCS.</p>
<p>Deidre Bliss 480-862-0180</p>	<p>Individual counselor offering eating disorder treatment on a sliding scale fee structure.</p>
<p>Eating Disorders Awareness and Prevention 800-931-2237 www.nationaleatingdisorders.org</p>	<p>Provides information and treatment/support group referrals for individuals struggling with an eating disorder.</p>

<p>Healthy Futures 480-451-8500 www.healthyfutures.ws</p>	<p>Offers reduced fee sessions to address eating disorder issues for \$35/hour.</p>
<p>M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Assists people in navigating the mental health system in Arizona.</p>

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Education Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>ARCH 602-230-2226 www.archaz.org/sp_menu.htm 1550 W. Colter St. Phoenix, AZ 85015</p>	<p>Arizona Recreation Center for the Handicapped – Provides free therapeutic recreation activities, education and wellness programs, socialization opportunities, and basic living skills for individuals with physical or mental handicaps.</p>

<p>Arizona Career Information System http://www.azcis.intocareers.com/default.aspx</p>	<p>The Arizona Department of Education, Career and Technical Education is pleased to make AzCIS (Arizona Career Information System) available online to all Arizona residents. AzCIS is designed to provide educational, career, and occupational information to help students in making better-informed career and school choices. The website includes job search skills and tools (including tools for organizing your job search), information and resources to assist individuals in keeping their job and working with a supervisor and coworkers; there are also career assessments and budgeting tools, and educational information and resources.</p>
<p>Arizona Department of Education 602-542-4361 http://www.azed.gov/ www.ade.az.gov/ADULT-ED</p>	<p>Provides information on available Maricopa County GED and Adult Education classes, and GED testing centers. Also provides information on Arizona Language Acquisition for Adults classes by county.</p>
<p>Arizona Spinal Cord Injury Association 602-507-4209 www.azspinal.org 5025 E. Washington St. STE #110 Phoenix, AZ 85034</p>	<p>The Arizona Spinal Cord Injury Association is a nonprofit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer support, family support, and education of consumers, families, caregivers and professionals. We also link consumers and families with vocational, social and recreational resources, and offer accessible transportation services, as well as a number of support groups throughout the valley.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Care 1st Avondale Resource Center 623-333-2703</p>	<p>Provides human and housing services including assistance with benefits, tutoring in English and literacy, citizenship classes, employment assistance, parenting classes and teen pregnancy support, and various other resources and workshops. Multiple social service agencies are housed in this location; each has their own eligibility criteria. Please call for details. Do not have to be a resident of Avondale to access these services.</p>
<p>Center for Psychiatric Rehabilitation www.cpr.bu.edu</p>	<p>Offers resources for living well with a psychiatric disability in work and school. An interactive and informative web site for people with a psychiatric condition that addresses issues and reasonable accommodations related to work and school.</p>
<p>Chicanos por la Causa 602- 257-0700 www.cplc.org 1112 E. Buckeye Rd Phoenix, AZ 85034</p>	<p>Offers free computer training, employment assistance, job skills workshops, GED classes, housing repair program, some utility assistance, and safe, affordable housing options.</p>

<p>College Depot 602-261-8847</p> <p>1221 N. Central Ave. (2nd Floor) Phoenix, AZ 85004</p>	<p>Provides full service college planning through outreach, guidance, resources, and referrals for free. Services include workshops on college readiness, financial aid, scholarships, application, and more, one-on-one assistance, and college planning software.</p>
<p>Disability.gov</p> <p>https://www.disability.gov/</p>	<p>Provides comprehensive information on disability programs and services in communities nationwide. The site links to more than 14,000 resources from federal, state and local government agencies; academic institutions; and nonprofit organizations. Provides disability resources for housing, education, employment, and more.</p>

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Education Services

Resource	Description
<p>Family Resource Center 480-834-9424 http://childcrisisaz.org/ 817 N. Country Club Dr. Mesa, AZ</p>	<p>Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Offers a Dads Support group on the 1st and 3rd Wednesday of the month from 6pm – 7:30pm. Also offers a Dads of Children with Special Needs Support Group on the 2nd and 4th Wednesday of the month at the same time. Please call before you attend.</p>
<p>FAMPod</p> <p>http://fampod.org/</p>	<p>Offers a free training program for the Family Talk Preventive Intervention, an evidence-based, strengths-focused program targeting families with parental depression.</p>
<p>Frank X. Gordon Adult Education Mesa: 602-372-5505</p>	<p>Offers free GED preparation classes at three locations in Maricopa county. Registration is held once per month; please contact your nearest center for information. Valid ID required to register. GED testing is no longer offered at these locations.</p>

<p>6655 W. Glendale Ave, #105 Glendale, AZ</p>	
<p>Friendly House 602-416-7219 www.friendlyhouse.org</p>	<p>Provides free GED preparation classes, citizenship classes, literacy classes, health and financial literacy classes, and ESOL classes. Orientations are held once every three months. Must bring ID and proof of legal residency.</p>
<p>Gilbert Adult Learning Program 480-497-3481 775 North Greenfield Road Gilbert, AZ 85234-5030</p>	<p>Offers free self-paced GED preparation classes on Tuesdays and Thursdays from 10am to 1pm, and on Mondays and Wednesdays from 6pm to 9pm. Participants can start at anytime by arriving at the beginning of a class time. ID required, but proof of citizenship not required.</p>
<p>Goodwill One-Stop Career Centers 602-416-6174 www.goodwillaz.org/jobs/career-centers</p>	<p>Career Centers that offer free job search and career development services to the community. There are 11 Career centers located throughout the valley that are equipped with computers, printers, internet, fax machines, and telephones. Certain career centers also offer free computer and customer service training.</p>
<p>Greater Phoenix Urban League 602-254-5611 http://www.gphxul.org/</p>	<p>Offers housing, employment, education, and small business programs to the community. Housing programs include Foreclosure Prevention Counseling, First Time Homebuyers Seminar, Affordable Low Income Housing Referral assistance, and Neighborhood Stabilization programs. Employment Services include Job Readiness Training and Summer Youth Employment. Education services include Head Start and College Preparation.</p>
<p>Helping Hands 602-796-7875 www.helpsinglemoms.org</p>	<p>Provides a scholarship for single moms to attend college. Scholarship includes monthly cash assistance, auto repair, dental and medical coverage, hair cut/style, budget management, mentoring and tutoring, and a support network.</p>
<p>Herbert K Cummings Community Center 623-772-2760</p>	<p>Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.</p>
<p>Hope's Crossing 602-795-8098 www.hopescrossing.org 830 N. 1st Ave. Phoenix, AZ 85003</p>	<p>Offers programs to women following release from incarceration to strengthen each individual personally, professionally and spiritually, by surrounding them with a team of mentors, facilitators and case managers to guide these women down a path to restore hope in their lives and the lives of their families, to reach self-sustainability. Programs include Employment/Educational/Volunteer Services, Social/Life Skills Development, and Personal and Professional Skills Training.</p>
<p>Literacy Volunteers of Maricopa County 602-274-3430 www.literacyvolunteers-maricopa.org</p>	<p>Offers Adult Basic Education and GED preparation classes. Registration is limited to the first 50 people to attend the orientation. See website or call for orientation information. Also provides computer assisted instruction in basic reading, GED, and ESOL. Call for orientation times. All services require a \$25 fee. Proof of legal residency required.</p>

1500 E. Thomas Rd.
Phoenix, AZ 85014

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Education Services

Resource	Description
Magellan Health Services www.magellanhealth.com/Training	Magellan and DBSA have partnered to create online Peer Support Courses to educate a variety of audiences about the role of Peer Specialists in promoting recovery. Hosted on Magellan's Resiliency and Recovery E-Learning Center, these courses are free and were developed in collaboration with recognized leaders to provide convenient, self-paced learning opportunities on a range of topics such as Using Your Recovery Story and Effective Supervision of Peer Specialists.
Maricopa Community Colleges Career Centers 602-285-7420 https://www.maricopa.edu/about-us/jobs/work-for-the-maricopa-community-colleges	Each Maricopa County Community college offers a Career Center to assist with resume writing, interview skills, and career planning. Services are free to the community. Contact a community college for hours and locations.
Mesa Laubach Literacy Council 480-964-3833	Tutors teach ESL, English, reading, and math to English and non-English speaking adults.
National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034	Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.

<p>National Center on Secondary Education and Transition 612-624-2097 http://www.ncset.org/</p>	<p>Coordinates national resources, offers technical assistance, and disseminates information related to secondary education and transition for youth with disabilities in order to create opportunities for youth to achieve successful futures. Offers additional online programs for development and transition planning, including Youthhood.org, Transition Solutions, and Check and Connect.</p>
<p>New Directions Institute for Early Childhood Brain Development 480-729-6510 www.ArizonasChildren.org 1420 N. Greenfield Rd., Suite 105 Gilbert, AZ 85234</p>	<p>Provides free parenting workshops for parents, grandparents and caregivers with free childcare available during most classes. Also, offers interactive workshops where parent/caregiver and child learn together. Some programs focus on pre-literacy/reading. All classes include materials and gifts for attending. New Directions' programs are offered FREE to families and caregivers of children birth to five years.</p>
<p>Phoenix Indian Center 602-264-6768 X2312 www.phxindcenter.org 4520 N. Central Ave. Phoenix, AZ</p>	<p>Offers GED preparation classes on a first come-first served basis. Must attend a 2 day intake and orientation (offered every 3 months). Free childcare offered. Must have 2 forms of ID. Also offers free workforce development services for members of a Federally recognized tribe.</p>
<p>Phoenix Job Corps 800-733-5627 http://phoenix.jobcorps.gov/Home.aspx</p>	<p>Offers free hands-on training in America's fastest growing careers. Also offers high school degree or GED coursework. Must meet income requirements and be between the ages of 16 and 24.</p>
<p>Queen Creek USD Family Resource Center 480-987-5988 www.qcusd.org</p>	<p>Offers free Adult Education and ESOL. Also offers referrals to other community resources. Call for registration details.</p>
<p>Recovery Empowerment Network 602-248-0368 www.rehaz.org</p>	<p>Offers free education and training programs for learning more about mental illness and becoming a Peer Support Specialist, as well as free peer advocacy services.</p>
<p>Rio Salado College Adult Education 480-517-8110 www.riosalado.edu/abe</p>	<p>Offers free self-paced GED preparation and ESOL classes. Must provide proof of legal residency. Call for registration information.</p>

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Education Services

Resource	Description
<p>Safety, Nutrition, Activity and Care for Kids (SNACK) 602-506-6850</p> <p>4041 N. Central Ave., Suite 700 Phoenix, AZ 85012</p>	<p>SNACK works in the Northwest and Southwest Valley communities to make kids safer, healthier and happier. We are an enthusiastic team of Health Educators, Dietitians, Car Seat Specialists and a Resource Coordinator that are here to help you, your child and your child care center or preschool.</p>
<p>Southwest Job Network 480-513-1491</p>	<p>Provides networking opportunities, skill building seminars, and other employment resources. Requests a donation for all meetings and seminars (\$5).</p>
<p>St. Mary's Food Bank Community Kitchen 602-343-3183 http://www.firstfoodbank.org/communitykitchen.html</p>	<p>Offers a free 16 week foodservice training program to low income adults.</p>
<p>UMOM New Day Centers 602-595-8700 www.umom.org 3333 E. Van Buren Street Phoenix, AZ 85008</p>	<p>Offers supportive services to help end homelessness. Provides help in securing employment, life skills classes, healthcare, and more. Operates Family Housing Hub for families needing shelter. Families, call 602-595-8700. Single women, call 602-362-5833. UMOM is a also designated Safe Place shelter and offers supportive services for teens and young adults ages 12-17.</p>
<p>Unlimited Potential 602-243-7376 www.upaz.org</p>	<p>Offers literacy and educational programs for Hispanic women and children age 5 and under including a bilingual family literacy program; adult education programs covering self-esteem, literacy, and English; and early childhood programs fostering language and socialization. There is a \$150 fee, (\$20 returnable at end of course) for the GED course. Also offers bilingual support groups. No proof of citizenship required.</p>

<p>Vocational Rehabilitation 800-563-1221 https://www.azdes.gov/rsa/</p>	<p>Provides free vocational rehabilitation services to individuals wanting to work with a documented disability which interferes with that goal.</p>
<p>Wesley Community Center 623-849-1676 www.wesleycenterphx.org 1300 S. 10th St. Phoenix, AZ 85034</p>	<p>Offers classes for pre-GED, ESOL (English for Speakers of Other Languages), English Language Acquisition for Adults, and conversational Spanish. Also offers computer literacy classes and computer instruction classes. Childcare is provided.</p>
<p>Youth Build 602-238-4334 http://www.youthbuild.org/about-youthbuild</p>	<p>Offers a paid GED and job skills training program for youth (ages 16-24). Some income limitations, but can accept individuals above income on case-by-case basis.</p>

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Employment Support

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>AARP Foundation Senior Community Service Employment Program (SCSEP)</p>	<p>Helps unemployed job seekers, age 55 years and older, improve their skills, obtain training and find a job. Income eligibility requirements apply, but are individualized.</p>

<p>602-841-0403 http://www.aarpworksearch.org/pages/SCSEP.aspx</p>	
<p>AgeWorks 602-241-6159</p>	<p>Offers a paid training assignment to seniors over the age of 55 to allow them to improve their skills and gain work experience and self-confidence to assist them in entering the workforce.</p>
<p>Arizona Career Information System http://www.azcis.intocareers.com/default.aspx</p>	<p>The Arizona Department of Education, Career and Technical Education is pleased to make AzCIS (Arizona Career Information System) available online to all Arizona residents. AzCIS is designed to provide educational, career, and occupational information to help students in making better-informed career and school choices. The website includes job search skills and tools (including tools for organizing your job search), information and resources to assist individuals in keeping their job and working with a supervisor and coworkers; there are also career assessments and budgeting tools, and educational information and resources.</p>
<p>Arizona Department of Economic Security - Employment Administration https://www.azdes.gov/esa/</p>	<p>Provides a web portal for job seekers in Arizona with information on available jobs and job support services throughout the valley.</p>
<p>Arizona Opportunities Industrialization Center 602-513-8311 www.azoic.org 39 E. Jackson St. Phoenix, AZ 85004</p>	<p>Offers specific job training courses with certification to the community. Offers GED preparation, job leads, and a clothing closet. Offers free work readiness skill building courses, counseling, and job placement for homeless veteran's.</p>
<p>Arizona Women's Recovery Center 602-264-6214 www.azwomensrecoverycenter.org 4201 N. 16th Street Suite 140 Phoenix, AZ. 85016</p>	<p>Offers a range of services for women experiencing substance use disorders. Support includes group, individual, and family therapy; case management services; career counseling; psychiatric nurse practitioner support; parenting coaching; peer support; DBT groups; dual diagnosis relapse prevention groups; and supportive housing (when available.)</p>
<p>Arizona Women's Education & Employment 602-223-4333 www.awee.org</p>	<p>Employment services for women and men who want to improve their current employment opportunities. AWEE works with recently released ex-offenders, and services include workshops, education referrals, and mentoring. Website also offers a resource guide specific to those with previous convictions.</p>
<p>Care 1st Avondale Resource Center 623-333-2703</p>	<p>Provides human and housing services including assistance with benefits, tutoring in English and literacy, citizenship classes, employment assistance, parenting classes and teen pregnancy support, and various other resources and workshops. Multiple social</p>

	service agencies are housed in this location; each has their own eligibility criteria. Please call for details. Do not have to be a resident of Avondale to access these services.
Center for Psychiatric Rehabilitation www.cpr.bu.edu	Offers resources for living well with a psychiatric disability in work and school. An interactive and informative web site for people with a psychiatric condition that addresses issues and reasonable accommodations related to work and school.
Central Arizona Shelter Services 602-256-6945 x3059 www.cassaz.org 230 S. 12th Ave. Phoenix, AZ 85007	Provides shelter and support services to homeless adults and families. Services include showers, food, clothing, hygiene items, and case management. They also house a medical and dental facility, as well as offer employment services.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Employment Support

Resource	Description
Chicanos por la Causa 602- 257-0700 www.cplc.org 1112 E. Buckeye Rd Phoenix, AZ 85034	Offers free computer training, employment assistance, job skills workshops, GED classes, housing repair program, some utility assistance, and safe, affordable housing options.
Disability.gov https://www.disability.gov/	Provides comprehensive information on disability programs and services in communities nationwide. The site links to more than 14,000 resources from federal, state and local government agencies; academic institutions; and nonprofit organizations. Provides disability resources for housing, education, employment, and more.

<p>Family Service Agency 602-264-9891 Phoenix www.fsaphoenix.org</p>	<p>Provides counseling and medication services for a sliding scale fee based on income. Also offers an array of family based services and groups. Locations in Mesa, Phoenix, and Metro areas. Also offers a Community Re-integration Program for ex-offenders to assist with job placement and case management services.</p>
<p>First New Life Missionary Baptist Church 602-276-4085 http://www.firstnewlife.com/ 1902 W. Roeser Road Phoenix, AZ 85041</p>	<p>Offers free Workforce Development Services, including job search, resume building, and cover letters on Tuesdays from 10am - 4pm.</p>
<p>Florence Crittenton 602-274-7549 www.flocrit.org 715 West Mariposa Street Phoenix, AZ 85013</p>	<p>Florence Crittenton is a community based services program that is designed to support teens and youth so they can discover their self-worth and reach a higher level of independence.</p>
<p>Focus Employment Services 602-312-1045 http://www.focusemployment.com/</p>	<p>Offer an array of employment-related services to individuals with disabilities. Offers a program designed specifically for individuals with criminal records. Self-pay options and payment plans available for individuals without AHCCCS.</p>
<p>Fresh Start 623-931-2801 http://fresh-start.org/</p>	<p>Fresh Start offers free and low cost programs and services in the areas of economic self-sufficiency, education and personal development. Fresh Start's services are free or low cost and are available to any woman over the age of 18. Whether a woman is going through a divorce, is newly unemployed or is looking for something new in her life, Fresh Start is dedicated to supporting women who want to thrive</p>
<p>Fresh Start Women's Foundation 602-252-8494 http://www.freshstartwomen.org/home 1130 E. McDowell Rd. Phoenix, AZ</p>	<p>Whether adjusting to a career change, concerned about financial security, coping with difficult family relationships, or simply seeking opportunities for personal growth, Fresh Start is dedicated to supporting women who want to thrive.</p>
<p>Friendly House 602-416-7219 www.friendlyhouse.org</p>	<p>Provides free GED preparation classes, citizenship classes, literacy classes, health and financial literacy classes, and ESOL classes. Orientations are held once every three months. Must bring ID and proof of legal residency.</p>
<p>From Gangs to Jobs 602-384-0340 http://www.fromgangs2jobs.com/index.html</p>	<p>Offers a free 6-8 week employment program for at risk men ages 16-25 (some flexibility in age range). Program runs Monday through Thursday 6:30pm - 9:30pm, and includes coaching, job readiness skills, employer support, and job placement follow-up.</p>

Goodwill One-Stop Career Centers
 602-416-6174
www.goodwillaz.org/jobs/career-centers

Career Centers that offer free job search and career development services to the community. There are 11 Career centers located throughout the valley that are equipped with computers, printers, internet, fax machines, and telephones. Certain career centers also offer free computer and customer service training.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Employment Support

Resource	Description
<p>Greater Phoenix SCORE 602-745-7250 http://www.scorephoenix.org/</p>	<p>Greater Phoenix SCORE provides free and confidential business advice and counseling tailored to meet the needs of small businesses and personal objectives. Greater Phoenix SCORE also offers seminars and special events, for both start-up and in-business entrepreneurs. Many of these seminars are free; others are offered for a modest fee.</p>
<p>Greater Phoenix Urban League 602-254-5611 http://www.gphxul.org/</p>	<p>Offers housing, employment, education, and small business programs to the community. Housing programs include Foreclosure Prevention Counseling, First Time Homebuyers Seminar, Affordable Low Income Housing Referral assistance, and Neighborhood Stabilization programs. Employment Services include Job Readiness Training and Summer Youth Employment. Education services include Head Start and College Preparation.</p>
<p>Hope's Crossing 602-795-8098 www.hopescrossing.org 830 N. 1st Ave. Phoenix, AZ 85003</p>	<p>Offers programs to women following release from incarceration to strengthen each individual personally, professionally and spiritually, by surrounding them with a team of mentors, facilitators and case managers to guide these women down a path to restore hope in their lives and the lives of their families, to reach self-sustainability. Programs include Employment/Educational/Volunteer Services, Social/Life Skills Development, and Personal and Professional Skills Training.</p>
<p>Innovation Forward Center 602-845-1295 http://innovationforward.com</p>	<p>Provides open access to a spectrum of business development resources - funding alternatives, collaborative opportunities, product commercialization assistance, and much more. Provides information, mentoring and guidance for companies assisting them in bringing their vision to light and grow their operations. Weekly programming at the center will include mentorship programs</p>

	done in collaboration with SCORE, ASABA and SBDC, information sessions and speaker series exploring entrepreneurship trends important to early-stage, expanding companies.
Job Accommodation Network 800-526-7234 http://askjan.org/	Offers information and resources regarding workplace accommodations and ADA legislation. Offers resources for both job seekers and employers.
LDS Employment Resource Services 602-241-9444 11650 N. 35th Ave. Phoenix, AZ 85029	Offers free employment resources to job seekers and other clients, and to community organizations: such as employers, educational institutions, small business development organizations.
Linda I. Simpson 602-264-5260	Offers life coaching and recovery support services for a sliding scale fee. These services can include employment support and advocacy assistance. Linda is also a W.R.A.P. facilitator.
Linkages www.linkagesarizona.org/index.cfm	Provides a free web portal/job search engine to link people with disabilities ready to work with employers in the community.
Maricopa Community Colleges Career Centers 602-285-7420 https://www.maricopa.edu/about-us/jobs/work-for-the-maricopa-community-colleges	Each Maricopa County Community college offers a Career Center to assist with resume writing, interview skills, and career planning. Services are free to the community. Contact a community college for hours and locations.
Maricopa Workforce Connections (One Stop) 602-372-9748 www.maricopaworkforceconnection.com	Provides information and assistance to individuals looking for jobs or seeking training. Services include career centers and job search support. Some employment related support groups may also be available depending on location. Also offers a Virtual One Stop Center that offers online employment tools.
My Employment Options 800-441-3114 x754 www.myemploymentoptions.com	Offers job placement and job support services for individuals on SSI/SSDI who are interested in returning to work under the Ticket to Work program.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Employment Support

Resource	Description
<p>Phoenix Indian Center 602-264-6768 X2312 www.phxindcenter.org 4520 N. Central Ave. Phoenix, AZ</p>	<p>Offers GED preparation classes on a first come-first served basis. Must attend a 2 day intake and orientation (offered every 3 months). Free childcare offered. Must have 2 forms of ID. Also offers free workforce development services for members of a Federally recognized tribe.</p>
<p>Phoenix Indian Center 602-264-6768 X2312 www.phxindcenter.org 4520 N. Central Ave. Phoenix, AZ</p>	<p>Offers GED preparation classes on a first come-first served basis. Must attend a 2 day intake and orientation (offered every 3 months). Free childcare offered. Must have 2 forms of ID. Also offers free workforce development services for members of a Federally recognized tribe.</p>
<p>Phoenix Job Corps 800-733-5627 http://phoenix.jobcorps.gov/Home.aspx</p>	<p>Offers free hands-on training in America's fastest growing careers. Also offers high school degree or GED coursework. Must meet income requirements and be between the ages of 16 and 24.</p>
<p>Phoenix Workforce Connections (One Stop) 602-861-0208 https://www.phoenix.gov/econdev/workforce-connection/adult/one-stops</p>	<p>Offers skills assessment services, job search skills training, a library, and access to job postings. Many services and resources are available online, but multiple locations are also available. One Stop locations offer a career center with access to resume software and office equipment, employment workshops,</p>

	employment counseling, and other support and resources.
Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html	Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.
Seeds for Autism http://seedsforautism.org/about/ 711 N. 15th Ave. Phoenix, AZ. 85007	SEEDs For Autism is a Phoenix based, vocational training program dedicated to teaching autistic/asperger adults across the spectrum, a multitude of job skills related to the arts. The diverse art skills are taught in a user friendly classroom setting, allowing for each participant to be themselves, among their peers.
Southwest Job Network 480-513-1491	Provides networking opportunities, skill building seminars, and other employment resources. Requests a donation for all meetings and seminars (\$5).
St. Andrews Job Networking Group 602-738-0251 http://www.standrew-cfc.org/jobnetworking.php 3450 W. Ray Road Chandler, AZ 85226	Provides a forum for job seekers to meet and share leads, contacts, and insights. The group meets every Wednesday morning from 9am to 11am.
St. Joseph the Worker 602-417-9854 www.stjwjobs.org 1125 W. Jackson St. Phoenix, AZ 85007	Offers support to homeless, low-income, or other disadvantaged individuals in their efforts to become self-sufficient through permanent, full-time employment. Facility offers computer access, work clothing, resume assistance, bus tickets for interviews and work, and various job and life skills related courses. Also offers some professional clothing and housing/utility assistance.

<p>St. Mary's Food Bank Community Kitchen 602-343-3183 http://www.firstfoodbank.org/communitykitchen.html</p>	<p>Offers a free 16 week foodservice training program to low income adults.</p>
<p>St. Patrick's Scottsdale Employment Support Ministry 480-650-3195 http://finance.groups.yahoo.com/group/st_patricks_scottsdale_employment_support_ministry/</p>	<p>Provides support, resource knowledge, and connections for successful employment transitions. Offers a bi-weekly networking meeting, and has an online yahoo group account.</p>

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Employment Support

Resource	Description
<p>Sunrise Preschools 480-706-2500 http://www.sunrisepreschools.com/</p>	<p>Offers free interview care for children ages 6 weeks to 12 years old. Childcare is provided for up to 4 hours for interviews only.</p>
<p>TES 602-252-8405</p>	<p>Full service employment agency for homeless individuals.</p>
<p>UMOM New Day Centers 602-595-8700 www.umom.org 3333 E. Van Buren Street Phoenix, AZ 85008</p>	<p>Offers supportive services to help end homelessness. Provides help in securing employment, life skills classes, healthcare, and more. Operates Family Housing Hub for families needing shelter. Families, call 602-595-8700. Single women, call 602-362-5833. UMOM is a also designated Safe Place shelter and offers supportive services for teens and young adults ages 12-17.</p>

<p>Vocational Rehabilitation 800-563-1221 https://www.azdes.gov/rsa/</p>	<p>Provides free vocational rehabilitation services to individuals wanting to work with a documented disability which interferes with that goal.</p>
<p>Youth Build 602-238-4334 http://www.youthbuild.org/about-youthbuild</p>	<p>Offers a paid GED and job skills training program for youth (ages 16-24). Some income limitations, but can accept individuals above income on case-by-case basis.</p>

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English as a Second Language

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona Department of Education 602-542-4361 http://www.azed.gov/ www.ade.az.gov/ADULT-ED</p>	<p>Provides information on available Maricopa County GED and Adult Education classes, and GED testing centers. Also provides information on Arizona Language Acquisition for Adults classes by county.</p>
<p>Bret Tarver Learning Center 602-262-7127 http://phoenix.gov/PARKS/tarverlc.html</p>	<p>As part of the City of Phoenix Parks and Recreation Department, offers free computer classes (1:1 and group), computers for public use, lending library, ESL classes, and additional services</p>

<p>1516 N. 35th Ave. Phoenix, AZ</p>	<p>as available. Must have a recreation card (\$10/year for Phoenix residents). Some scholarships available.</p>
<p>Care 1st Avondale Resource Center 623-333-2703</p>	<p>Provides human and housing services including assistance with benefits, tutoring in English and literacy, citizenship classes, employment assistance, parenting classes and teen pregnancy support, and various other resources and workshops. Multiple social service agencies are housed in this location; each has their own eligibility criteria. Please call for details. Do not have to be a resident of Avondale to access these services.</p>
<p>Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204</p>	<p>Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.</p>
<p>Friendly House 602-416-7219 www.friendlyhouse.org</p>	<p>Provides free GED preparation classes, citizenship classes, literacy classes, health and financial literacy classes, and ESOL classes. Orientations are held once every three months. Must bring ID and proof of legal residency.</p>
<p>Herbert K Cummings Community Center 623-772-2760</p>	<p>Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.</p>
<p>Literacy Volunteers of Maricopa County 602-274-3430 www.literacyvolunteers-maricopa.org 1500 E. Thomas Rd. Phoenix, AZ 85014</p>	<p>Offers Adult Basic Education and GED preparation classes. Registration is limited to the first 50 people to attend the orientation. See website or call for orientation information. Also provides computer assisted instruction in basic reading, GED, and ESOL. Call for orientation times. All services require a \$25 fee. Proof of legal residency required.</p>
<p>Mesa Laubach Literacy Council 480-964-3833</p>	<p>Tutors teach ESL, English, reading, and math to English and non-English speaking adults.</p>
<p>Rio Salado College Adult Education 480-517-8110 www.riosalado.edu/abe</p>	<p>Offers free self-paced GED preparation and ESOL classes. Must provide proof of legal residency. Call for registration information.</p>
<p>The Church of Jesus Christ Latter-day Saints 623-341-8954 701 N 95th Ave Tolleson, AZ 85353</p>	<p>Offers free ESL classes every Thursday at 7:00 pm. Please call to verify day and time.</p>

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English as a Second Language

Resource	Description
Unlimited Potential 602-243-7376 www.upaz.org	Offers literacy and educational programs for Hispanic women and children age 5 and under including a bilingual family literacy program; adult education programs covering self-esteem, literacy, and English; and early childhood programs fostering language and socialization. There is a \$150 fee, (\$20 returnable at end of course) for the GED course. Also offers bilingual support groups. No proof of citizenship required.
Wesley Community Center 623-849-1676 www.wesleycenterphx.org 1300 S. 10th St. Phoenix, AZ 85034	Offers classes for pre-GED, ESOL (English for Speakers of Other Languages), English Language Acquisition for Adults, and conversational Spanish. Also offers computer literacy classes and computer instruction classes. Childcare is provided.

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Ex-offender Resources

Resource	Description
<p>Arizona Opportunities Industrialization Center 602-513-8311 www.azoic.org 39 E. Jackson St. Phoenix, AZ 85004</p>	<p>Offers specific job training courses with certification to the community. Offers GED preparation, job leads, and a clothing closet. Offers free work readiness skill building courses, counseling, and job placement for homeless veteran's.</p>
<p>Arizona Women's Education & Employment 602-223-4333 www.awee.org</p>	<p>Employment services for women and men who want to improve their current employment opportunities. AWEE works with recently released ex-offenders, and services include workshops, education referrals, and mentoring. Website also offers a resource guide specific to those with previous convictions.</p>
<p>Central Arizona Shelter Services 602-256-6945 x3059 www.cassaz.org 230 S. 12th Ave. Phoenix, AZ 85007</p>	<p>Provides shelter and support services to homeless adults and families. Services include showers, food, clothing, hygiene items, and case management. They also house a medical and dental facility, as well as offer employment services.</p>
<p>Chicanos por la Causa 602- 257-0700 www.cplc.org 1112 E. Buckeye Rd Phoenix, AZ 85034</p>	<p>Offers free computer training, employment assistance, job skills workshops, GED classes, housing repair program, some utility assistance, and safe, affordable housing options.</p>
<p>David's Hope 602-774-4382 www.davidshopeaz.org</p>	<p>Provides information, advocacy, and resources for individuals living with a mental or substance use disorders who currently are or have been involved in the criminal justice system. David's Hope also leads the Arizona Mental Health Criminal Justice Coalition. Coalition meetings are held monthly from 10 a.m. to 12 p.m. Locations and days vary. Please call for more</p>

	information, including how to navigate the mental health criminal justice systems in all 15 Arizona counties. Assistance offered to all at no charge. You can contact David's Hope at: 602.774.4382
Family Service Agency 602-264-9891 Phoenix www.fsaphoenix.org	Provides counseling and medication services for a sliding scale fee based on income. Also offers an array of family based services and groups. Locations in Mesa, Phoenix, and Metro areas. Also offers a Community Re-integration Program for ex-offenders to assist with job placement and case management services.
Focus Employment Services 602-312-1045 http://www.focusemployment.com/	Offer an array of employment-related services to individuals with disabilities. Offers a program designed specifically for individuals with criminal records. Self-pay options and payment plans available for individuals without AHCCCS.
Fresh Start Women's Foundation 602-252-8494 http://www.freshstartwomen.org/home 1130 E. McDowell Rd. Phoenix, AZ	Whether adjusting to a career change, concerned about financial security, coping with difficult family relationships, or simply seeking opportunities for personal growth, Fresh Start is dedicated to supporting women who want to thrive.
From Gangs to Jobs 602-384-0340 http://www.fromgangs2jobs.com/index.html	Offers a free 6-8 week employment program for at risk men ages 16-25 (some flexibility in age range). Program runs Monday through Thursday 6:30pm - 9:30pm, and includes coaching, job readiness skills, employer support, and job placement follow-up.
Goodwill One-Stop Career Centers 602-416-6174 www.goodwillaz.org/jobs/career-centers	Career Centers that offer free job search and career development services to the community. There are 11 Career centers located throughout the valley that are equipped with computers, printers, internet, fax machines, and telephones. Certain career centers also offer free computer and customer service training.
Hope's Crossing 602-795-8098 www.hopescrossing.org 830 N. 1st Ave. Phoenix, AZ 85003	Offers programs to women following release from incarceration to strengthen each individual personally, professionally and spiritually, by surrounding them with a team of mentors, facilitators and case managers to guide these women down a path to restore hope in their lives and the lives of their families, to reach self-sustainability. Programs include Employment/Educational/Volunteer Services, Social/Life Skills Development, and Personal and Professional Skills Training.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Ex-offender Resources

Resource	Description
<p>Maricopa Workforce Connections (One Stop) 602-372-9748 www.maricopaworkforceconnection.com</p>	<p>Provides information and assistance to individuals looking for jobs or seeking training. Services include career centers and job search support. Some employment related support groups may also be available depending on location. Also offers a Virtual One Stop Center that offers online employment tools.</p>
<p>Our Common Welfare 480-733-2688 http://www.ourcommonwelfare.info/</p>	<p>Provides a free restoration of rights workshop.</p>
<p>Phoenix Workforce Connections (One Stop) 602-861-0208 https://www.phoenix.gov/econdev/workforce-connection/adult/one-stops</p>	<p>Offers skills assessment services, job search skills training, a library, and access to job postings. Many services and resources are available online, but multiple locations are also available. One Stop locations offer a career center with access to resume software and office equipment, employment workshops, employment counseling, and other support and resources.</p>
<p>Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html</p>	<p>Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.</p>
<p>Rescued Not Arrested Inc. 602-647-8325 http://www.rescuednotarrested.org P.O. Box 90606 Phoenix, AZ 85066</p>	<p>Rescued Not Arrested Inc. is a 501(c)3 non-profit organization that uses unique outreach methods to reduce both recidivism and incarceration. Among other services, Rescued Not Arrested Inc. provides support groups, housing partners to assist in transition, assistance with employment upon release, and free English and Spanish NIV Bibles.</p>

<p>St. Joseph the Worker 602-417-9854 www.stjwjobs.org 1125 W. Jackson St. Phoenix, AZ 85007</p>	<p>Offers support to homeless, low-income, or other disadvantaged individuals in their efforts to become self-sufficient through permanent, full-time employment. Facility offers computer access, work clothing, resume assistance, bus tickets for interviews and work, and various job and life skills related courses. Also offers some professional clothing and housing/utility assistance.</p>
<p>The Potter's House 602-254-9701 http://www.thepottershousesacenter.org/ 1717 W. Northern Ave Ste# 101 Phoenix, Az 85021</p>	<p>Provides outpatient treatment for men and women 18 and older of all ethnic groups who are experiencing substance use disorders (abuse, dependency), including education of criminal offenders.</p>

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Family Support Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>American Academy of Child & Adolescent Psychiatry http://www.aacap.org/</p>	<p>National professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by these disorders. Publishes "Facts for Families" to provide concise and up-to-date information on issues that affect children, teenagers, and their families, and offers AACAP Resource Centers to empower consumers through patient education.</p>

<p>American Association of Poison Control 602-253-3334 www.aapcc.org</p>	<p>Provides emergency evaluations over the phone and information regarding unintentional ingestion of unknown or known substances or insect bites.</p>
<p>American Cancer Society, Great West Division 602-224-0524 www.cancer.org 4550 E. Bell Rd, Suite 126 Phoenix, AZ 85032</p>	<p>Funds Cancer Research, provides cancer prevention, advocacy and community education, and information and support services for cancer patients and family members.</p>
<p>American Heart Association 602-414-5353 www.heart.org 2929 S. 48th St Tempe, AZ 85282</p>	<p>Provides cardiovascular disease and stroke prevention and research, as well as public and professional education and information.</p>
<p>AmeriPsych 602-728-0630 ameripsych.org</p>	<p>Offers low cost family counseling services, as well as parenting classes and other family support services.</p>
<p>Arizona Child & Family Advocacy Network 928-750-3583 http://www.acfan.net/index.htm</p>	<p>Advocacy centers located throughout Arizona are designed to provide onsite services to child victims of either physical or sexual abuse as well as neglect. Some centers provide services to adult victims of sexual assault, domestic violence, or vulnerable adult abuse.</p>
<p>Arizona Child Care Resource & Referral 800-308-9000 www.azchildcare.org</p>	<p>Provides free information about community trainings and resources for child care providers and the early childhood community via telephone or online search.</p>
<p>Arizona Department of Economic Security 855-777-8590 www.healthearizona.org https://des.az.gov/</p>	<p>Offers a Nutritious Assistance Program (formerly Food Stamps) based on income and other eligibility requirements. Ask your doctor to complete form FAA-1249A to provide with your application. A number of other assistance programs are available, including the Arizona Early Intervention Program (birth to 3 years), Child care, and caregiver support resources.</p>
<p>Arizona Firearm Injury Prevention Coalition</p>	<p>Arizona Firearm Prevention Coalition is a non-profit corporation dedicated to the prevention of firearm injuries, including homicides, suicides, and accidents in children and young people.</p>

480-946-1971 www.afipc.org PO Box 1809 Phoenix, AZ 85001	
Arizona Helping Hands 480-889-0604 http://www.azhelpinghands.org	Offers multiple programs to assist under-privileged and struggling children and families, including an annual holiday toy distribution, annual Christmas meal, English as a Learned Language for parents of school-aged children, vision care for children, and other special projects throughout the year.

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Family Support Services

Resource	Description
Arizona Phoenix Baptist Children's Services 602-346-2300 www.abcs.org	Offers low cost (\$40 - \$80/session) counseling to children and adults. Also offers an array of workshops, parenting classes, and resources.
Arizona Spinal Cord Injury Association 602-507-4209 www.azspinal.org 5025 E. Washington St. STE #110 Phoenix, AZ 85034	The Arizona Spinal Cord Injury Association is a nonprofit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer support, family support, and education of consumers, families, caregivers and professionals. We also link consumers and families with vocational, social and recreational resources, and offer accessible transportation services, as well as a number of support groups throughout the valley.

<p>ArizonaSERVES www.azdes.gov/arizonaserveshome.aspx</p>	<p>Online database for finding community resources for foster care, childcare, family resources, and transportation resources.</p>
<p>AZ Foster Youth 411 866-999-6384 http://www.fosteryouth411.org/index.php</p>	<p>Foster Youth 411 is a website designed for youth and young adults who need resources and information to facilitate immediate survival and long-term success. The website provides multiple emergency toll free helplines for resources, including shelter, education/employment assistance, transportation, and food.</p>
<p>Baby Bag Program (Father Matters) 602-774-3298 https://fathermatters.org/</p>	<p>The Baby Bag Program from Father Matters is free to families with children who are in need of diapers sizes newborn to 3T. To be eligible, you must be a parent or caregiver, complete an intake, and only receive 3 bags per quarter. By appointment only.</p>
<p>Billy's Place 623-414-9838 https://billysplace.me/ 21448 N. 75th Ave. Suite 5 Glendale, AZ 85308</p>	<p>A free grief resource center/grief support center for kids and their families ages 3 to 30. This 501c3, non-profit agency hosts various peer-facilitated support groups and community remembrance events for those who have lost a special person.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Care 1st Avondale Resource Center 623-333-2703</p>	<p>Provides human and housing services including assistance with benefits, tutoring in English and literacy, citizenship classes, employment assistance, parenting classes and teen pregnancy support, and various other resources and workshops. Multiple social service agencies are housed in this location; each has their own eligibility criteria. Please call for details. Do not have to be a resident of Avondale to access these services.</p>
<p>Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204</p>	<p>Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.</p>
<p>Chandler Christian Community Center and Family Resource Center 480-963-1423 http://chandlerfoodbank.org/programs-2/family-resource-center/</p>	<p>The Family Resource Center provides a safe, positive environment for family development. Their model is to meet some of the needs families have outside of nutritional.</p>

345 S. California St. Chandler, AZ 85225	
Child Crisis Arizona Emergency Children's Shelters 480.969.2308 http://childcrisisaz.org/what-we-do/emergency-shelter/	Temporary emergency shelter for children ages 0-11 years old. Offers shelter to children in abusive situations as well as any child needing a place to stay whether due to family emotional stress or homelessness.

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Family Support Services

Resource	Description
Child Support Assistance Services (Father Matters) 602-774-3298 http://fathermatters.org/	Child Support Assistance Services from Father Matters, in partnership with the Division of Child Support Services, provides child support assistance services to fathers and their families. Work one-on-one with a child support case worker in a safe and secure environment. Services Include applying for child support services, establishing paternity, modification of a current support order, discussing arrears, discussing a settlement of arrears, and help with an out of state child support case. By appointment only.
Children's Action Alliance 602-266-0707 www.azchildren.org	Children's Action Alliance is a non-profit, non-partisan research, education and advocacy organization dedicated to promoting the well-being of Arizona's children and families. They provide information and referrals designed to meet the needs of children and families.

<p>City of Phoenix 602-262-4422 www.phoenix.gov/housing</p>	<p>Offers low rent public housing, scattered sites home ownership, the affordable housing program, and senior and disabled housing programs for income eligible individuals and families. Applications required, and most programs have a wait list.</p>
<p>City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency</p>	<p>The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.</p>
<p>Community Alliance Against Family Abuse 480-982-0205 www.caafaaz.org</p>	<p>Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions.</p>
<p>Covenant House 800-786-2929 www.covenanthouse.org</p>	<p>Crisis hotline for troubled teens and families. Provides referrals to shelters and counseling services throughout the US.</p>
<p>East Mesa Family Resource Center 480-489-5773 http://www.lss-sw.org/get-help/ Our Savior Lutheran Church, 512 S. Ellsworth Mesa, AZ 85208</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>
<p>Family Advocacy Center 602-534-2120 www.phoenix.gov/fac 2120 N. Central Ave. Phoenix, AZ</p>	<p>Provides comprehensive services to victims of violence, including counseling referrals, financial assistance referrals, and light case management. Assists with orders of protection and other legal issues surrounding the case.</p>
<p>Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014</p>	<p>Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.</p>

<p>Family Law Legal Services (Father Matters) 602-774-3298 http://fathermatters</p>	<p>Family Law Legal Services from Father Matters provides free legal assistance services for fathers and mothers from in partnership with Arizona Summit Law School. Establish or enforce legal decision-making (“custody”) and parenting time, paternity, parenting plans, or modify orders, as well as dissolutions of marriage when involving children. By appointment only.</p>
<p>Family Learning Center 602-344-1352 http://mihs.org/flc/flceducation-classes</p>	<p>Offers an array of information and resources, as well as free fun and health-focused classes and activities Most activities open to all community members; many activities focused on children and youth.</p>

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Family Support Services

Resource	Description
<p>Family of Choice Guide: Your Roadmap To The Behavioral Health Care System</p> <p>http://www.mercymaricopa.org/assets/pdf/members/directories-guides/MMIC-Family-Resource-Guide.pdf</p>	<p>This guide from Mercy Maricopa Integrated Care, the regional behavioral health authority, is designed for those who care and want to support an adult who is receiving treatment for a serious mental illness.</p>
<p>Family Promise 480-659-5227</p>	<p>Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support.</p>
<p>Family Resource Center 480-834-9424 http://childcrisisaz.org/ 817 N. Country Club Dr. Mesa, AZ</p>	<p>Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Offers a Dads Support group on the 1st and 3rd Wednesday of the month from 6pm – 7:30pm. Also offers a Dads of Children with Special Needs Support Group on the 2nd and 4th Wednesday of the month at the same time. Please call before you attend.</p>

<p>Family Service Agency 602-264-9891 Phoenix www.fsaphoenix.org</p>	<p>Provides counseling and medication services for a sliding scale fee based on income. Also offers an array of family based services and groups. Locations in Mesa, Phoenix, and Metro areas. Also offers a Community Re-integration Program for ex-offenders to assist with job placement and case management services.</p>
<p>FAMPod http://fampod.org/</p>	<p>Offers a free training program for the Family Talk Preventive Intervention, an evidence-based, strengths-focused program targeting families with parental depression.</p>
<p>Fresh Start Women's Foundation 602-252-8494 http://www.freshstartwomen.org/home 1130 E. McDowell Rd. Phoenix, AZ</p>	<p>Whether adjusting to a career change, concerned about financial security, coping with difficult family relationships, or simply seeking opportunities for personal growth, Fresh Start is dedicated to supporting women who want to thrive.</p>
<p>Glendale Adult Center 623-930-4323 http://www.glendaleaz.com/adultcenter/index.cfm</p>	<p>Offers a wide range of low cost (\$2-\$10) educational, recreational, and healthy living classes, groups, and activities. Also offers a daily hot lunch for \$2.50 or \$3.50.</p>
<p>Good Fit Counseling Center 602-200-0434 x8672 http://www.swhd.org/</p>	<p>Offers counseling and therapy to children (ages 3 and under) and their families on a sliding scale fee schedule or insurance reimbursement. Services include play therapy, child and family counseling, assessments, and evaluations.</p>
<p>Healthy Families 602-266-5976 x5200 https://www.swhd.org/how-we-help/health-and-development/healthy-families</p>	<p>A community-based, family-centered, voluntary home visitation program serving at risk prenatal families and families with newborns through age five. The infant must be under three months of age at enrollment into the program as services are focused primarily on prevention through education and support in the homes of new parents.</p>
<p>Healthy Start 602-372-1166 http://www.maricopa.gov/PublicHealth/programs/HealthyStart/</p>	<p>Offers free perinatal case management services, health education events and learning opportunities to women and their families in South Phoenix and Maryvale.</p>
<p>Helping Hands 602-796-7875 www.helpsinglemoms.org</p>	<p>Provides a scholarship for single moms to attend college. Scholarship includes monthly cash assistance, auto repair, dental and medical coverage, hair cut/style, budget management, mentoring and tutoring, and a support network.</p>

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Family Support Services

Resource	Description
Herbert K Cummings Community Center 623-772-2760	Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.
Homeward Bound 602-263-7654	Offer transitional living to families with children, and assists the families in achieving economic independence and obtaining safe, secure, affordable long term housing.
House of Refuge 480-988-9242	Provides homeless families and individuals with transitional housing and support services.
infantCPR 888-250-5023 https://infantcpr.com/ 3116 South Mill Avenue. #244 Tempe, AZ 85282	Offers online infant CPR training. Once registered, enrollee has lifetime access to all purchased modules.
Jesus Cares Ministries 480-831-1737 http://jesuscares4u.org/	Provides a women’s home for pregnant and parenting teens for almost with a short and long term live in maternity program. Also offers an Affordable Housing Program for young married couples with up to two children or elderly couples on a fixed income. Referral from a Pastor and an initial phone screen interview are required to begin the application process.
Juvenile Alternatives in Glendale (JAG) 623-847-7040	Offers free groups to youth ages 13-17 in Anger Management, Substance Abuse, and Positive Choices. Also offers a short-term (23 hour) non-secure alternative to detention for youth when there is a crisis in the home.

<p>Kids.gov http://www.kids.gov/</p>	<p>Kids.gov is the official kids' portal for the U.S. government. It links to over 2,000 web pages from government agencies, schools, and educational organizations, all geared to the learning level and interest of kids.</p>
<p>La Frontera/EMPACT - SPC 480-784-1500 (Crisis) http://lafrontera-empact.org/</p>	<p>Provides 24 hours a day/7 days a week crisis response for behavioral health crisis situations and a Sexual Assault hotline.</p>
<p>LDS Family Services 800-537-2229 www.providentliving.org</p>	<p>Offers free substance abuse and sexual addiction support groups, and crisis pregnancy counseling. Also offer mental health counseling for a fee of \$120/initial assessment and \$80/session thereafter. Also offers community resources and referrals.</p>
<p>Lost Our Home Pet Foundation 602-230-4357 lostourhome.rescuegroups.org</p>	<p>Provides temporary care and low income boarding, as well as rehoming services and a pet food bank program.</p>
<p>Maricopa County Animal Care and Control 602-506-7387 http://www.maricopa.gov/Pets/Community/Default.aspx</p>	<p>Offers several community programs aimed at promoting and protecting the health, safety, and welfare of people and pets in Maricopa County. Programs include Neuter Scooter (low-cost, mobile, spay/neuter clinic) and subsidized voucher program (vet care).</p>

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Family Support Services

Resource	Description
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<p>MIKID 602-253-1240 www.mikid.org</p>	<p>Designed to provide support and assistance to families in Arizona with behaviorally challenged children. They offer educational events and resources.</p>
<p>My Family Benefits https://egov.azdes.gov/dbme/faa/myFamilyBenefits/authorization/login.aspx</p>	<p>An online system that offers Arizona families an easy and secure way to access information about Food Stamps, Cash Assistance, and Medical Assistance benefits.</p>
<p>National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034</p>	<p>Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.</p>
<p>National Runaway Safeline 800-786-2929 www.1800runaway.org</p>	<p>Here to listen. Here to help. You can immediately share your story with a compassionate person and build a plan together. Visit the website to chat, email or join a forum.</p>
<p>Native Health 602-279-5262 x3205 (Adults)</p>	<p>Offers 12-week Anger Management groups for adults (\$180) and teens ages 13 - 17 (\$5/session). Program will teach individuals how to manage anger effectively, stop violence or the threat of violence, and develop self control over thoughts and actions. Also offers a variety of free community health education events - topics include home safety, car seats, parenting classes, fathers mentoring, and HIV/AIDS (schedule and topics change monthly, call for details).</p>
<p>Native Health Community Health Center 602-279-5262 www.nativehealthphoenix.org</p>	<p>Low cost medical and dental care. Also offers mental health services, substance abuse services, and women's services. Free transportation available. Also offers free HIV testing for the community. Call for locations and times.</p>
<p>not MY kid 602-652-0163 http://www.notmykid.org/home.aspx 5230 E. Shea Blvd., #100 Scottsdale, AZ</p>	<p>Offers local resources including drug testing information, support group information, and crisis information, as well as educational materials to help parents and young adults make informed choices to avoid destructive behavior.</p>
<p>NP Care Family Planning Clinic 602-523-9275</p>	<p>Offers pap smears and some STD testing, as well as birth control on a sliding scale fee schedule (dependent on income and number of people living in the home). No proof of citizenship required.</p>

500 N. 3rd Street Phoenix, AZ	
Office for Children, Youth, and Families 602-542-4043 www.goyff.az.gov	Provides resources, promotes citizen engagement and leads innovative projects to strengthen and empower families and communities in Arizona.
Paradise Valley Family Resource Center 602-449-2298 3633 E. Thunderbird Road Phoenix AZ 85032	Provides Family/Youth services for those within the PVUSD boundaries.
Parental Stress Hotline 800-632-8188	Provides telephonic assistance and support for parents.

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Family Support Services

Resource	Description
Parenting Arizona 602-371-0767	Provides parenting resources and free parenting classes every Thursday. Please call before you attend.
Parents as Teachers 480-388-3292 http://www.azpartnershipforchildren.org/parentsAsTeachers.htm	Offers free Parent Educator services for families with a child age birth to five. Services include home visits, resource and referral, group meetings (with free childcare), and child screenings.

<p>Phoenix Family Resource Center 602-501-8840 http://www.lss-sw.org/get-help/ Shepherd of the Valley Lutheran Church, 1500 W. Maryland Ave. Phoenix, AZ 85015</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>
<p>Raising Special Kids 602-242-4366 www.raisingpecialkids.org</p>	<p>Offers free information, training, resources, and support to families of children (up to age 22) with disabilities and special health care needs. Services include free training workshops, parent-to-parent matching services, and resource/referral information.</p>
<p>Save the Family 480-898-0228 X203 www.savethefamily.org 450 W. 4th Pl. Mesa, AZ 85021</p>	<p>Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more.</p>
<p>Smiles for Lifetime 480-325-7500 www.dickersonortho.com</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21 years of age or older and cannot afford dental care.</p>
<p>Sojourner Center 602-244-0089 http://www.sojournercenter.org/go2/index.php</p>	<p>Offers a 24 hour crisis line to provide information about shelters and safety planning. Offers emergency food, housing, clothing, and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy, and family enrichment programs.</p>
<p>Sontarah Life 602-997-2371 http://www.sontarahlife.org/2601/index.html 8900 N. Central Ave #309 Phoenix, AZ 85020</p>	<p>Offers family support and services for families qualifying as low income, those who don't qualify for government assistance, homeless, or divorced or blended families.</p>
<p>Southwest Human Development 602-266-5976 http://www.swhd.org/ 2850 N. 24th Street Phoenix, AZ 85008</p>	<p>Offers a free Birth to Five helpline open Monday through Friday from 8am to 8pm; staffed by RNs and Social Workers. Offers advice and referrals for any questions related to children ages birth to five. Also offers a free Fussy Baby Program to any parent with a child under 1 year of age residing in Maricopa County.</p>
<p>Sunnyslope Family Resource Center 602-501-8840 http://www.lss-sw.org/get-help/</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>

Trinity Lutheran Church, 9424 N. 7th Ave Phoenix, AZ 85021	
Sunrise Preschools 480-706-2500 http://www.sunrisepreschools.com/	Offers free interview care for children ages 6 weeks to 12 years old. Childcare is provided for up to 4 hours for interviews only.

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Family Support Services

Resource	Description
The Center for Autism and Related Disorders 602-325-2485 http://phoenix.centerforautism.com 1620 N. 48th St. Phoenix, AZ 85008	Offers free therapy to Northeast Valley children who have behavior problems. The short-term therapy is for families with children up to age 5 who don't have to have an autism diagnosis to qualify. Families must live in Scottsdale, Paradise Valley, Fountain Hills, Cave Creek, Carefree or on the Fort McDowell Reservation. There are no income restrictions.
The New Song Center for Grieving Children http://www.hov.org/welcome-new-song-center-grieving-children	When tragedy claims the life of a loved one, families often need help finding a way to heal. The New Song Center for Grieving Children is here to provide nurturing support for grieving children, teens, young adults and their families.
The Wellness Community 602-712-1006 www.twccaz.org 360 E. Palm Ln. Phoenix, AZ 85004	Provides a wide array of support groups and support services for any individual affected by any type of cancer, including teen and adult survivors, caregivers, families, children, and friends of survivors. Proof of citizenship not required.

<p>Thrive to Five Family Resource Centers</p> <p>http://thrivetofive.org Varied Locations Varied Locations</p>	<p>Thrive To Five is a project of Commitment to Schools of Tempe and Kyrene and is funded by First Things First to provide family support services to parents and/or caregivers of children aged birth to five years old. Thrive To Five has the goals of promoting understanding of early child development and brain growth and to provide families and caregivers with the knowledge, skills and resources to help children reach their potential and enter school ready to learn. Family Support Services are offered through the Family Resource Centers of the Tempe Elementary and Kyrene School Districts. Parent Liaisons work within the Resource Centers as a direct contact for parents in their community. Thrive To Five services are offered FREE to families and caregivers of children aged birth through five years old.</p>
<p>Touchstone Family Connections 602-316-7134 http://www.touchstonebh.org/ 15648 N. 35th Ave., Bldg C, CDJ Training Room Phoenix, AZ 85053</p>	<p>Offers a family support group on the first Tuesday of each month from 6 pm to 7:30 pm. Offers an educational group on the third Tuesday of each month from 6 pm to 8 pm. Child care is available. Please RSVP before attending.</p>
<p>Treatment Referral Routing Service 1-800-662-HELP (4357)</p>	<p>This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish</p>
<p>United Methodist Outreach Ministry 602-275-4533</p> <p>3320 E. Van Buren St. Phoenix, AZ</p>	<p>Provides shelter to homeless families (with children) for up to 120 days. Parents must be able to work or go to school full-time. Additional support services available for families residing in the shelter.</p>
<p>Unlimited Potential 602-243-7376 www.upaz.org</p>	<p>Offers literacy and educational programs for Hispanic women and children age 5 and under including a bilingual family literacy program; adult education programs covering self-esteem, literacy, and English; and early childhood programs fostering language and socialization. There is a \$150 fee, (\$20 returnable at end of course) for the GED course. Also offers bilingual support groups. No proof of citizenship required.</p>
<p>Washington Resource Information Center 602-347-3471 http://www.wesdschools.org/News.aspx?type=viewArticle&article=1364 8033 N 27th Avenue Phoenix, AZ 85051</p>	<p>With a mission of strengthening families through prevention, intervention and education, the Washington Resource Information Center is open weekdays from 9 a.m. to 5 p.m. Parents with children under the age of 5, are encouraged to call or come by for information.</p>

<p>WellCare Foundation 602-263-7619 www.wellcarefoundation.org</p>	<p>Provides free, integrated primary healthcare to single working mothers and their children not on state assistance who cannot afford insurance or pay for needed healthcare.</p>
<p>West Mesa Family Resource Center 480-489-5772 http://www.lss-sw.org/get-help/ First Evangelical Lutheran Church, 142 North Date Street Mesa, AZ 85201</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>

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Family Support Services

Resource	Description
<p>Workshops for Youth and Families 480-245-9724 http://www.workshopsaz.org/ 8711 E. Pinnacle Peak Rd. Ste. F101 PMB 348 Scottsdale, AZ 85255</p>	<p>Workshop for Youth and Families wants to provide young people with the necessary tools and information to expand social, emotional and life skills; negotiate new and conflicting demands and pressures; build a higher level of interpersonal and leadership behavior; nurture necessary personal strengths and assets for success, and enhance resiliency for a healthy transition through the adolescent years.</p>

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Financial Resources

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>American Red Cross Grand Canyon Chapter 602-336-6660 www.arizonaredcross.org 6135 N BlackCanyon Hwy. Phoenix, AZ 85015</p>	<p>Provides relief to victims of disaster as well as helps people prevent, prepare for and respond to emergencies.</p>
<p>Arizona Community Action Association 602-604-0640 www.azcaa.org http://www.arizonaselfhelp.org/</p>	<p>Provides information and referrals for community resources, including all Community Action Programs (CAPs). CAPs can provide case management, emergency assistance, food boxes, assistance with rent and utilities, financial assistance, eviction prevention, resources and referrals, and employment assistance. Also offers a web-based program to determine what state paid benefits you may qualify to receive.</p>
<p>Arizona Department of Economic Security 855-777-8590 www.healtharizona.org https://des.az.gov/</p>	<p>Offers a Nutritious Assistance Program (formerly Food Stamps) based on income and other eligibility requirements. Ask your doctor to complete form FAA-1249A to provide with your application. A number of other assistance programs are available, including the Arizona Early Intervention Program (birth to 3 years), Child care, and caregiver support resources.</p>

<p>Benefits Checkup www.benefitscheckup.org</p>	<p>Multiple websites (www.azcaa.org; www.arizonaselfhelp.org) to check eligibility for various federal, state, and local assistance programs.</p>
<p>Cash Assistance Program (DES) 855-777-8590 www.arizonaselfhelp.org</p>	<p>Provides temporary cash benefits and supportive services to the neediest of Arizona's children and their families.</p>
<p>Child Support Assistance Services (Father Matters) 602-774-3298 http://fathermatters.org/</p>	<p>Child Support Assistance Services from Father Matters, in partnership with the Division of Child Support Services, provides child support assistance services to fathers and their families. Work one-on-one with a child support case worker in a safe and secure environment. Services Include applying for child support services, establishing paternity, modification of a current support order, discussing arrears, discussing a settlement of arrears, and help with an out of state child support case. By appointment only.</p>
<p>City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency</p>	<p>The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.</p>
<p>Consumer Credit Counseling Service 866-889-9347</p>	<p>Provides fee waivers for free or low cost credit counseling service with various valley locations.</p>
<p>Disability Benefits (SSDI) 800-772-1213 www.ssa.gov/applyfordisability/</p>	<p>Apply for Social Security Disability Insurance benefits to collect cash income due to your disability and inability to work.</p>
<p>Disability Help Center 1-888-939-4092 www.disabilityhelpcenteraz.org 1833 W Main St Mesa, AZ 85201</p>	<p>Provides assistance in obtaining Social Security Disability Benefits, and referrals for necessary resources. They assist with the application process, appeals process, or preparing for a hearing before an Administrative Law Judge.</p>

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Financial Resources

Resource	Description
<p>Indigent Burial Services (Maricopa County Public Fiduciary) 602-506-5801 http://www.maricopa.gov/PubFid/CIB.aspx</p>	<p>The Indigent Burial Program assists in determining the proper final arrangements for decedents when there is lack of family involvement and/or income and resources are limited. Both the deceased, and the next of kin must financially qualify.</p>
<p>Lend a Hand Program 877-822-2410 http://www.takechargeamerica.org/lendahand/</p>	<p>The Lend a Hand loan program pays off high-cost car title loans up to \$3,000 for Maricopa County residents. The program is a partnership between the Arizona Community Foundation, MariSol Federal Credit Union, and Take Charge America. The goal of the program is to rescue residents struggling to pay off car title loans and help put them on a path to healthy credit and financial success. Includes free credit counseling.</p>
<p>My Family Benefits https://egov.azdes.gov/dbme/faa/myFamilyBenefits/authorization/login.aspx</p>	<p>An online system that offers Arizona families an easy and secure way to access information about Food Stamps, Cash Assistance, and Medical Assistance benefits.</p>
<p>National Energy Assistance Referral Project 866-674-6327 https://www.azdes.gov/intranet.aspx?menu=34&id=2328 1789 W. Jefferson Phoenix, AZ 85007</p>	<p>Energy assistance programs, coordinated among federal and state governments and utility companies, are available to help low-income households meet their energy needs. The Community Services Unit (CSU) subcontracts with community agencies to administer the Low-Income Home Energy Assistance Program (LIHEAP) and the Utility Repair, Replacement and Deposit Program (URRD). These programs assist with utility deposits and bill payments, conduct home weatherization, and repair or replace certain appliances.</p>

<p>Neighborhood Housing Services of Phoenix 602-258-1659 www.nhsphoenix.org</p>	<p>Provides down payment assistance, homebuyer education, housing counseling, refinance lending, and other referral/informational services to individuals looking to buy their first home and making less than 120% of the federal poverty level.</p>
<p>Ober & Pekas Disability Attorneys 602-714-3169 http://oberpekas.com/ 3030 North 3rd St. Suite 1230 Phoenix, AZ 85012</p>	<p>The attorneys of Ober & Pekas advocate for individuals with disabilities and their families in the process of winning social security and long-term disability benefits.</p>
<p>Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html</p>	<p>Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.</p>
<p>Primerica 623-295-9939 http://www.primerica.com/public/ 8585 E Hartford Drive Suite 101 Scottsdale, AZ 85023</p>	<p>Helping families better understand their personal finances, Primerica offers the Financial Needs Analysis (FNA). The FNA gives a detailed overview of your current financial situation and suggests a personalized strategy for your financial security. The FNA is complimentary, confidential and customized for every family that Primerica serves.</p>
<p>Save my Home AZ https://www.savemyhomeaz.gov/index.html</p>	<p>Offers two foreclosure prevention programs - Unemployed Payment Assistance Program and Pricipal Reduction Program - to assist unemployed and underemployed Arizona homeowners. Must meet certain requirements.</p>
<p>Shepherd of the Valley Lutheran Church 480-489-5774 1500 W. Maryland Ave Phoenix, AZ 85015</p>	<p>Get help enrolling in SNAP (food stamps) or AHCCCS. Wednesdays and Fridays, 9 am to 5 pm. Please call to schedule an appointment.</p>
<p>Short Term Crisis Support (DES) 602-262-4520 www.azdes.gov</p>	<p>Provides temporary assistance to low income households experiencing an emergency situation.</p>

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Financial Resources

Resource	Description
<p>Social Security and Disability Resource Center</p> <p>http://www.ssdrc.com/</p>	<p>Provides information on the federal disability benefit programs, SSD (social security disability, mandated under title II of the social security act) and SSI (supplemental security income, mandated under title 16), in addition to answering questions about social security retirement benefits and providing resource links on topics such as medicare. The SSDRC is published, edited, and maintained by Tim Moore, a former disability claims examiner for the social security administration's disability determination services (DDS), as well as a former caseworker with a background in many federal assistance programs, including medicaid for disabled adults.</p>
<p>Supplemental Security Income (SSI)</p> <p>800-722-1213</p> <p>www.ssa.gov</p>	<p>Apply for SSI cash benefits by calling or going to a local Social Security Administration office.</p>
<p>The Dolores Ann Legault Foundation</p> <p>480-242-0038</p>	<p>Provides financial assistance to families with funeral and burial costs after the loss of a child 19 years or younger, by homicide or tragic accident.</p>
<p>WIC</p> <p>800-252-5942</p> <p>www.azwic.gov</p>	<p>Monthly supplement of food from the basic food groups for nutritionally at risk pregnant women, women who recently gave birth, infants, and children.</p>

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Fitness Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>ARCH 602-230-2226 www.archaz.org/sp_menu.htm 1550 W. Colter St. Phoenix, AZ 85015</p>	<p>Arizona Recreation Center for the Handicapped – Provides free therapeutic recreation activities, education and wellness programs, socialization opportunities, and basic living skills for individuals with physical or mental handicaps.</p>
<p>Glendale Adult Center 623-930-4323 http://www.glendaleaz.com/adultcenter/index.cfm</p>	<p>Offers a wide range of low cost (\$2-\$10) educational, recreational, and healthy living classes, groups, and activities. Also offers a daily hot lunch for \$2.50 or \$3.50.</p>
<p>YMCA 602-404-9622 www.valleymca.org</p>	<p>Provides free health assessments, fitness classes, child care while working out, and senior programs with a membership. Also offers reduced fee children’s programming. Rates start around \$40/month, with some sliding scale options for income limited individuals/families.</p>

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Food Pantries

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Agua Fria Food & Clothing Bank 623-932-9135 www.azfoodbanks.org 405 E. Harrison Dr. Avondale, AZ 85323</p>	<p>Free food and clothing resource open from 8:30 am – 2 pm Monday through Thursday, and 8:30 am – 12:30 pm on Friday. No proof of citizenship required.</p>
<p>Andre House 602-255-0580 www.andrehouse.org 213 S. 11th Ave. Phoenix, AZ 85007</p>	<p>Offers transitional housing for men and women; call 602-252-9023 between 10:15am and 12pm on Tuesday or Wednesday, or between 8am and 9:30am on Saturday to schedule an interview. Offers a nightly meal Saturday through Thursday between 5:30pm and 6:30pm. Offers a clothing closet for adult clothes on Monday, Wednesday, and Thursday at 10am, and on Saturday at 1pm. Offers showers at 1pm Monday through Thursday, and at 12:30pm on Saturday. Offers free laundry services on Monday, Tuesday, Thursday, and Saturday. Drop off one load at 10am on Monday, Tuesday or Thursday, and at 1pm on Saturday. Clothing will be washed, dried, and folded, and ready for pick up in the afternoon. Also offers locker rentals for \$10 key deposit and \$2/month; office is open Monday through Thursday from 3:30pm to 4:30pm. Proof of citizenship not required, but ID required for some services.</p>
<p>Arizona Community Action Association 602-604-0640 www.azcaa.org http://www.arizonaselfhelp.org/</p>	<p>Provides information and referrals for community resources, including all Community Action Programs (CAPs). CAPs can provide case management, emergency assistance, food boxes, assistance with rent and utilities, financial assistance, eviction prevention, resources and referrals,</p>

	and employment assistance. Also offers a web-based program to determine what state paid benefits you may qualify to receive.
Arizona Food Banks 800-445-1914 www.azfoodbanks.org	Provides free resources for securing free food. Assists with locating local food banks. Verification of citizenship not required.
Bountiful Baskets www.bountifulbaskets.org	Purchase a 50% fruit and 50% vegetable box for \$15, or an organic box for \$25. Additional boxes available (Mexican, tortillas, or bread). Must order online.
Bountiful Baskets Food Co-op http://bountifulbaskets.org/	The Co-op offers a conventional produce basket every other week. A monetary contribution of \$15 is requested for a basket generally worth \$50 retail. Organic baskets require a contribution of \$25. To participate, visit their website and check the schedule to see when baskets are available, make your contribution using a debit or credit card, then pick up your basket on Saturday morning at the time and place you selected.
Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204	Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.
Chandler Community Action 480-963-4321 650 N. Arizona Ave. Chandler, AZ 85225	Offers clothing and food box referrals for walk-ins Monday through Thursday from 8am - 10:30am. Offers assistance with utilities and past due rent; must come in and fill out an application Monday through Thursday 8am - 5pm. Verification of citizenship not required. Closed Friday.
Concerned Citizens for Community Health 480-312-2323 7700 E. Roosevelt Scottsdale, AZ	Offers vouchers for clothing, and an onsite food bank. Must make an appointment. Proof of citizenship required.
Farmer's Market Distribution 2737 W. Southern Ave., #8 Tempe, AZ 85282	Free fruits and vegetables available to the general public. No identification or qualifiers. Available the first Saturday of every month from 9am – 11am. Must bring your own bag or box.

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Food Pantries

Resource	Description
<p>Feeding America 800-771-2303 http://feedingamerica.org/</p>	<p>Offers an online portal to find local food banks. Provides statistics on services provided at each food bank, local contact information, and a link to volunteer for each food bank.</p>
<p>First Evangelical Lutheran Church Food Pantry</p> <p>142 N. Date Mesa, AZ 85201</p>	<p>Tuesdays and Thursdays, 9 to 11:15 am (except the 2nd Tuesday of the month). Photo I.D. required.</p>
<p>Food Value Club 602-415-5474 www.firstfoodbank.org</p>	<p>Purchase food boxes (pantry and perishable items) at a 30-50% discount off retail price. No income or identification requirements.</p>
<p>Foothills Food Bank & Resource Center 480-488-1145 www.foothillsfoodbank.com 6920 E. Cave Creek Rd. Cave Creek, AZ 85331</p>	<p>Provides emergency food boxes and financial assistance for those in need living in specific zip codes in the North Valley. Proof of citizenship not required.</p>
<p>Herbert K Cummings Community Center 623-772-2760</p>	<p>Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.</p>

<p>Interfatith Cooperative Ministries 602-254-7450 www.icmaz.org 501 S. 9th Ave. Phoenix, AZ</p>	<p>Offers a food and clothing bank. Open Monday through Saturday from 9am to 11am. Must bring photo ID and proof of address. Also offers a free monthly health clinic - call for details.</p>
<p>Market on the Move 623-374-2559 https://the3000club.org/ Location Varies</p>	<p>Market On The Move provides a farmers' market atmosphere at various locations throughout Metro Phoenix and Tucson areas where partners and supporters of this program can come on a regular basis and make their \$10 donation to receive up to 60 lbs. of fresh produce.</p>
<p>National Hunger Hotline and Summer Food Service Program (SFSP) 1-866-3-HUNGRY http://www.whyhunger.org/findfood</p>	<p>The Summer Food Service Program (SFSP) was established to ensure that low-income children continue to receive nutritious meals when school is not in session. Free meals, that meet Federal nutrition guidelines, are provided to all children 18 years old and under at approved SFSP sites in areas with significant concentrations of low-income children.</p>
<p>Phoenix Rescue Mission 602-233-3000 Phoenixrescuemission.org</p>	<p>Offers three free meals a day (7am, 12pm, 5pm) for anyone, and shelter services for adult men. Offers daily showers for men, women, and children, spiritual support, e-mail, and voicemail services. Phoenix Rescue Mission is also a safe day labor pick up station. Must show proof of residence and identity. Proof of citizenship not required. Also offers a substance abuse program for adult men.</p>
<p>Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html</p>	<p>Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.</p>
<p>Produce on Wheels-With Out Waste Borderlands Food Bank http://www.borderlandsfoodbank.org/</p>	<p>Produce On Wheels-With Out Waste (P.O.W.W.O.W.) disperses fresh produce to communities at churches, schools and other entities throughout the Phoenix area. Fresh nutritional rescued produce annually is delivered to agency sites for distribution to supporters. Anyone can contribute \$10 to shop for up to 60 lbs. of fresh produce to share with neighbors, friends, family or someone who's in need. Visit their website for distribution locations and hours.</p>

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Food Pantries

Resource	Description
<p>South Phoenix Healthy Start and St. Mary's Food Bank Alliance</p> <p>2737 W. Southern Avenue, #8 Tempe, AZ</p>	<p>Free food provided to the public on the 1st Saturday of every month. No identification required, and no eligibility criteria. Please bring your own box or bag.</p>
<p>St. Mary's Foodbank Alliance 602 242-3663 http://www.firstfoodbank.org/</p>	<p>Provides food to those who need it through the valley food banks. Also offers additional assistance on budgeting and other financial resources available in the community. Verification of citizenship not required.</p>
<p>The Cultural Cup 602-266-8370 www.culturalcup.com 537 E. Osborn Road Phoenix, AZ 85012</p>	<p>Provides free canned food on the third Wednesday of every month from 11:30am - 2pm, and a free mobile pantry on the third Saturday of every month at 8am. Bring your own bag or box. Also offers food boxes, and diabetic food boxes. Provides a free medical clinic for those without insurance every Saturday from 10am - 2pm (no pain medications or OB/GYN). No proof of citizenship required, must bring ID of some kind.</p>
<p>The Salvation Army 602-267-4122 www.salvationarmyusa.org</p>	<p>Provides assistance with food, rent payments, utility payments, transportation costs, prescription costs, hygiene supplies, counseling, clothing, and other emergency assistance for individuals and families in need. Programs located throughout the valley.</p>
<p>Trinity Broadcasting Network of Arizona 602-273-1479</p>	<p>Provides food boxes Monday through Thursday from 1pm - 3pm. Must make an appointment and have photo ID. No proof of citizenship required. Closed until November 22, 2010.</p>

<p>Valley Christian Center 602-258-5163</p> <p>1326 W. Hadley St. Phoenix, AZ 85007</p>	<p>Offers food boxes on Wednesdays from 9am to 1pm to individuals with valid ID that live in the zip codes of 85004, 85006, 85007, 85009, 85034, 85040, and 85041.</p>
<p>Victory Lutheran Church Food Pantry</p> <p>5946 E. University Drive Mesa, AZ 85205</p>	<p>Mondays and Wednesdays, 9 to 11:30 am. Photo I.D. required.</p>

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Food Stamps

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona Department of Economic Security 855-777-8590 www.healtharizona.org https://des.az.gov/</p>	<p>Offers a Nutritious Assistance Program (formerly Food Stamps) based on income and other eligibility requirements. Ask your doctor to complete form FAA-1249A to provide with your application. A number of other assistance programs are available, including the Arizona Early Intervention Program (birth to 3 years), Child care, and caregiver support resources.</p>

<p>Arizona Farmers Market Nutrition Program 800-252-5942 www.foodconnect.org/programs/nutrition.asp</p>	<p>Provides \$30 vouchers to allow participants to purchase fresh fruits and vegetables at approved farmers markets. Must be eligible for WIC or the Commodity Program through Arizona Department of Health Services.</p>
<p>Benefits Checkup www.benefitscheckup.org</p>	<p>Multiple websites (www.azcaa.org; www.arizonaselfhelp.org) to check eligibility for various federal, state, and local assistance programs.</p>
<p>Commodity Supplemental Food Program 800-252-5942 www.fns.usda.gov</p>	<p>Provides a monthly package of supplemental food for pregnant women, recent mothers, and children up to 6 years of age, or to adults over 60.</p>
<p>Double Up Food Bucks www.doubleupfoodbucksarizona.org</p>	<p>Double Up Food Bucks Arizona is a nutrition-based, federally funded program that helps people bring home more healthy fruits and vegetables, while also supporting Arizona farmers. The program doubles the value of SNAP (formerly food stamps) benefits used at farmers markets. Use your SNAP Quest Card at participating farmers markets and every dollar you spend is matched with an extra dollar to spend on more Arizona-grown fruits and vegetables, up to an additional \$20 in free fruits and vegetables per market visit. Visit the website or ask about it next time you shop with your SNAP Quest Card at your favorite farmers market. Program of Pinnacle Prevention.</p>
<p>My Family Benefits https://egov.azdes.gov/dbme/faa/myFamilyBenefits/authorization/login.aspx</p>	<p>An online system that offers Arizona families an easy and secure way to access information about Food Stamps, Cash Assistance, and Medical Assistance benefits.</p>
<p>WIC 800-252-5942 www.azwic.gov</p>	<p>Monthly supplement of food from the basic food groups for nutritionally at risk pregnant women, women who recently gave birth, infants, and children.</p>

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GED Programs

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona Call-A-Teen Adult Education 602-252-6721 x201 http://www.acyraz.org/ 649 N. 6th Ave. Phoenix, AZ 85003</p>	<p>Provides free GED prep classes for young adults up to age 21. Call for an orientation date. Also offers distance GED prep classes online for adults of any age.</p>
<p>Arizona Department of Education 602-542-4361 http://www.azed.gov/ www.azed.gov/ADULT-ED</p>	<p>Provides information on available Maricopa County GED and Adult Education classes, and GED testing centers. Also provides information on Arizona Language Acquisition for Adults classes by county.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Chicanos por la Causa 602- 257-0700 www.cplc.org</p>	<p>Offers free computer training, employment assistance, job skills workshops, GED classes, housing repair program, some utility assistance, and safe, affordable housing options.</p>

1112 E. Buckeye Rd Phoenix, AZ 85034	
Frank X. Gordon Adult Education Mesa: 602-372-5505 6655 W. Glendale Ave, #105 Glendale, AZ	Offers free GED preparation classes at three locations in Maricopa county. Registration is held once per month; please contact your nearest center for information. Valid ID required to register. GED testing is no longer offered at these locations.
Friendly House 602-416-7219 www.friendlyhouse.org	Provides free GED preparation classes, citizenship classes, literacy classes, health and financial literacy classes, and ESOL classes. Orientations are held once every three months. Must bring ID and proof of legal residency.
Gilbert Adult Learning Program 480-497-3481 775 North Greenfield Road Gilbert, AZ 85234-5030	Offers free self-paced GED preparation classes on Tuesdays and Thursdays from 10am to 1pm, and on Mondays and Wednesdays from 6pm to 9pm. Participants can start at anytime by arriving at the beginning of a class time. ID required, but proof of citizenship not required.
Herbert K Cummings Community Center 623-772-2760	Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.
Literacy Volunteers of Maricopa County 602-274-3430 www.literacyvolunteers-maricopa.org 1500 E. Thomas Rd. Phoenix, AZ 85014	Offers Adult Basic Education and GED preparation classes. Registration is limited to the first 50 people to attend the orientation. See website or call for orientation information. Also provides computer assisted instruction in basic reading, GED, and ESOL. Call for orientation times. All services require a \$25 fee. Proof of legal residency required.
Mesa USD Adult Education 480-472-7259 www.mpsaz.org/commed/adult_ed	Offers GED preparation classes for \$20 - \$40 depending on household income. Registration is limited to the first 50 people who arrive for an orientation and qualify based on a placement test. Call or go online for orientation information. Also offers English language classes and family literacy classes. Proof of legal residency required.

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GED Programs

Resource	Description
<p>Phoenix Indian Center 602-264-6768 X2312 www.phxindcenter.org 4520 N. Central Ave. Phoenix, AZ</p>	<p>Offers GED preparation classes on a first come-first served basis. Must attend a 2 day intake and orientation (offered every 3 months). Free childcare offered. Must have 2 forms of ID. Also offers free workforce development services for members of a Federally recognized tribe.</p>
<p>Phoenix Job Corps 800-733-5627 http://phoenix.jobcorps.gov/Home.aspx</p>	<p>Offers free hands-on training in America's fastest growing careers. Also offers high school degree or GED coursework. Must meet income requirements and be between the ages of 16 and 24.</p>
<p>Queen Creek USD Family Resource Center 480-987-5988 www.qcusd.org</p>	<p>Offers free Adult Education and ESOL. Also offers referrals to other community resources. Call for registration details.</p>
<p>Rio Salado College Adult Education 480-517-8110 www.riosalado.edu/abe</p>	<p>Offers free self-paced GED preparation and ESOL classes. Must provide proof of legal residency. Call for registration information.</p>
<p>Wesley Community Center 623-849-1676 www.wesleycenterphx.org 1300 S. 10th St. Phoenix, AZ 85034</p>	<p>Offers classes for pre-GED, ESOL (English for Speakers of Other Languages), English Language Acquisition for Adults, and conversational Spanish. Also offers computer literacy classes and computer instruction classes. Childcare is provided.</p>

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General Wellness Resources

Resource	Description
<p>Arizona Firearm Injury Prevention Coalition 480-946-1971 www.afipc.org PO Box 1809 Phoenix, AZ 85001</p>	<p>Arizona Firearm Prevention Coalition is a non-profit corporation dedicated to the prevention of firearm injuries, including homicides, suicides, and accidents in children and young people.</p>
<p>Banner Children's Asthma 480-412-7902</p> <p>Carden Children's Medical Center</p>	<p>The entire family & caregivers of the child with asthma is invited to attend with the child with asthma to learn how to control their asthma, so asthma does not control them. To sign up for future flyers by email or to learn more: please call Kimberly Reiners, Pediatric Asthma Educator for Cardon Children's Medical Center at 480-412-7902 or email: AZPedsAsthmaSupport@bannerhealth.com</p>
<p>Banner Health School-Based Health Services 480-412-6344 https://www.bannerhealth.com/Services/Pediatrics/Services/School+Based+Mobile+Care/Outreach.htm Multiple Locations -Check the website for more information</p>	<p>Banner's goal is to keep your child healthy, and limit his/her number of absentee days from school. This service is efficient, cost effective, and easily accessible through your school nurse. Our health clinics are located at several schools around the Valley. Students do not need to attend these schools in order to receive care. Please call (480) 412-6344 to find the clinic closest to you.</p>

<p>Circle of Hope Cancer Ministry</p> <p>http://www.southwestnetwork.org/nt19rg/result.asp?engSearch=52 Orangewood Church: 7510 N 27th Ave Phoenix, AZ 85051</p>	<p>A Faith-Base cancer support group for all. Facilitated by an 11 year breast cancer survivor walking through the cancer journey. Courage + Comfort= Hope. A group of peers walking through the cancer journey together, sharing experiences with one another by giving helpful hints, praying, sharing resources and more. Come and be loved on.</p>
<p>Florence Crittenton 602-274-7549 www.flocrit.org 715 West Mariposa Street Phoenix, AZ 85013</p>	<p>Florence Crittenton is a community based services program that is designed to support teens and youth so they can discover their self-worth and reach a higher level of independence.</p>
<p>Health Initiative Resources (DBHS)</p> <p>http://www.azdhs.gov/bhs/qhi/qhiarchive.htm</p>	<p>The Division of Behavioral Health Services maintains an archive of health issues, information, materials and other resources specifically designed to help people struggling with mental health issues.</p>
<p>Live More Abundantly, Inc. 602-488-1731</p> <p>Phoenix,AZ</p>	<p>Life-Coaching draws inspiration from various disciplines including, but not limited to sociology, psychology, health and wellness, and theology to help individuals develop the tools to permanently improve their lives.</p>
<p>Market on the Move 623-374-2559 https://the3000club.org/ Location Varies</p>	<p>Market On The Move provides a farmers' market atmosphere at various locations throughout Metro Phoenix and Tucson areas where partners and supporters of this program can come on a regular basis and make their \$10 donation to receive up to 60 lbs. of fresh produce.</p>
<p>NP Care Program 602-496-0721 http://nursingandhealth.asu.edu/nmhc/npcare-program.htm 500 N. 3rd Street NHI 1 Building, Suite 155 Phoenix, AZ 85004</p>	<p>For ASU employees and members of the public who do not have health insurance. The NP Care program is offered at the NP Healthcare-Downtown Phoenix clinic.</p>

<p>Safety, Nutrition, Activity and Care for Kids (SNACK) 602-506-6850</p> <p>4041 N. Central Ave., Suite 700 Phoenix, AZ 85012</p>	<p>SNACK works in the Northwest and Southwest Valley communities to make kids safer, healthier and happier. We are an enthusiastic team of Health Educators, Dietitians, Car Seat Specialists and a Resource Coordinator that are here to help you, your child and your child care center or preschool.</p>
<p>The Mesothelioma Clinic 877-732-8761 877-732-8761 877-732-8761 http://www.mesotheliomaclinic.org/</p>	<p>The Mesothelioma Clinic is public service geared towards helping victims and their families find treatment, doctors and cancer clinics.</p>

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Hearing Aid Assistance

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona State Braille & Talking Book Library 602-255-5578 http://www.lib.az.us/braille</p>	<p>Provides books, magazines and other library resources in alternate formats for all Arizona residents whose visual or physical disabilities prevent the use of conventional print materials. Also offers information about resources and activities around the valley for the visually and hearing impaired.</p>

<p>ASU Speech and Hearing Clinic 480-965-2373 http://shs.asu.edu/clinics</p>	<p>Provides speech and hearing services to the general public at competitive rates. Sliding scale available for those who qualify.</p>
<p>Community Hearing Aid Program (CHAP) 623-748-8814 www.communityhearingaidprogram.org</p>	<p>Provides hearing aids to those in Arizona who have low income (200% FPL) and a documented hearing loss. Must be a legal resident of Arizona.</p>
<p>HEAR For Kids 602-690-3975 www.earfoundationaz.com</p>	<p>Provides financial assistance with obtaining hearing aids for children who do not qualify for AHCCCS. Also offers loaner hearing aids while awaiting permanent devices.</p>
<p>Hear Now (Starkey Foundation) 866-354-3254 http://www.starkeyhearingfoundation.org/hear-now.php</p>	<p>Provides hearing aids to individuals permanently residing in the U.S. who are deaf or hard of hearing and have no other resources to acquire the devices.</p>
<p>Lions Sight and Hearing Foundation 602-954-1723 http://www.lions-sight-and-hearing-foundation.org/</p>	<p>Provides assistance with eye glasses, eye surgery, and hearing aids. Glasses and hearing aids provided for a sliding scale fee based on qualifications; recipient is responsible for eyeglass prescription or hearing test. Currently, there is a 4-5 month wait list for hearing assistance.</p>
<p>Miracle Ear 800-234-5422 www.miracle-ear.com</p>	<p>Provides assistance with hearing aids for children under the age of 16 with parent(s) who make less than \$50,000/year. Child must live in the US, fill out an application, and have a current audiogram.</p>

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HIV/AIDS & STD Resources

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Aid to Women Center 480-966-1902 http://aidtowomencenter.org/ 2039 S. Mill Ave. Tempe, AZ 85282</p>	<p>Provides free pregnancy tests, and an array of low cost pregnancy and prenatal services. They also offer education and support for women and families experiencing unplanned pregnancy, education on abortion procedures and risks, adoption awareness, STD and abstinence education, post abortion support and healing, medical assessment, medical services and referrals.</p>
<p>AIDS Hotline (California) 415-863-2437</p>	<p>Provides information on AIDS Monday through Friday from 9am-5pm (Pacific Time).</p>
<p>AIDS Info 800-448-0440</p>	<p>Provides information on AIDS Monday through Friday from 12p-5p (EST).</p>
<p>American Sexual Health Administration 919-361-8488 www.ashastd.org</p>	<p>Source of information on sexual health and sexually transmitted infections.</p>
<p>Care Directions 602-264-2273 www.caredirections.org</p>	<p>Provides one-on-one assistance to individuals living with HIV, to connect them with necessary community services.</p>

<p>Center for Disease Control 800-232-4636 www.cdc.gov</p>	<p>Offers a 24 hour information line that provides information about STDs/AIDs, and offers locations for testing centers. Also offers information on all other diseases.</p>
<p>Compassion in Action 480-220-0602 www.compassioninaction.net</p>	<p>Provides food boxes, spiritual support, counseling, home or phone visitation, practical help around the house, and monthly support meeting for individuals living with HIV/AIDS.</p>
<p>Joshua Tree Feeding Program 602-264-0223 www.joshuatreefeedingprograminc.org 1601 W. Indian School Rd. Phoenix, AZ 85015</p>	<p>Offers a weekly hot lunch, supplemental groceries, and bi-monthly food boxes to individuals living with HIV/AIDS.</p>
<p>Maricopa County Public Health 602-506-1678 STD testing www.maricopa.gov 1645 E. Roosevelt Phoenix, AZ</p>	<p>Offers STD testing and treatment for \$20, as well as HIV counseling and testing at a walk in clinic. Free testing offered the 2nd and 4th Wednesday of each month from 5pm - 6:30pm, as well as at other sponsored events that can be found on the website.</p>
<p>McDowell Healthcare Center 602-506-6550 www.mihs.org 1144 E. McDowell Rd. Phoenix, AZ 85006</p>	<p>Provides primary medical care, dental care, HIV testing and counseling, behavioral healthcare , and clinical trial research on a sliding scale fee schedule for individuals with HIV/AIDS.</p>

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HIV/AIDS & STD Resources

Resource	Description
<p>NP Care Family Planning Clinic 602-523-9275</p> <p>500 N. 3rd Street Phoenix, AZ</p>	<p>Offers pap smears and some STD testing, as well as birth control on a sliding scale fee schedule (dependent on income and number of people living in the home). No proof of citizenship required.</p>
<p>Phoenix Shanti Group 602-279-0008 www.shantiaz.org 2345 W. Glendale Ave. Phoenix, AZ 85021</p>	<p>Provides housing, education, and direct client services to individuals, families, and loved ones infected with and affected by HIV/AIDS.</p>
<p>Refugee Health 602-506-6650 http://www.maricopa.gov/PublicHealth/Services/Refugee/default.aspx 1645 E. Roosevelt St. Phoenix, AZ 85006</p>	<p>Offers refugees health screenings and testing for communicable illness and conditions, including tuberculosis and HIV . Copies of medical records may also be requested.</p>
<p>Southwest Center for HIV/AIDS 602-307-5330 www.swhiv.org 1144 E. McDowell Rd. Phoenix, AZ 85006</p>	<p>Offers wellness, behavioral health, education, and clinical trials designed to help people live long and well with HIV. They also offer free, rapid HIV antibody counseling and testing every weekday.</p>
<p>STD Testing and Treatment</p> <p>http://www.maricopa.gov/publichealth/services/std/default.aspx 1645 E. Roosevelt St. Phoenix, AZ 85006</p>	<p>Offers STD testing, information, and resources. No appointment necessary. Please register before 3:00 p.m.</p>
<p>Terros 602-685-6086 www.terros.org</p>	<p>Offers free HIV and Syphilis testing Monday through Friday from 9am to 4:30pm.</p>

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Homeless Resources

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>American Red Cross Grand Canyon Chapter 602-336-6660 www.arizonaredcross.org 6135 N BlackCanyon Hwy. Phoenix, AZ 85015</p>	<p>Provides relief to victims of disaster as well as helps people prevent, prepare for and respond to emergencies.</p>
<p>Andre House 602-255-0580 www.andrehouse.org 213 S. 11th Ave. Phoenix, AZ 85007</p>	<p>Offers transitional housing for men and women; call 602-252-9023 between 10:15am and 12pm on Tuesday or Wednesday, or between 8am and 9:30am on Saturday to schedule an interview. Offers a nightly meal Saturday through Thursday between 5:30pm and 6:30pm. Offers a clothing closet for adult clothes on Monday, Wednesday, and Thursday at 10am, and on Saturday at 1pm. Offers showers at 1pm Monday through Thursday, and at 12:30pm on Saturday. Offers free laundry services on Monday, Tuesday, Thursday, and Saturday. Drop off one load at 10am on Monday, Tuesday or Thursday, and at 1pm on Saturday. Clothing will be washed, dried, and folded, and ready for pick up in the afternoon. Also offers locker rentals for \$10 key deposit and \$2/month; office is open Monday through Thursday from 3:30pm to 4:30pm. Proof of citizenship not required, but ID required for some services.</p>
<p>Arizona Department of Housing 602-771-1000 http://www.azhousing.gov/</p>	<p>Arizona's state housing agency provides information on apartment rentals, emergency repair and housing rehabilitation, eviction or foreclosure assistance, fair housing laws, homeownership assistance, and section 8 housing. Also, offers unemployment, underemployment and</p>

1110 W. Washington Street, Suite 310 Phoenix, AZ 85007	reinstatement mortgage payment assistance as well as short sale assistance in addition to principal reduction assistance to qualified Arizona homeowners.
Center for Hope 480-461-1711 www.communitybridgesaz.org	Provides residential and comprehensive support services for homeless pregnant women dealing with substance abuse issues, including counseling, parenting classes, health classes, and more.
Central Arizona Shelter Services 602-256-6945 x3059 www.cassaz.org 230 S. 12th Ave. Phoenix, AZ 85007	Provides shelter and support services to homeless adults and families. Services include showers, food, clothing, hygiene items, and case management. They also house a medical and dental facility, as well as offer employment services.
Church on the Street 602-257-8918 www.cotsphoenix.com	Offers services for the homeless, including transitional housing.
Circle the City 602-776-9000 http://www.circlethecity.org/contact 333 W. Indian School Road Phoenix, AZ 85013	Everyone needs a place to heal. Circle the City embraces people experiencing homelessness with compassionate medical care and meaningful human services as they journey toward healthy, independent living. For those in our community experiencing illness and homelessness, there will always be a place to heal, recover and realize a better life.
City of Phoenix 602-262-4422 www.phoenix.gov/housing	Offers low rent public housing, scattered sites home ownership, the affordable housing program, and senior and disabled housing programs for income eligible individuals and families. Applications required, and most programs have a wait list.
Community Care Emergency Shelter 623-755-2284	Provides free emergency shelter to women and children, including meals and supportive services, with the ultimate goal of independent living. Community Care also has transitional and permanent housing available for families, with case management support in each level. Credit history and application fee waiver available.
Community Voicemail 602-263-8845 X108 www.cvm.org	Provides a free local number to set up and check voicemail. No eligibility or restrictions.

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Homeless Resources

Resource	Description
CONTACTS Shelter Hotline 800-799-7739	Shelter referrals 24 hours a day/7 days a week.
Family Promise 480-659-5227	Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support.
Health Care for the Homeless 602-372-2100 www.maricopa.gov 220 S. 12th Ave. Phoenix, AZ	Free health care for homeless individuals on a walk in basis. Proof of citizenship not required. Offers referrals to Circle the City for assistance with Specialty Health Care, Vision Services, Specialized Mental Health Counseling, Housing Assistance, and General Assistance for the homeless as needed.
Health Care for the Homeless Clinic 602.372.2100 http://www.maricopa.gov/PublicHealth/Services/Homeless/ 220 S. 12th Ave. Phoenix, AZ 85007	The Maricopa county Department of Public Health’s Health Care for the Homeless (HCH) provides health care services for homeless individuals and families throughout Maricopa County. They deliver quality health care to homeless people through street outreach, integrated primary care, mental health services, substance abuse services, case management, and nutrition services.
Heat Relief Network www.azmag.gov/heatrelief	A network of providers offering water donation sites, hydration stations and refuge locations across Maricopa County to assist vulnerable people and help prevent heat-related deaths.
I-Help 480-350-5893	Provides lodging, comfort, hope, and opportunity to homeless people in Tempe. Obtain a referral from CONTACTS.

<p>Lodestar Day Resource Center 602-393-9930 www.lodestardrc.org 1125 W. Jackson St. Phoenix, AZ 85007</p>	<p>Provides assistance with housing, obtaining identification, job search, locating health care, food, and counseling services for the homeless. Also manages a mailbox for individuals experiencing homelessness.</p>
<p>Mesa Information and Intake 480-684-0645</p> <p>Paz de Cristo, 424 W. Broadway Road Mesa, AZ 85210</p>	<p>7 days a week until 4:30 pm. Women welcome</p>
<p>National Runaway Safeline 800-786-2929 www.1800runaway.org</p>	<p>Here to listen. Here to help. You can immediately share your story with a compassionate person and build a plan together. Visit the website to chat, email or join a forum.</p>
<p>Northwest Valley Community Resource Guide</p>	<p>The City of Peoria and City of Surprise collaborated to create a quick reference guide to provide contact information for assistance with food, shelter, homelessness, domestic violence and many other local resources.</p>
<p>Ozanam Manor 602-850-6900</p>	<p>Provides transitional shelter for homeless men and women over 50 years of age, or over 18 with a disability. Program fees are 30% of income (if applicable). 10 pm curfew Monday through Friday, 11 pm on Saturday. Usually has a waitlist.</p>

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Homeless Resources

Resource	Description
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<p>Phoenix Rescue Mission 602-233-3000 Phoenixrescuemission.org</p>	<p>Offers three free meals a day (7am, 12pm, 5pm) for anyone, and shelter services for adult men. Offers daily showers for men, women, and children, spiritual support, e-mail, and voicemail services. Phoenix Rescue Mission is also a safe day labor pick up station. Must show proof of residence and identity. Proof of citizenship not required. Also offers a substance abuse program for adult men.</p>
<p>Salvation Army 602-267-4122 www.tsasw.org</p>	<p>Offers utility assistance for individuals and families experiencing a crisis. Also offers homeless outreach services, including assistance finding shelter or transitional housing. Also offers a yearly Christmas Angel Program.</p>
<p>Save the Family 480-898-0228 X203 www.savethefamily.org 450 W. 4th Pl. Mesa, AZ 85021</p>	<p>Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more.</p>
<p>Southwest Valley Information and Intake 623-333-2703 Care 1st Avondale Resource Center, 328 W. Western Ave. Avondale, AZ 85323</p>	<p>Monday through Friday, 9 am to 12 pm. Men and women welcome</p>
<p>St. Joseph the Worker 602-417-9854 www.stjwjobs.org 1125 W. Jackson St. Phoenix, AZ 85007</p>	<p>Offers support to homeless, low-income, or other disadvantaged individuals in their efforts to become self-sufficient through permanent, full-time employment. Facility offers computer access, work clothing, resume assistance, bus tickets for interviews and work, and various job and life skills related courses. Also offers some professional clothing and housing/utility assistance.</p>
<p>Student Health Outreach for Wellness (SHOW) Clinic (602) 496-1951 Phoenix, AZ 85007</p>	<p>Student Health Outreach for Wellness (SHOW) is a tri-university, student-led initiative providing free health and wellness services to people experiencing homelessness and other vulnerable populations. They utilize Maricopa County's Health Care for the Homeless clinic space to provide its services. Healthcare for the Homeless provides care Monday through Friday; SHOW extends this care providing clinic services on weekends while also providing a wide array of specialty services that are not regularly provided, including both primary care and psychiatric services.</p>
<p>Tempe United Methodist Church 480-967-3376 http://tempefirstumc.org/ 215 E. University Dr. Tempe, AZ 85281</p>	<p>Offers shower program Mondays and Fridays 6am-9am. Also offers breakfast and access to a clothing bank (up to 4 items per visit).</p>

TES 602-252-8405	Full service employment agency for homeless individuals.
U.S. Department of Housing and Urban Development 602-379-7100 www.hud.gov	Offers information and referral assistance on homebuying, avoiding foreclosure, rental assistance, fair housing laws, and subsidized housing options. Also, offers assistance locating affordable housing in your area.
UMOM New Day Centers 602-595-8700 www.umom.org 3333 E. Van Buren Street Phoenix, AZ 85008	Offers supportive services to help end homelessness. Provides help in securing employment, life skills classes, healthcare, and more. Operates Family Housing Hub for families needing shelter. Families, call 602-595-8700. Single women, call 602-362-5833. UMOM is a also designated Safe Place shelter and offers supportive services for teens and young adults ages 12-17.

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Hospitalizations - Involuntary Options

Resource	Description
Treatment Advocacy Center 703-294-6001 http://www.treatmentadvocacycenter.org	Offers information and statistics about the Arizona Civil Commitment process, as well as links to legal forms.

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Hospitalizations - Private Hospitals

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Aurora Behavioral Health 623-344-4400 www.aurorabehavioral.com 6015 W. Peoria Ave. Glendale</p>	<p>Offers a variety of behavioral health and chemical dependency services, including inpatient, outpatient, and partial hospitalization programs.</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Maricopa CRISIS Line 602-222-9444 www.crisisnetwork.org</p>	<p>When life is overwhelming, you can't cope, you're worried about a loved one, or you just need to talk, immediate and confidential help is available 24/7/365.</p>
<p>St. Luke's Behavioral Health Center 602-251-8535 www.stlukesmedcenter.com</p>	<p>Provides private hospitalization services for mental health and substance abuse issues. Also offers a variety of private pay/private insurance outpatient services.</p>

1800 East Van Buren St. Phoenix, AZ	
Valley Hospital 602-952-3939 (intake) http://www.valleyhospital-phoenix.com/ 3550 E. Pinchot Ave. Phoenix, AZ 85018	Valley Hospital is a private freestanding hospital specializing in mental health and chemical dependency care, and offers inpatient, outpatient, and partial hospitalization programs for adults. Valley Hospital also offers a free initial mental health and chemical dependency assessment and referral services for adults. Most major insurance accepted; no sliding scale option.

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Hospitalizations - Public Hospitals

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.
Connections AZ Urgent Psychiatric Care Center 602-416-7600 www.connectionsarizona.com 1201 S 7th Ave. Suite 150 Phoenix, AZ 85007	Assessment and consultation, medication services, counseling, crisis services, court ordered evaluation and treatment services, peer support, and co-morbid treatment for select medical conditions.

<p>Maricopa CRISIS Line 602-222-9444 www.crisisnetwork.org</p>	<p>When life is overwhelming, you can't cope, you're worried about a loved one, or you just need to talk, immediate and confidential help is available 24/7/365.</p>
<p>Phoenix Indian Medical Center 602-263-1200 4212 N. 16th St. Phoenix, AZ 85016</p>	<p>Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe.</p>
<p>RIAZ Urgent Care (West Side) 620-650-1212</p>	<p>Offers inpatient stabilization services.</p>

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Housing Resources - Assisted Living

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Apartment Finders 602-957-7000 www.aptfind.com/index.html</p>	<p>Free apartment locating services.</p>

<p>Arcadia Palms Apartments 602-840-6780</p> <p>4902 E. Thomas Rd. Phoenix, AZ 85018</p>	<p>Affordable independent apartment living option.</p>
<p>Emmanuel Campus of Care 623-977-8373 www.immanuelcares.com</p>	<p>Offers supported independent housing starting at \$1050/month and independent housing starting at \$800/month located in Peoria. Rent may include utilities, some housecleaning, some laundry, some meals, a lifeline, transportation, and community events depending on level of care requested..</p>
<p>Family Support Care Residential Group Home 614-286-8511 www.familysupportcare.com/home 1209 West Boston Street Chandler, AZ</p>	<p>Family Support Care is a 24/7 hour level II behavioral health residential program that supports the social well-being of the adult client with mental health disabilities. Fees dependant on income.</p>
<p>Graceful Living 623-332-4267</p>	<p>Assisted living facility with capacity for 5 adults. Rates based on level of care and income. All support services provided with supervision available 24 hours a day.</p>
<p>Guadalupe Huerta 602-243-4137</p>	<p>Independent living facility for seniors and adults with disabilities run by Chicanos por la Causa.</p>
<p>Housely's Assisted Living 602-275-9267</p>	<p>Assisted living facility with rent based on income (starting at \$700/month) in South Phoenix. Full services available with capacity of 10 adults.</p>
<p>In Touch Elder Care 602-358-8094</p>	<p>Assisted living facility for \$2000/month in Glendale with no recent violations.</p>
<p>J & L Adult Care Home 602-413-9061</p>	<p>Assisted living for \$800/month with no recent violations in West Phoenix.</p>
<p>Park @ 7th St. 888-477-2669</p>	<p>Assisted living facility for \$1650/month in Phoenix, offering care 24 hours a day, meals, housekeeping, laundry, and medication management in a gated community.</p>

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Housing Resources - Assisted Living

Resource	Description
The Berkshire 602-258-7488	Assisted living at an affordable rate with a sliding scale option, the Berkshire offers supervisory and personal care. Rates start at \$1050/month.
The Fountain 623-977-4273	Assisted living at an affordable rate (starting at \$1075/month) with a sliding scale option. The Fountain offers 24 hour supervisory care including meals, transportation, care-giving, and medication monitoring.

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Housing Resources - Halfway Houses

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.

<p>www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	
<p>Clean House (M.A.C.K Transitional Living) 602-841-9599</p>	<p>Provides day treatment, support meetings, medication monitoring, and a sober living environment for a weekly rate. M.A.C.K. will work with individuals who may not have money up front.</p>
<p>Destiny House 602-639-2442</p>	<p>Faith based transitional housing for men and women seeking recovery from addiction. 12-step based; \$100/week with \$25 intake fee. Fees include christian counseling, and job search search assistance.</p>
<p>House of Refuge 480-988-9242</p>	<p>Provides homeless families and individuals with transitional housing and support services.</p>
<p>Reborn Assistance 480-433-2382 www.rebornassistance.org 2546 W. Orangewood Ave. Phoenix, AZ 85051</p>	<p>Offers transitional living for men returning to society from jail or prison struggling with substance abuse. Offers on-site 12 step program. Fees are \$110/week, but willing to allow entry without money if coming from correctional facility.</p>
<p>Serenity House for Sober Living 620-445-6160 www.azserenityhouse.com</p>	<p>Transitional and ¾ houses for men and women looking for a sober living environment. Weekly rates start at \$100, and does not include meals; there is an additional \$60/month fee for utilities.</p>
<p>Step One 602-749-5434</p>	<p>Sober living environment for men and women. Daily rates are \$18, and includes all meals, room & board, and cable television. Participants must be willing to work a 12-step program, and be employed or willing to work day labor (transportation provided).</p>
<p>Sunlight of the Spirit 602-864-5032 http://www.sunlightofthespiritrecovery.org/</p>	<p>12 step based transitional living program for women. \$162/first week, \$112/week thereafter, food is included. Willing to assist with job search if unable to pay initial fee.</p>
<p>Together We Stand 602-285-0281</p>	<p>Sober living facility to assist men with recovery from alcohol and drugs. \$110/week includes cable and all utilities, but no meals. Willing to accept men without money up front and assist in locating employment. Required to complete 90 meetings in 90 days. Must have ID and proof of citizenship.</p>
<p>Transitional Living Centers, TLC 866-646-2138 http://www.transitionalliving.org/index.html Multiple Locations Phoenix, Glendale, Mesa, AZ</p>	<p>Provides half-way house, substance-abuse recovery services for homeless addicts.</p>

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Housing Resources - Independent Options

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>About Care 480-802-2331 www.aboutcare.org 600 West Ray Road Chandler, AZ 85225</p>	<p>Delivers caring and compassionate support services for seniors and persons with physical challenges who are homebound residents in the Southeast Valley. The goal is to encourage and enable independent living by assisting our neighbors to continue living in their homes with dignity and self-respect. Services are provided for free through trained volunteers.</p>
<p>Arizona Department of Housing 602-771-1000 http://www.azhousing.gov/ 1110 W. Washington Street, Suite 310 Phoenix, AZ 85007</p>	<p>Arizona's state housing agency provides information on apartment rentals, emergency repair and housing rehabilitation, eviction or foreclosure assistance, fair housing laws, homeownership assistance, and section 8 housing. Also, offers unemployment, underemployment and reinstatement mortgage payment assistance as well as short sale assistance in addition to principal reduction assistance to qualified Arizona homeowners.</p>
<p>Campaign Place 602-296-5200</p>	<p>Affordable independent living in Central Phoenix, with rates starting at \$450/month.</p>
<p>Caring Spirits of Arizona 720-588-2022</p>	<p>Safe, comfortable and affordable independent housing and related support services and care coordination for low-income disabled adults whether the disability is related to their physical health, mental health, or both. Utility allowance, housekeeping service, laundry</p>

http://www.caringspiritsaz.com/clients/residential-services/	service and food delivery service available at an affordable price for individuals with limited, fixed income.
Casa Blanca Apartments 602-242-4782	Independent housing starting at \$519/month, utilities included, with a \$200 deposit.
Chicanos por la Causa 602- 257-0700 www.cplc.org 1112 E. Buckeye Rd Phoenix, AZ 85034	Offers free computer training, employment assistance, job skills workshops, GED classes, housing repair program, some utility assistance, and safe, affordable housing options.
City of Phoenix 602-262-4422 www.phoenix.gov/housing	Offers low rent public housing, scattered sites home ownership, the affordable housing program, and senior and disabled housing programs for income eligible individuals and families. Applications required, and most programs have a wait list.
Coconut Grove 602-264-1354 2028 W. Indian School Rd. Phoenix, AZ	Affordable independent living starting at \$525/month, utilities included.
Community Care Emergency Shelter 623-755-2284	Provides free emergency shelter to women and children, including meals and supportive services, with the ultimate goal of independent living. Community Care also has transitional and permanent housing available for families, with case management support in each level. Credit history and application fee waiver available.
Destiny Sober Living 602-249-6674 http://www.destinyhouse.biz Locations in Mesa, Laveen, Phoenix, and Buckeye	Inpatient program for adults ages 18+ with substance abuse/dependence issues, general mental health issues, involvement with Child Protective Services and/or Adult Probation or Parole. Residents may be self-referred or court ordered. Specialty areas include treatment for: Substance-Related and Addictive Disorders, Depressive Disorders, Anxiety Disorders, Bipolar and Related Mood Disorders, Schizophrenia Spectrum and other Psychotic Disorders, ADD-ADHD, Obsessive Compulsive Related Disorders, Trauma-and Stressor-Related Disorders, Dissociative Disorders, Somatic Symptom and Related Disorders, Disruptive, Impulse-Control, Conduct Disorders, and Personality Disorders.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Housing Resources - Independent Options

Resource	Description
Emmanuel Campus of Care 623-977-8373 www.immanuelcares.com	Offers supported independent housing starting at \$1050/month and independent housing starting at \$800/month located in Peoria. Rent may include utilities, some housecleaning, some laundry, some meals, a lifeline, transportation, and community events depending on level of care requested..
Gene Rice Senior Center 602-257-0700	Senior independent living facility run by Chicanos por la Causa.
Go Section 8 866-466-7328 http://www.gosection8.com/index.aspx	Provides an online portal for Section 8 housing search.
Greater Phoenix Urban League 602-254-5611 http://www.gphxul.org/	Offers housing, employment, education, and small business programs to the community. Housing programs include Foreclosure Prevention Counseling, First Time Homebuyers Seminar, Affordable Low Income Housing Referral assistance, and Neighborhood Stabilization programs. Employment Services include Job Readiness Training and Summer Youth Employment. Education services include Head Start and College Preparation.
Guadalupe Huerta 602-243-4137	Independent living facility for seniors and adults with disabilities run by Chicanos por la Causa.
Matthew Henson Properties 602-252-1522	Independent subsidized housing (30% of income) for seniors in Central Phoenix.
My 2nd Chance Rentals 602-393-4400	Apartment and condo rentals for individuals with bad credit and criminal histories. Locations in Mesa, Phoenix, Glendale, and Tempe

http://www.my2ndchancerental.com/ 4323 N. 12th Street Phoenix, AZ	
Native American Connections 602-252-2865 www.nativeconnections.org	Provides high-quality, safe, subsidized (30% of income) supportive housing to individuals with a long term disability, making at least \$12,000/year, and currently homeless or facing homelessness. Also offers safe, affordable, independent and multi-family housing options.
Neighborhood Housing Services of Phoenix 602-258-1659 www.nhsphoenix.org	Provides down payment assistance, homebuyer education, housing counseling, refinance lending, and other referral/informational services to individuals looking to buy their first home and making less than 120% of the federal poverty level.
Paige Commons 480-813-4069	Independent affordable housing based on annual income for seniors over 55, with social activities available. Some units currently available starting at \$550/month (based on income).
Rainbow Housing http://www.rainbowhousing.org/where_you_can_find_us.htm	Offers affordable multifamily housing for low-income families throughout the United States. They currently have one property in Arizona (Whispering Palms, Phoenix). They also work closely with residents to provide programs and support services that will increase opportunities for economic and social advancement.

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Housing Resources - Independent Options

Resource	Description
Roeser Villages 602-268-5100	Independent subsidized housing in South Phoenix for seniors 55 years and older or adults who are mobility impaired. Rent is based on income, and studios are currently available.

<p>Save the Family ARM Program 480-898-0028 X276 www.savethefamily.org 450 W. 4th Pl. Mesa, AZ 85021</p>	<p>Provides affordable housing for families to bridge the gap between subsidized housing to fair market rent or homeownership. Some supportive services included.</p>
<p>Seville Gardens Apartments 602-278-0662</p> <p>4903 W. Thomas Rd. Phoenix, AZ</p>	<p>Affordable independent living, with rent starting at \$325/month, utilities included, for a studio apartment.</p>
<p>Singleton 602-626-8150</p>	<p>Affordable independent living with case management services available. Provides meals and medication reminders, as well as groups to assist with transition to NT19 benefits packages. Must have or be willing to get payee or direct deposit of monthly fee.</p>
<p>Social Serve</p> <p>www.socialserve.com</p>	<p>Provides a web portal for locating affordable housing, and includes options for Section 8 vouchers and proximity to public transit.</p>
<p>Sterling Place Apartments 602-246-0105</p> <p>4325 N. 35th Ave. Phoenix, AZ 85017</p>	<p>Affordable independent living near, with rates starting at \$565/month, utilities included, for a 1 bedroom apartment.</p>
<p>Tannor Gardens 602-268-8866</p> <p>4420 S. 18th Pl. Phoenix, AZ 85040</p>	<p>Independent subsidized housing for seniors and disabled adults in South Phoenix. Rent is 30% of income.</p>
<p>Tannor Manor 602-323-0100</p>	<p>Independent subsidized housing in South Phoenix with rent based on annual income. Current openings available.</p>
<p>Tiempo (a subsidiary of CPLC) 602-252-0482 http://www.tiempoinc.com/ 1107 E. Tonto Street Phoenix, AZ 85034</p>	<p>Tiempo Inc. is a real estate development and management company founded in 1978. The Arizona-based Corporation specializes in developing, and managing residential housing (single- and multi-family) and commercial properties throughout the southwest.</p>

<p>U.S. Department of Agriculture</p> <p>http://rdmfhrentals.sc.egov.usda.gov/RDMFHRentals/select_state.jsp</p>	<p>Offers a search function for subsidized multi-family housing rentals in rural parts of the county.</p>
<p>U.S. Department of Housing and Urban Development</p> <p>602-379-7100</p> <p>www.hud.gov</p>	<p>Offers information and referral assistance on homebuying, avoiding foreclosure, rental assistance, fair housing laws, and subsidized housing options. Also, offers assistance locating affordable housing in your area.</p>

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Housing Resources - Independent Options

Resource	Description
<p>Westward Ho</p> <p>602-258-6221</p> <p>www.whrai.org</p> <p>618 N. Central Ave.</p> <p>Phoenix, AZ</p>	<p>Independent subsidized housing in Central Phoenix for elderly and disabled adults with rent based on income. May have a waitlist.</p>

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Housing Resources - Rental/Utility Assistance

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>A New Leaf http://www.turnanewleaf.org/services/homeless.html</p>	<p>Housing and supportive services for the homeless and those in need, including victims of domestic violence.</p>
<p>APS 602-371-7171 http://www.aps.com/main/services/residential/assistance/default.html</p>	<p>Offers a number of limited budget electricity programs, as well as provides information on community utility assistance programs.</p>
<p>Arizona Community Action Association 602-604-0640 www.azcaa.org http://www.arizonaselfhelp.org/</p>	<p>Provides information and referrals for community resources, including all Community Action Programs (CAPs). CAPs can provide case management, emergency assistance, food boxes, assistance with rent and utilities, financial assistance, eviction prevention, resources and referrals, and employment assistance. Also offers a web-based program to determine what state paid benefits you may qualify to receive.</p>
<p>Arizona Department of Housing 602-771-1000</p>	<p>Arizona's state housing agency provides information on apartment rentals, emergency repair and housing rehabilitation, eviction or</p>

<p>http://www.azhousing.gov/ 1110 W. Washington Street, Suite 310 Phoenix, AZ 85007</p>	<p>foreclosure assistance, fair housing laws, homeownership assistance, and section 8 housing. Also, offers unemployment, underemployment and reinstatement mortgage payment assistance as well as short sale assistance in addition to principal reduction assistance to qualified Arizona homeowners.</p>
<p>Benefits Checkup www.benefitscheckup.org</p>	<p>Multiple websites (www.azcaa.org; www.arizonaselfhelp.org) to check eligibility for various federal, state, and local assistance programs.</p>
<p>Chandler Community Action 480-963-4321 650 N. Arizona Ave. Chandler, AZ 85225</p>	<p>Offers clothing and food box referrals for walk-ins Monday through Thursday from 8am - 10:30am. Offers assistance with utilities and past due rent; must come in and fill out an application Monday through Thursday 8am - 5pm. Verification of citizenship not required. Closed Friday.</p>
<p>Chicanos por la Causa 602- 257-0700 www.cplc.org 1112 E. Buckeye Rd Phoenix, AZ 85034</p>	<p>Offers free computer training, employment assistance, job skills workshops, GED classes, housing repair program, some utility assistance, and safe, affordable housing options.</p>
<p>City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency</p>	<p>The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.</p>
<p>Community Action Programs (CAP) 623-979-3911 Central, North, & West www.azcaa.org</p>	<p>Provides emergency financial assistance to individuals and families facing eviction or utility shut off (including air conditioning repair in the summer). Multiple offices throughout the valley.</p>

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Housing Resources - Rental/Utility Assistance

Resource	Description
<p>Community Services of Arizona Rent & Mortgage Assistance 480-963-4321</p>	<p>Assists with one month past due rent or mortgage payment, or first month's rent.</p>
<p>Foothills Food Bank & Resource Center 480-488-1145 www.foothillsfoodbank.com 6920 E. Cave Creek Rd. Cave Creek, AZ 85331</p>	<p>Provides emergency food boxes and financial assistance for those in need living in specific zip codes in the North Valley. Proof of citizenship not required.</p>
<p>Lutheran Social Services Rent and Mortgage Assistance 877-258-2059</p>	<p>Assists with one month past due rent or mortgage payment, or first month's rent.</p>
<p>National Energy Assistance Referral Project 866-674-6327 https://www.azdes.gov/intranet.aspx?menu=34&id=2328 1789 W. Jefferson Phoenix, AZ 85007</p>	<p>Energy assistance programs, coordinated among federal and state governments and utility companies, are available to help low-income households meet their energy needs. The Community Services Unit (CSU) subcontracts with community agencies to administer the Low-Income Home Energy Assistance Program (LIHEAP) and the Utility Repair, Replacement and Deposit Program (URRD). These programs assist with utility deposits and bill payments, conduct home weatherization, and repair or replace certain appliances.</p>
<p>Salvation Army 602-267-4122 www.tsasw.org</p>	<p>Offers utility assistance for individuals and families experiencing a crisis. Also offers homeless outreach services, including assistance finding shelter or transitional housing. Also offers a yearly Christmas Angel Program.</p>

<p>Save my Home AZ https://www.savemyhomeaz.gov/index.html</p>	<p>Offers two foreclosure prevention programs - Unemployed Payment Assistance Program and Principal Reduction Program - to assist unemployed and underemployed Arizona homeowners. Must meet certain requirements.</p>
<p>SRP 602-236-8888 http://www.srpnet.com/prices/home/ChooseYourPricePlan.aspx</p>	<p>Offers four electricity plans to fit budgetary and lifestyle needs.</p>
<p>St. Vincent de Paul 602-266-4673 www.stvincentdepaul.net</p>	<p>Offers multiple programs for homeless and low income individuals and families, including Help for the Working Poor, Family Eviction Prevention, Ministry to the Homeless, Ministry to the Incarcerated, Transitional Shelter, and Youth mentoring, along with various specialized projects dependent upon community need and availability of funds. St. Vincent de Paul can also provide information on additional Catholic churches that may be able to provide assistance.</p>
<p>U.S. Department of Housing and Urban Development 602-379-7100 www.hud.gov</p>	<p>Offers information and referral assistance on homebuying, avoiding foreclosure, rental assistance, fair housing laws, and subsidized housing options. Also, offers assistance locating affordable housing in your area.</p>

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Housing Resources - Shelters

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>

2200 N Central Ave #211 Phoenix, AZ 85004	
A New Leaf http://www.turnanewleaf.org/services/homeless.html	Housing and supportive services for the homeless and those in need, including victims of domestic violence.
Central Arizona Shelter Services 602-256-6945 x3059 www.cassaz.org 230 S. 12th Ave. Phoenix, AZ 85007	Provides shelter and support services to homeless adults and families. Services include showers, food, clothing, hygiene items, and case management. They also house a medical and dental facility, as well as offer employment services.
Chicanos por la Causa/De Colores 602-269-1515 www.cplc.org	Provides emergency domestic violence shelter service.
Child Crisis Arizona Emergency Children's Shelters 480.969.2308 http://childcrisisaz.org/what-we-do/emergency-shelter/	Temporary emergency shelter for children ages 0-11 years old. Offers shelter to children in abusive situations as well as any child needing a place to stay whether due to family emotional stress or homelessness.
Chrysalis 602-944-4999 Phoenix www.noabuse.org	Offers domestic violence shelters and transitional housing options.
City of Phoenix 602-262-4422 www.phoenix.gov/housing	Offers low rent public housing, scattered sites home ownership, the affordable housing program, and senior and disabled housing programs for income eligible individuals and families. Applications required, and most programs have a wait list.
Community Care Emergency Shelter 623-755-2284	Provides free emergency shelter to women and children, including meals and supportive services, with the ultimate goal of independent living. Community Care also has transitional and permanent housing available for families, with case management support in each level. Credit history and application fee waiver available.
CONTACTS Shelter Hotline 800-799-7739	Shelter referrals 24 hours a day/7 days a week.
Family Promise 480-659-5227	Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support.

Florence Crittenton - Girls Ranch

602-274-7318
 www.flocrit.org
 715 West Mariposa Street
 Phoenix AZ 85013

Florence Crittenton Girls Ranch helps at risk girls and young women who are dealing with abuse, neglect, teen pregnancy and/or behavioral health. They provide a safe place where they can discover their strengths and self-worth and get community support.

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Housing Resources - Shelters

Resource	Description
I-Help 480-350-5893	Provides lodging, comfort, hope, and opportunity to homeless people in Tempe. Obtain a referral from CONTACTS.
New Life Center 623-932-4404 www.newlifectr.org PO Box 5005 Goodyear, AZ 85338	Provides emergency shelter and related services to victims of domestic violence and their children.
Northwest Valley Community Resource Guide	The City of Peoria and City of Surprise collaborated to create a quick reference guide to provide contact information for assistance with food, shelter, homelessness, domestic violence and many other local resources.
Ozanam Manor 602-850-6900	Provides transitional shelter for homeless men and women over 50 years of age, or over 18 with a disability. Program fees are 30% of income (if applicable). 10 pm curfew Monday through Friday, 11 pm on Saturday. Usually has a waitlist.

<p>Phoenix Rescue Mission 602-233-3000 Phoenixrescuemission.org</p>	<p>Offers three free meals a day (7am, 12pm, 5pm) for anyone, and shelter services for adult men. Offers daily showers for men, women, and children, spiritual support, e-mail, and voicemail services. Phoenix Rescue Mission is also a safe day labor pick up station. Must show proof of residence and identity. Proof of citizenship not required. Also offers a substance abuse program for adult men.</p>
<p>Save the Family 480-898-0228 X203 www.savethefamily.org 450 W. 4th Pl. Mesa, AZ 85021</p>	<p>Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more.</p>
<p>Sojourner Center 602-244-0089 http://www.sojournercenter.org/go2/index.php</p>	<p>Offers a 24 hour crisis line to provide information about shelters and safety planning. Offers emergency food, housing, clothing, and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy, and family enrichment programs.</p>
<p>The Salvation Army 602-267-4122 www.salvationarmyusa.org</p>	<p>Provides assistance with food, rent payments, utility payments, transportation costs, prescription costs, hygiene supplies, counseling, clothing, and other emergency assistance for individuals and families in need. Programs located throughout the valley.</p>
<p>United Methodist Outreach Ministry 602-275-4533 3320 E. Van Buren St. Phoenix, AZ</p>	<p>Provides shelter to homeless families (with children) for up to 120 days. Parents must be able to work or go to school full-time. Additional support services available for families residing in the shelter.</p>

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Housing Resources - Supervisory Care Homes

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.
Emmanuel Campus of Care 623-977-8373 www.immanuelcares.com	Offers supported independent housing starting at \$1050/month and independent housing starting at \$800/month located in Peoria. Rent may include utilities, some housecleaning, some laundry, some meals, a lifeline, transportation, and community events depending on level of care requested..
Graceful Living 623-332-4267	Assisted living facility with capacity for 5 adults. Rates based on level of care and income. All support services provided with supervision available 24 hours a day.
Guadalupe Huerta 602-243-4137	Independent living facility for seniors and adults with disabilities run by Chicanos por la Causa.
Housely's Assisted Living 602-275-9267	Assisted living facility with rent based on income (starting at \$700/month) in South Phoenix. Full services available with capacity of 10 adults.
In Touch Elder Care 602-358-8094	Assisted living facility for \$2000/month in Glendale with no recent violations.
J & L Adult Care Home 602-413-9061	Assisted living for \$800/month with no recent violations in West Phoenix.
The Fountain 623-977-4273	Assisted living at an affordable rate (starting at \$1075/month) with a sliding scale option. The Fountain offers 24 hour supervisory care including meals, transportation, care-giving, and medication monitoring.

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Housing Resources - Supported Housing

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>365 Managed IT 480-659-6161</p> <p>6151 West Monte Vista Road Phoenix, AZ</p>	<p>Offers a residential, group home setting for men and women with mental health issues and/or substance abuse issues with staff onsite 24 hours a day for \$150/week. Weekly fee includes case management, counseling, transportation, meals, medication monitoring, and group sessions. Also includes some employment support and placement.</p>
<p>About Care 480-802-2331 www.aboutcare.org 600 West Ray Road Chandler, AZ 85225</p>	<p>Delivers caring and compassionate support services for seniors and persons with physical challenges who are homebound residents in the Southeast Valley. The goal is to encourage and enable independent living by assisting our neighbors to continue living in their homes with dignity and self-respect. Services are provided for free through trained volunteers.</p>
<p>Arizona Women's Recovery Center 602-264-6214 www.azwomensrecoverycenter.org 4201 N. 16th Street Suite 140 Phoenix, AZ. 85016</p>	<p>Offers a range of services for women experiencing substance use disorders. Support includes group, individual, and family therapy; case management services; career counseling; psychiatric nurse practitioner support; parenting coaching; peer support; DBT groups; dual diagnosis relapse prevention groups; and supportive housing (when available.)</p>
<p>Community Care Emergency Shelter 623-755-2284</p>	<p>Provides free emergency shelter to women and children, including meals and supportive services, with the ultimate goal of independent living. Community Care also has transitional and permanent housing available for families, with case</p>

	management support in each level. Credit history and application fee waiver available.
Emmanuel Campus of Care 623-977-8373 www.immanuelcares.com	Offers supported independent housing starting at \$1050/month and independent housing starting at \$800/month located in Peoria. Rent may include utilities, some housecleaning, some laundry, some meals, a lifeline, transportation, and community events depending on level of care requested..
Family Support Care Residential Group Home 614-286-8511 www.familysupportcare.com/home 1209 West Boston Street Chandler, AZ	Family Support Care is a 24/7 hour level II behavioral health residential program that supports the social well-being of the adult client with mental health disabilities. Fees dependant on income.
Marc Center 480-969-3800 X229 www.marccenter.com	Provides a supported housing option that includes 8 – 24 hour support, independent living skills training, medication monitoring, and a roommate matching type service.
Native American Connections 602-252-2865 www.nativeconnections.org	Provides high-quality, safe, subsidized (30% of income) supportive housing to individuals with a long term disability, making at least \$12,000/year, and currently homeless or facing homelessness. Also offers safe, affordable, independent and multi-family housing options.
Rainbow Housing http://www.rainbowhousing.org/where_you_can_find_us.htm	Offers affordable multifamily housing for low-income families throughout the United States. They currently have one property in Arizona (Whispering Palms, Phoenix). They also work closely with residents to provide programs and support services that will increase opportunities for economic and social advancement.
Singleton 602-626-8150	Affordable independent living with case management services available. Provides meals and medication reminders, as well as groups to assist with transition to NT19 benefits packages. Must have or be willing to get payee or direct deposit of monthly fee.

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Housing Resources - Transitional Living

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Andre House 602-255-0580 www.andrehouse.org 213 S. 11th Ave. Phoenix, AZ 85007</p>	<p>Offers transitional housing for men and women; call 602-252-9023 between 10:15am and 12pm on Tuesday or Wednesday, or between 8am and 9:30am on Saturday to schedule an interview. Offers a nightly meal Saturday through Thursday between 5:30pm and 6:30pm. Offers a clothing closet for adult clothes on Monday, Wednesday, and Thursday at 10am, and on Saturday at 1pm. Offers showers at 1pm Monday through Thursday, and at 12:30pm on Saturday. Offers free laundry services on Monday, Tuesday, Thursday, and Saturday. Drop off one load at 10am on Monday, Tuesday or Thursday, and at 1pm on Saturday. Clothing will be washed, dried, and folded, and ready for pick up in the afternoon. Also offers locker rentals for \$10 key deposit and \$2/month; office is open Monday through Thursday from 3:30pm to 4:30pm. Proof of citizenship not required, but ID required for some services.</p>
<p>Chrysalis 602-944-4999 Phoenix www.noabuse.org</p>	<p>Offers domestic violence shelters and transitional housing options.</p>
<p>Church on the Street 602-257-8918 www.cotsphoenix.com</p>	<p>Offers services for the homeless, including transitional housing.</p>

<p>City of Phoenix 602-262-4422 www.phoenix.gov/housing</p>	<p>Offers low rent public housing, scattered sites home ownership, the affordable housing program, and senior and disabled housing programs for income eligible individuals and families. Applications required, and most programs have a wait list.</p>
<p>Clean House (M.A.C.K Transitional Living) 602-841-9599</p>	<p>Provides day treatment, support meetings, medication monitoring, and a sober living environment for a weekly rate. M.A.C.K. will work with individuals who may not have money up front.</p>
<p>Community Alliance Against Family Abuse 480-982-0205 www.caafaaz.org</p>	<p>Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions.</p>
<p>Community Care Emergency Shelter 623-755-2284</p>	<p>Provides free emergency shelter to women and children, including meals and supportive services, with the ultimate goal of independent living. Community Care also has transitional and permanent housing available for families, with case management support in each level. Credit history and application fee waiver available.</p>
<p>Crossroads 602-263-5242 http://www.thecrossroadsinc.org/</p>	<p>An Arizona Department of Health Services licensed 12 step substance use treatment provider. Offering Residential, Intensive Outpatient and Aftercare Treatment.</p>
<p>Destiny House 602-639-2442</p>	<p>Faith based transitional housing for men and women seeking recovery from addiction. 12-step based; \$100/week with \$25 intake fee. Fees include christian counseling, and job search search assistance.</p>
<p>Florence Crittenton - Girls Ranch 602-274-7318 www.flocrit.org 715 West Mariposa Street Phoenix AZ 85013</p>	<p>Florence Crittenton Girls Ranch helps at risk girls and young women who are dealing with abuse, neglect, teen pregnancy and/or behavioral health. They provide a safe place where they can discover their strengths and self-worth and get community support.</p>

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Housing Resources - Transitional Living

Resource	Description
Harmony House 602-279-2939	Housing resource/program for women or women with children experiencing domestic violence.
Homeward Bound 602-263-7654	Offer transitional living to families with children, and assists the families in achieving economic independence and obtaining safe, secure, affordable long term housing.
House of Refuge 480-988-9242	Provides homeless families and individuals with transitional housing and support services.
Jesus Cares Ministries 480-831-1737 http://jesuscares4u.org/	Provides a women's home for pregnant and parenting teens for almost with a short and long term live in maternity program. Also offers an Affordable Housing Program for young married couples with up to two children or elderly couples on a fixed income. Referral from a Pastor and an initial phone screen interview are required to begin the application process.
Reborn Assistance 480-433-2382 www.rebornassistance.org 2546 W. Orangewood Ave. Phoenix, AZ 85051	Offers transitional living for men returning to society from jail or prison struggling with substance abuse. Offers on-site 12 step program. Fees are \$110/week, but willing to allow entry without money if coming from correctional facility.
Save the Family 480-898-0228 X203 www.savethefamily.org 450 W. 4th Pl. Mesa, AZ 85021	Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more.

Serenity House for Sober Living 620-445-6160 www.azserenityhouse.com	Transitional and ¾ houses for men and women looking for a sober living environment. Weekly rates start at \$100, and does not include meals; there is an additional \$60/month fee for utilities.
Sojourner Center 602-244-0089 http://www.sojournercenter.org/go2/index.php	Offers a 24 hour crisis line to provide information about shelters and safety planning. Offers emergency food, housing, clothing, and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy, and family enrichment programs.
Step One 602-749-5434	Sober living environment for men and women. Daily rates are \$18, and includes all meals, room & board, and cable television. Participants must be willing to work a 12-step program, and be employed or willing to work day labor (transportation provided).
Sunlight of the Spirit 602-864-5032 http://www.sunlightofthespiritrecovery.org/	12 step based transitional living program for women. \$162/first week, \$112/week thereafter, food is included. Willing to assist with job search if unable to pay initial fee.
Together We Stand 602-285-0281	Sober living facility to assist men with recovery from alcohol and drugs. \$110/week includes cable and all utilities, but no meals. Willing to accept men without money up front and assist in locating employment. Required to complete 90 meetings in 90 days. Must have ID and proof of citizenship.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Housing Resources - Transitional Living

Resource	Description
UMOM New Day Centers 602-595-8700	Offers supportive services to help end homelessness. Provides help in securing employment, life skills classes, healthcare, and more. Operates Family Housing Hub for families needing shelter. Families, call 602-595-8700.

<p>www.umom.org 3333 E. Van Buren Street Phoenix, AZ 85008</p>	<p>Single women, call 602-362-5833. UMOM is a also designated Safe Place shelter and offers supportive services for teens and young adults ages 12-17.</p>
<p>United Methodist Outreach Ministry 602-275-4533</p> <p>3320 E. Van Buren St. Phoenix, AZ</p>	<p>Provides shelter to homeless families (with children) for up to 120 days. Parents must be able to work or go to school full-time. Additional support services available for families residing in the shelter.</p>

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Immunizations

Resource	Description
<p>Immunizations (Adult, Child, Foreign Travel)</p> <p>http://www.maricopa.gov/publichealth/services/immunizations/ 1645 E. Roosevelt St. Phoenix, AZ</p>	<p>Offers immunizations for adults, children, and foreign travel needs.</p>
<p>Maricopa County Department of Public Health 602-506-8815 http://www.maricopa.gov/publichealth/services/immunizations/default.aspx 1645 E. Roosevelt St., Phoenix, AZ 85006 Phoenix, az</p>	<p>Offers a vacine finder to find an immunization clinic within your area</p>
<p>MinuteClinics at CVS Pharmacy</p>	<p>Offers vaccines for children, adolescents, teens and adults. Please call to check your insurance</p>

<http://www.cvs.com/minuteclinic/services/vaccinations-and-injections/N-d8Z3a3joZd5>

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Interpretation Resources

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.
AT & T Language Line 800-752-6096 www.languageline.com	Communicate with anyone in over 170 languages within minutes. This is a fee for service provider.

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Islamic Community Resources

Resource	Description
<p>Arizona Cultural Academy 602-454-1222 http://www.azacademy.org/ 7810 S. 42nd Pl. Phoenix, AZ 85042</p>	<p>ACA is an Islamic private school, which promotes excellence in academic, religious, and behavioral education; and offers a comprehensive balanced program to enhance the learners' potentials and skills to raise upright, tolerant, and law-abiding citizens to be leaders of the future. Their tuition is based on family income, and scholarships are available.</p>
<p>International Rescue Committee 602-433-2440 https://www.rescue.org/united-states/phoenix-az 4425 West Olive Ave., Suite 400 Glendale, AZ 85302</p>	<p>The IRC Center For Well-Being, with locations in Phoenix and Tucson, is a unique resettlement agency-based program that provides a wide array of mental health services to refugees and asylees. Services include in-home well-being promotion, individual and group psychotherapy, including alternative therapies, and intensive case management for survivors of torture.</p>
<p>Islamic Community Center of Phoenix 602-249-0496 http://phoenixmasjid.com 7516 N. Black Canyon Hwy Phoenix, AZ 85051</p>	<p>Offers multiple Islamic prayer services, Islamic School, a Ramadan Program, and other activities for the Islamic community.</p>
<p>Islamic Social Services Association 602-532-7057 http://www.issausa.org</p>	<p>Provides assistance to Muslims to set up and successfully provide social services within their own communities, rather than running these services for communities. Provides support to social service providers through education, training, and services.</p>

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Legal Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona Center for Disability Law 602-274-6287 http://www.acdl.com/ 5025 E. Washington St. Phoenix, AZ 85034</p>	<p>Designated protection and advocacy system in Arizona. Call Monday, Tuesday, Thursday, or Friday from 9am - 1pm for an intake if you have an advocacy question or concern.</p>
<p>Arizona Center for Disability Law 602-274-6287 http://www.acdl.com/ 5025 E. Washington St., Suite 202 Phoenix, AZ 85034</p>	<p>The Arizona Center for Disability Law advocates for the legal rights of persons with disabilities to be free from abuse, neglect and discrimination and to gain access to services, maximizing independence and achieving equality.</p>
<p>Arizona Center for Law in the Public Interest 602-258-8850 http://aclpi.org/ 202 E McDowell Rd. Suite 153 Phoenix, AZ 85004</p>	<p>The Arizona Center for Law in the Public Interest (ACLPI) is a nonprofit law firm dedicated to ensuring government accountability and protecting the legal rights of Arizonans.</p>
<p>Arizona Coalition to End Sexual & Domestic Violence</p>	<p>Providers of direct services to victims and survivors of sexual and domestic violence are their primary customers. Victims and survivors are the beneficiaries of their work. Also provides free</p>

http://www.acesdv.org/	<p>legal representation to enforce the rights of crime victims in criminal cases in Arizona, as well as social services to assist crime victims during the course of the case.</p>
<p>Arizona Law Help 866-637-5341 http://www.azlawhelp.org/</p>	<p>Provides free legal resources. The Lawyers On Call program will provide free legal advice via telephone on the first Tuesday of every month on a pre-determined topic.</p>
<p>Arizona Secretary of State 602-542-4285 http://www.azsos.gov/</p>	<p>Maintains a free registry called the "Arizona Advance Directive" where individuals can send advance directives for secure storage and can be accessible to individuals, loved ones and health care providers. This webpage also has other resources available on advanced directives.</p>
<p>Arizona Senior Citizen's Law Project 602-252-6710 1818 S. 16th St. Phoenix, AZ 85034</p>	<p>Offers free information and legal assistance to seniors over 60 in Maricopa County. Call on Wednesdays between 1pm and 4:30pm.</p>
<p>Arizona State Legislature http://www.azleg.gov/</p>	<p>Offers an overview of the legislative process in Arizona. Provides a tool to track pending legislation, ability to locate and contact individual legislators, and information to stay up-to-date on current issues.</p>
<p>Arizona Supreme Court http://www.azcourts.gov/</p>	<p>Offers information on the various Arizona Courts, a case search function, and an e-filing tool for preparing and filing a case, as well as legislation news and updates.</p>
<p>ArizonaSERVES www.azdes.gov/arizonaserveshome.aspx</p>	<p>Online database for finding community resources for foster care, childcare, family resources, and transportation resources.</p>

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Legal Services

Resource	Description
ASU Legal Clinic 480-965-6968	Accepts new cases on or after the start of each new semester based on type of case and need.
Bazon Center for Mental Health Law 202-467-5730 http://www.bazon.org/	The Bazon Center for Mental Health Law is a nonprofit organization devoted to improving the lives of people with mental illnesses through changes in policy and law. Their website provides legislative updates that affect individuals with mental illness, and advocacy resources.
Community Alliance Against Family Abuse 480-982-0205 www.caafaaz.org	Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions.
Community Legal Services 602-258-3434 www.clsaz.org	Provides civil legal services to indigent and low income residents, including consumer and disability law.
Family Advocacy Center 602-534-2120 www.phoenix.gov/fac 2120 N. Central Ave. Phoenix, AZ	Provides comprehensive services to victims of violence, including counseling referrals, financial assistance referrals, and light case management. Assists with orders of protection and other legal issues surrounding the case.
Family Law Legal Services (Father Matters)	Family Law Legal Services from Father Matters provides free legal assistance services for fathers and mothers from in partnership with Arizona Summit Law School. Establish or enforce legal

<p>602-774-3298 http://fathermatters</p>	<p>decision-making ("custody") and parenting time, paternity, parenting plans, or modify orders, as well as dissolutions of marriage when involving children. By appointment only.</p>
<p>Family Lawyer's Assistance Project 602-506-7948 201 W. Jefferson, 6th Floor Phoenix, AZ</p>	<p>Offers free or reduced fee (\$35) consultation with a volunteer lawyer.</p>
<p>Fresh Start 623-931-2801 http://fresh-start.org/</p>	<p>Fresh Start offers free and low cost programs and services in the areas of economic self-sufficiency, education and personal development. Fresh Start's services are free or low cost and are available to any woman over the age of 18. Whether a woman is going through a divorce, is newly unemployed or is looking for something new in her life, Fresh Start is dedicated to supporting women who want to thrive</p>
<p>Fresh Start Women's Foundation 602-252-8494 http://www.freshstartwomen.org/home 1130 E. McDowell Rd. Phoenix, AZ</p>	<p>Whether adjusting to a career change, concerned about financial security, coping with difficult family relationships, or simply seeking opportunities for personal growth, Fresh Start is dedicated to supporting women who want to thrive.</p>
<p>Labor's Community Service Agency - General 602-263-5741 www.lcsaphx.org 3117 N. 16th St., #100 Phoenix, AZ 85016</p>	<p>Serving the general welfare of our community and advocating for health and human services that meet the needs of all members of the community. Offers information and referrals to community resources/programs to help meet the needs of community members.</p>
<p>Law for Kids http://www.lawforkids.org/</p>	<p>Provides information and resources to teach children about the law. Created by the Arizona Foundation for Legal Services and Education with the specific goal of educating Arizona's youth, their parents, communities and schools to increase their knowledge about youth laws and to encourage law-abiding behavior.</p>

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Legal Services

Resource	Description
Legal LEARN 866-637-5341	Free and reduced fee legal aid resources.
Maricopa Bar Association Lawyer Referral Service 602-257-4434 www.maricopabar.org	Provides ½ hour consultations for \$35 in civil and criminal matters.
National Association for the Advancement of Colored People 602-252-4064 www.naacp.org	Provides legal referrals for civil and criminal matters.
National Resource Center on Psychiatric Advance Directives http://www.nrc-pad.org/	Provides information and resources related to creating a psychiatric advance directive specific to each state. Provides a link to specific forms necessary for completing an Advance Directive.
Never Again 480-539-9111 www.neveragainfoundation.org 25 S. Arizona Pl. Chandler, AZ 85225	Provides civil litigation and legal representation for surviving family members of victims of domestic violence deaths.

<p>Ober & Pekas Disability Attorneys 602-714-3169 http://oberpekas.com/ 3030 North 3rd St. Suite 1230 Phoenix, AZ 85012</p>	<p>The attorneys of Ober & Pekas advocate for individuals with disabilities and their families in the process of winning social security and long-term disability benefits.</p>
<p>Sojourner Center 602-244-0089 http://www.sojournercenter.org/go2/index.php</p>	<p>Offers a 24 hour crisis line to provide information about shelters and safety planning. Offers emergency food, housing, clothing, and other support services for families affected by domestic violence. Offers transitional housing for families leaving shelters. Also provides advocacy services, lay legal advocacy, and family enrichment programs.</p>
<p>Treatment Advocacy Center 703-294-6001 http://www.treatmentadvocacycenter.org</p>	<p>Offers information and statistics about the Arizona Civil Commitment process, as well as links to legal forms.</p>
<p>Wright's Law http://www.wrightslaw.com/</p>	<p>Provides accurate, reliable information about special education law, education law, and advocacy for children with disabilities.</p>

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LGBTQ

Resource	Description
<p>Equality Arizona 602-650-0900 www.equalityarizona.org</p>	<p>Focusing on key issues facing the LGBTQ community and working to make Arizona a fair, inclusive, and welcoming state for all people.</p>

<p>GLBT National Help Center 888-THE-GLNH</p>	<p>Free, confidential peer-support & local resources</p>
<p>GLBT National Hotline 888-843-4564 www.glbtnationalhelpcenter.org</p>	<p>Provides free and confidential telephone and internet peer-counseling, information, and local resources for gay, lesbian, bisexual, transgender, and questioning callers throughout the United States.</p>
<p>GLBT National Youth Talkline 800-246-7743 www.glbtnationalhelpcenter.org</p>	<p>Provides free and confidential telephone and internet peer-counseling, information, and local resources for gay, lesbian, bisexual, transgender, and questioning youth up to age 25 throughout the United States.</p>
<p>Greater Phoenix Gay & Lesbian Chamber of Commerce 602-266-5055 www.GPGLCC.org</p>	<p>Provides an inclusive business environment by fostering growth, visibility, outreach and professional development opportunities within our LGBT and allied communities.</p>
<p>Lambda Phoenix Center www.lambdaphx.org , www.Facebook.com/LambdaPHX 2622 N. 16th St. Phoenix, AZ 85006</p>	<p>Offering hope to the LGBTQ recovery community. Provides an inviting, safe and supportive community space for individuals and families in the metro Phoenix LGBT community recovering from alcoholism and other addictions.</p>
<p>LGBT Consortium www.lgbtqconsortium.org</p>	<p>Honoring individuals' gender identity, gender expression, and sexual orientation, they work to increase the health and wellness of Arizonans by eliminating health disparities and injustice.</p>
<p>Mulligan's Manor Group Home 480-830-8727 www.MulligansManor.com</p>	<p>A non-profit, supportive, family-oriented group home dedicated to at-risk gay, bisexual, transgender, questioning, and heterosexual adolescents ranging from 12 to 17 years old.</p>
<p>National Runaway Safeline 800-786-2929 www.1800runaway.org</p>	<p>Here to listen. Here to help. You can immediately share your story with a compassionate person and build a plan together. Visit the website to chat, email or join a forum.</p>
<p>one-n-ten 602-279-0894 www.oneten.org</p>	<p>One-n-ten provides a safe, social environment for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Offers drop-in social support services for LGBTQ youth ages 14-22 to develop positive self-acceptance through life enhancing programs and connection with local resources. Offers two weekly meetings and various social events and resources. Offers GED services,</p>

3660 N 3rd St. Phoenix, AZ 85013	job development, benefits assistance, HIV testing, and a soup kitchen/food box kitchen 4 days/week. All services are free, and there are no citizenship requirements.
PFLAG Phoenix 602-843-1404 http://www.pflagphoenix.org 2942 N. 24th St. Phoenix, AZ	Provides support, education, and advocacy for parents, families, and friends of lesbians and gays. Offers a monthly support group meeting.

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LGBTQ

Resource	Description
Phoenix Pride 602-27-PRIDE www.PhoenixPride.org	Phoenix Pride unites and engages individuals and organizations to empower, educate and support the Arizona LGBTQ community and promotes a positive image in the Valley of the Sun and throughout Arizona through community activities and services.
Phoenix Pride LGBT Center 602-712-0111 http://phoenixpridelgbtcenter.org/ 801 N. 2nd Avenue Phoenix, AZ 85003	Provides a community center for LGBT individuals including a library and art gallery. The center runs multiple support and social networking groups. All services are free of charge, and no proof of citizenship is required.
Q-Line 800-527-4747	Crisis hotline for queer and questioning youth. Provides crisis counseling and referrals for local resources if requested or needed.
Refugee Health 602-506-6650 http://www.maricopa.gov/PublicHealth/Services/Refugee/default.aspx	Offers refugees health screenings and testing for communicable illness and conditions, including tuberculosis and HIV . Copies of medical records may also be requested.

1645 E. Roosevelt St. Phoenix, AZ 85006	
Teen Lifeline 602-248-8336 www.teenlifeline.org	Offers a peer counseling suicide hotline from 3pm - 9pm daily. Also offers Life Skills Development Training for teens interested in becoming Peer Counselors. Awareness, education, and prevention material available to the community, as well as training opportunities.
The Trevor Project 866-488-7386 www.thetrevorproject.org	Provides crisis intervention and suicide prevention for LGBTQ youth.
Trans Lifeline 877-565-8860 www.translifeline.org	Trans Lifeline is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While our goal is to prevent self harm, we welcome the call of any transgender person in need.
Trans Spectrum of Arizona 480-382-3757 http://transspectrum.org/	Offers peer-to-peer support groups for the trans and ally community.

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Medical Assistance - Insurance Options

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.

<p>2200 N Central Ave #211 Phoenix, AZ 85004</p>	
<p>AHCCCS 602-417-4000 www.azahcccs.gov/applicants/default.aspx 801 E. Jefferson MD 3800 Phoenix, AZ 85034</p>	<p>Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services. Apply online at www.healtharizona.org . SWN clients should contact their benefits specialist.</p>
<p>AHCCCS Freedom to Work 602-417-6677 www.azahcccs.gov/applicants/categories/workingdisabled.aspx 801 E. Jefferson MD 3800 Phoenix, AZ 85034</p>	<p>Group medical coverage plan for employed recipients with a disability without resource limitations. SWN clients should contact their benefits specialist.</p>
<p>Arizona Alliance for Community Health Centers 602-253-0090 http://www.aachc.org/what-is-a-healthcare-center/health-centers/ 700 E. Jefferson St., Ste. 100 Phoenix, AZ 85034</p>	<p>The Arizona Alliance for Community Health Centers (AACHC) is the Primary Care Association (PCA) for the State of Arizona. All states have one designated PCA to advance the expansion of Federally Qualified Health Centers (FQHCs) and advocate for the health care interests of the medically underserved and uninsured.</p>
<p>Benefits Checkup www.benefitscheckup.org</p>	<p>Multiple websites (www.azcaa.org; www.arizonaselfhelp.org) to check eligibility for various federal, state, and local assistance programs.</p>
<p>CopaCare 602-344-1015 www.mihs.org</p>	<p>Financial assistance option for uninsured residents of Maricopa County seeking medical care. This resource will assist you in applying for AHCCCS, and then CopaCare if you do not qualify for AHCCCS. No proof of citizenship required.</p>
<p>Cover Arizona http://coveraz.org/</p>	<p>Offers updates, tools, links and news about the Health Insurance Marketplace and Medicaid.</p>
<p>Federal Wellness Card 866-921-7284 http://www.federalwellnesscard.com/</p>	<p>Provides discount prescription services in the form of Patient Assistance Program in conjunction with a number of value added health benefits, including discounts on dental, vision, hearing and of course, prescription medication all through a single point of contact.</p>
<p>Free Breast Cancer Screening http://komencanaz.org/about-breast-cancer/i-need-a-free-or-</p>	

<p>low-cost-mammogramtreatment/ 2040 W. Bethany Home Rd., Ste. 120 Phoenix, AZ 85015</p>	
<p>Free Breast Cancer Treatment 602-544-2873 http://komencanaz.org/about-breast-cancer/i-need-free-or-low-cost-treatment/ 2040 W. Bethany Home Rd., Ste. 120 Phoenix, AZ 85015</p>	<p>Arizona's Breast and Cervical Cancer Treatment Program, a state-wide program that provides free breast and cervical cancer treatment to those that qualify, is the first contact for women with no health insurance. The program is operated by the Arizona Department of Health Services through a cooperative agreement with the Centers for Disease Control and Prevention.</p>
<p>Health Link 800-235-9678</p>	<p>Assists uninsured adults, children, and families enroll in AHCCCS, or access free or low-cost healthcare in the community.</p>

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Medical Assistance - Insurance Options

Resource	Description
<p>Medicare 800-633-4227 www.socialsecurity.gov/medicareonly</p>	<p>Medicare is a Health Insurance Program for people age 65 or older, some disabled people under age 65, and people of all ages with End-Stage Renal Disease (permanent kidney failure treated with dialysis or a transplant). The Medicare website offers an online plan finder that allows beneficiaries and their families, trusted representatives, and senior program advocates to look at available local drug and health plan options for the 2012 benefit year.</p>
<p>Mission of Mercy 602.486.7798 www.amissionofmercy.org/Arizona.</p>	<p>Mission of Mercy is a free mobile clinic for primary medical care and prescriptions for children and adults. Appointments are recommended. If a medication is needed, it will be dispensed free of charge. Their clinics are located in Phoenix, Mesa and Avondale.</p>

<p>Multiple Locations</p>	<p>To schedule an appointment, please call: Avondale, 623.932.2723 on Tuesday and Thursdays 9 to 2; All other clinic locations, 602.486.7798 Tuesdays 1 to 6 and Thursdays 9 to 2.</p>
<p>My Family Benefits https://egov.azdes.gov/dbme/faa/myFamilyBenefits/authorization/login.aspx</p>	<p>An online system that offers Arizona families an easy and secure way to access information about Food Stamps, Cash Assistance, and Medical Assistance benefits.</p>
<p>Pre-existing Condition Insurance Plan 866-717-5826 https://www.pcip.gov/Default.html</p>	<p>Provides a health coverage option if you have been without health coverage for at least six months, you have a pre-existing condition or have been denied health coverage because of your health condition, and are a U.S. citizen or reside here legally. Covers a broad range of health benefits, including primary and specialty care, hospital care, and prescription drugs.</p>
<p>The Mesothelioma Clinic 877-732-8761 877-732-8761 877-732-8761 http://www.mesotheliomaclinic.org/</p>	<p>The Mesothelioma Clinic is public service geared towards helping victims and their families find treatment, doctors and cancer clinics.</p>
<p>U.S. Department of Health and Human Services healthcare.gov</p>	<p>The U.S. Department of Health and Human Services (HHS) unveiled an innovative new online tool on July 1, 2010, which will help consumers take control of their health care by connecting them to new information and resources that will help them access quality, affordable health care coverage.</p>
<p>UnitedHealthcare Children's Foundation 952-992-4459 www.uhccf.org</p>	<p>Offers a grant program to cover the cost of medical-related services and equipment for children (hearing aids, speech therapy, wheelchairs, etc.) not covered fully covered by the available commercial health benefit plan.</p>
<p>Women's Services Directory, a Guide to Substance Abuse and Mental Health Support http://www.mercymaricopa.org</p>	<p>Agencies in this directory from Mercy Maricopa Integrated Care, the regional behavioral health authority, provide treatment and other services to eligible women. To qualify, you must be eligible for Medicaid.</p>

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Medical Assistance - Sliding Scale Clinics

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Adelante Healthcare 877-809-5083 http://www.adelantehealthcare.com/</p>	<p>Provides low cost health care to those without insurance. No proof of citizenship required. Multiple locations throughout the valley.</p>
<p>American Association of Poison Control 602-253-3334 www.aapcc.org</p>	<p>Provides emergency evaluations over the phone and information regarding unintentional ingestion of unknown or known substances or insect bites.</p>
<p>Arizona Alliance for Community Health Centers 602-253-0090 http://www.aachc.org/what-is-a-healthcare-center/health-centers/ 700 E. Jefferson St., Ste. 100 Phoenix, AZ 85034</p>	<p>The Arizona Alliance for Community Health Centers (AACHC) is the Primary Care Association (PCA) for the State of Arizona. All states have one designated PCA to advance the expansion of Federally Qualified Health Centers (FQHCs) and advocate for the health care interests of the medically underserved and uninsured.</p>

<p>Arizona Living Well Institute 480-982-3118 http://azlwi.org/</p>	<p>Offers a free Healthy Living Workshop. The Healthy Living Workshop is a 6 week self-management workshop that meets once a week, for 2.5 hours. Each workshop is facilitated by 2 trained leaders following an established curriculum. This is not a lecture course; workshops are interactive with discussion encouraged. The workshop is designed to help people with ongoing health problems manage them more effectively. Caregivers or family members who serve as caregivers are welcomed.</p>
<p>Asian Pacific Community in Action 602-265-4598 http://apcaaz.org/ 6741 N. 7th St. Phoenix, AZ 85014</p>	<p>Offers Hepatitis B screenings, vaccinations, and education.</p>
<p>Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204</p>	<p>Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.</p>
<p>Center for Disease Control 800-232-4636 www.cdc.gov</p>	<p>Offers a 24 hour information line that provides information about STDs/AIDs, and offers locations for testing centers. Also offers information on all other diseases.</p>
<p>Central Arizona Shelter Services 602-256-6945 x3059 www.cassaz.org 230 S. 12th Ave. Phoenix, AZ 85007</p>	<p>Provides shelter and support services to homeless adults and families. Services include showers, food, clothing, hygiene items, and case management. They also house a medical and dental facility, as well as offer employment services.</p>
<p>Chandler Regional Hospital 877-728-5414</p>	<p>Offers a variety of free support groups (cancer, motherhood, and stroke), as well as a free 6 week grief program.</p>
<p>Clinica Adelante 623-386-1630 West Valley www.adelantehealthcare.com</p>	<p>Offers discounted and sliding scale fee medical and dental care, and is accepting new patients.</p>

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Medical Assistance - Sliding Scale Clinics

Resource	Description
<p>Colorectal Cancer Screening 888-257-8502 http://www.azdhs.gov/hsd/healthcheck/locations/index.php?pg=maricopa</p>	<p>Locations for eligibility determination and enrollment listed by county. Offers toll-free hotlines as an additional resource.</p>
<p>Community Health Centers 602-344-8181 www.mihs.org</p>	<p>Offer discounted medical care with a sliding scale option. Locations throughout Maricopa County. No proof of citizenship required.</p>
<p>Cover Arizona http://coveraz.org/</p>	<p>Offers updates, tools, links and news about the Health Insurance Marketplace and Medicaid.</p>
<p>Desert Vista Outpatient (at Maricopa Medical Center) 480-344-2000 www.mihs.org 2601 E. Roosevelt St. Phoenix, AZ 85008</p>	<p>Provides medication and counseling services for \$40/first visit, \$25/visit with medication, and \$10/visit without medication. Frequency of visits dependent on doctor recommendations. No insurance accepted. Provides up to 1 year of therapy.</p>
<p>Free Breast Cancer Screening http://komencanaz.org/about-breast-cancer/i-need-a-free-or-low-cost-mammogramtreatment/ 2040 W. Bethany Home Rd., Ste. 120 Phoenix, AZ 85015</p>	

<p>Free Breast Cancer Treatment 602-544-2873 http://komencanaz.org/about-breast-cancer/i-need-free-or-low-cost-treatment/ 2040 W. Bethany Home Rd., Ste. 120 Phoenix, AZ 85015</p>	<p>Arizona's Breast and Cervical Cancer Treatment Program, a state-wide program that provides free breast and cervical cancer treatment to those that qualify, is the first contact for women with no health insurance. The program is operated by the Arizona Department of Health Services through a cooperative agreement with the Centers for Disease Control and Prevention.</p>
<p>Hansen's Disease (Leprosy) 602-506-6650 http://www.maricopa.gov/PublicHealth/Services/Hansens/default.aspx 1645 E. Roosevelt St. Phoenix, AZ 85006</p>	<p>Offers screening and treatment of people with leprosy and their contacts to residents throughout Arizona. Hansen's patients are referred to the Maricopa County Department of Public Health by community health care providers. A monthly clinic is held to evaluate, treat, and manage Hansen's patients who live in the area.</p>
<p>Health Care for the Homeless 602-372-2100 www.maricopa.gov 220 S. 12th Ave. Phoenix, AZ</p>	<p>Free health care for homeless individuals on a walk in basis. Proof of citizenship not required. Offers referrals to Circle the City for assistance with Specialty Health Care, Vision Services, Specialized Mental Health Counseling, Housing Assistance, and General Assistance for the homeless as needed.</p>
<p>Health Link 800-235-9678</p>	<p>Assists uninsured adults, children, and families enroll in AHCCCS, or access free or low-cost healthcare in the community.</p>
<p>Health Resources and Services Administration findahealthcenter.hrsa.gov</p>	<p>Federally funded health centers that provide health care regardless of insurance, and based on a sliding scale (ability to pay) fee schedule. Verification of citizenship not required.</p>
<p>Hope Community Health Clinic 480-963-2720 312 N. Alma School Road, Se 9C Chandler, AZ</p>	<p>Family practice clinic that works with families without health insurance. Appointments can be made Thursday between 12 and 3:30 pm and on Saturday from 8 am to 12 pm.</p>

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Medical Assistance - Sliding Scale Clinics

Resource	Description
<p>Immunizations (Adult, Child, Foreign Travel)</p> <p>http://www.maricopa.gov/publichealth/services/immunizations/ 1645 E. Roosevelt St. Phoenix, AZ</p>	<p>Offers immunizations for adults, children, and foreign travel needs.</p>
<p>Interfatith Cooperative Ministries</p> <p>602-254-7450 www.icmaz.org 501 S. 9th Ave. Phoenix, AZ</p>	<p>Offers a food and clothing bank. Open Monday through Saturday from 9am to 11am. Must bring photo ID and proof of address. Also offers a free monthly health clinic - call for details.</p>
<p>Low Cost Health Clinics</p> <p>http://www.maricopa.gov/publichealth/services/std/pdf/LowCostClinics.pdf</p>	<p>A list of clinics offering low cost health care and services though out the state of Arizona.</p>
<p>Maricopa County Department of Public Health</p> <p>602-506-6900 www.maricopa.gov</p>	<p>Provides over 30 programs including immunizations, HIV prevention/treatment, fitness, nutrition, dental, family planning, and education to make Maricopa County a healthier place. Many programs have sliding scale fee options. Proof of citizenship not required.</p>
<p>Mission of Mercy</p> <p>602-486-7798 http://www.amissionofmercy.org/</p>	<p>Provides free medical health care and prescriptions for patients in multiple rotating locations throughout the valley. Patients cannot have insurance or be eligible for AHCCCS. No proof of citizenship or income required. Call for location and hours of operation.</p>

<p>Mountain Park Clinics 602-243-7277 www.mountainparkhealth.org</p>	<p>Offers discounted and sliding scale fee medical and dental health care. Proof of citizenship not required.</p>
<p>Native Health Community Health Center 602-279-5262 www.nativehealthphoenix.org</p>	<p>Low cost medical and dental care. Also offers mental health services, substance abuse services, and women's services. Free transportation available. Also offers free HIV testing for the community. Call for locations and times.</p>
<p>Native Health West Community Health Center 602-279-5351</p>	<p>Provides medical care on a sliding fee scale based on eligibility.</p>
<p>Neighborhood Christian Center 602-258-6008 www.thechristianclinic.org 1929 W. Fillmore, #C Phoenix, AZ 85009</p>	<p>Provides sliding scale fee for service medical and dental care to qualifying individuals. Must go to the clinic to become a new patient. The clinic is open Monday and Thursday from 12:30pm - 9pm, and Tuesday and Friday from 8:30am - 5pm. Proof of citizenship not required.</p>
<p>Neighborhood Outreach Access to Health (NOAH) 480-882-4317 (Appointments) http://www.noahhelps.org/</p>	<p>All NOAH clinics provide medical care to uninsured, underserved patients of all ages within Maricopa County. Certain criteria are used to determine an individual's fee which is based on a sliding scale. Also accepts most insurance plans, including AHCCCS. Offers family medicine, pediatric care, dental services, behavioral health and prevention.</p>
<p>NP Care 602-496-0721 500 N. 3rd Street Phoenix, AZ 85004</p>	<p>Offers low cost physical and behavioral health care for those without insurance. Annual membership is \$50/individual, first office visit is \$95, and subsequent visits are \$45. In-house lab tests are provided at no additional charge. Also accepts most insurance plans. Additional locations in Scottsdale and Tempe.</p>

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Medical Assistance - Sliding Scale Clinics

Resource	Description
<p>Phoenix Indian Medical Center 602-263-1200</p> <p>4212 N. 16th St. Phoenix, AZ 85016</p>	<p>Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe.</p>
<p>Refugee Health 602-506-6650 http://www.maricopa.gov/PublicHealth/Services/Refugee/default.aspx 1645 E. Roosevelt St. Phoenix, AZ 85006</p>	<p>Offers refugees health screenings and testing for communicable illness and conditions, including tuberculosis and HIV . Copies of medical records may also be requested.</p>
<p>Southwest Institute of Healing Arts 480-994-9244 http://swiha.edu/about-our-clinics/specialty-clinics.html</p>	<p>Offers low cost or free alternative medicine therapies, including Asian Therapy, Hypnotherapy, Reflexology, Reiki, Yoga, Massage Therapy, and Polarity/Cranial.</p>
<p>St. Vincent de Paul Health Center 602-261-6868 www.stvincentdepaul.net</p>	<p>Offers free medical clinic based on need and availability. Has a medical equipment loan program for low income individuals. Also offers a lottery for free dental care. Must call and leave a message. Also has a limited fund for free eye surgery for those who qualify.</p>
<p>The Cultural Cup 602-266-8370 www.culturalcup.com 537 E. Osborn Road Phoenix, AZ 85012</p>	<p>Provides free canned food on the third Wednesday of every month from 11:30am - 2pm, and a free mobile pantry on the third Saturday of every month at 8am. Bring your own bag or box. Also offers food boxes, and diabetic food boxes. Provides a free medical clinic for those without insurance every Saturday from 10am - 2pm (no pain medications or OB/GYN). No proof of citizenship required, must bring ID of some kind.</p>

<p>The Mesothelioma Clinic 877-732-8761 877-732-8761 877-732-8761 http://www.mesotheliomaclinic.org/</p>	<p>The Mesothelioma Clinic is public service geared towards helping victims and their families find treatment, doctors and cancer clinics.</p>
<p>The Wellness Community 602-712-1006 www.twccaz.org 360 E. Palm Ln. Phoenix, AZ 85004</p>	<p>Provides a wide array of support groups and support services for any individual affected by any type of cancer, including teen and adult survivors, caregivers, families, children, and friends of survivors. Proof of citizenship not required.</p>
<p>Tuberculosis (TB) Control and Prevention 602-506-8282 http://www.maricopa.gov/publichealth/Services/TB/default.aspx 1645 E. Roosevelt St. Phoenix, AZ 85006</p>	<p>Provides diagnostic, treatment, and case management services for Maricopa County residents and visitors diagnosed with latent tuberculosis infection and active tuberculosis disease. The program manages the needs of individuals who are at high risk for TB disease or latent infection, individuals who are contacts to active TB cases, individuals who are suspected of having active TB disease, and individuals whose cases are reported to the program from private providers and hospitals. All diagnostic, treatment, and case management services are provided FREE.</p>
<p>Veteran's Administration 602-277-5551 X7455 www.va.gov www.nationalresourcedirectory.gov</p>	<p>Provides 8 levels of eligibility for medical coverage, including mental health coverage. Also offers an online resource directory.</p>
<p>WellCare Foundation 602-263-7619 www.wellcarefoundation.org</p>	<p>Provides free, integrated primary healthcare to single working mothers and their children not on state assistance who cannot afford insurance or pay for needed healthcare.</p>
<p>Wesley Health Center 602-257-4323</p>	<p>Provides medical health care services on a sliding scale fee schedule (lowest charge is \$30/consult). No proof of citizenship required.</p>

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Medications - Pharmacy Programs

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various resources.
Coast to Coast Rx Card 800-931-8872 http://coast2coastrx.com/phoenix/	Offers a free discount prescription card. The city's free Prescription Drug Discount Card provides residents more than \$700,000 in less than six months, with an average savings of 57 percent. Anyone can use the card at almost every pharmacy in the U.S., and people can use it as needed. There is no paperwork, fee or expiration date for the discount card. The biggest beneficiaries are uninsured or underinsured, seniors in the Medicare "donut hole" or people with high prescription costs.
Community Pharmacy 602-682-7660	Offers free delivery service (within 5 miles) of medications, and contracts with Mercy Maricopa.
Cover Arizona http://coveraz.org/	Offers updates, tools, links and news about the Health Insurance Marketplace and Medicaid.
CVS Health Savings Plan 888-616-2273 www.cvs.com	Offers a 90 day supply of covered medications for \$10 (Generics only). Annual fee is \$10. http://www.cvs.com/CVSAApp/promoContent/promoLandingTemplate.jsp?promoLandingID=... citizenship not required.

<p>Food City 602-267-7201 http://www.myfoodcity.com/index.php?Section=locations</p>	<p>\$4 prescription program offers a 30 day supply of covered medications for \$4, and a 90 day supply of covered medications for \$12. Proof of citizenship not required.</p>
<p>Fry's Pharmacy www.frysfood.com Many valley locations</p>	<p>\$4 prescription program offers a 30 day supply of covered medications for \$4, and a 90 day supply of covered medications for \$12. Proof of citizenship not required. (Generics only).</p>
<p>Target www.target.com/pharmacy</p>	<p>Prescription program offers a 30 day supply of covered medications for \$4, and a 90 day supply of covered medications for \$12. Proof of citizenship not required. Call your local Target for covered medications. No application necessary.</p>
<p>Together Rx Access 800-250-2839 www.togetherrxaccess.com</p>	<p>Free prescription discount program providing discounts on generic medications and over-the-counter medications for individuals without prescription coverage. Income limits apply (<45,000/yr). Documentation of any kind required.</p>
<p>Valley of the Sun Discount RX Card 602-495-2195 http://phoenixchamber.com/member-benefits/save-money/prescription-drug-discount</p>	<p>The Greater Phoenix Chamber of Commerce is proud to offer all residents of Phoenix and Maricopa County access to a FREE DISCOUNT HEALTH SAVINGS CARD. Simply download and print a free card and receive up to 75% on prescriptions at pharmacies around the country. All prescriptions processed through the program are completely confidential. This program has "LOWEST PRICE" logic to guarantee that you pay the lowest price on your prescriptions (you pay the lower of a discount off the Average Wholesale Price-AWP, a discount off MAC Pricing, or the Pharmacy Promotional/Retail price). You may create as many cards as you want. The card is pre-activated and can be used immediately.</p>
<p>Walgreens Savings Club 866-922-7312 www.walgreens.com</p>	<p>Provides savings on over 5,000 brand name and generic prescriptions, as well as offer a 30 day supply of covered medications for \$10, and a 90 day supply of covered medications for \$12. Annual fee of \$12. View details at https://webapp.walgreens.com/MYWCARDWeb/servlet/walgreens.wcard.proxy.WCardInt</p>

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Medications - Pharmacy Programs

Resource	Description
Wal-Mart Pharmacy www.walmart.com/cp/4-Prescriptions-Program/	\$4 prescription program offers a 30 day supply of covered medications for \$4, and a 90 day supply for \$10. Proof of citizenship not required.

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Medications - Prescription Assistance Programs

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.

<p>2200 N Central Ave #211 Phoenix, AZ 85004</p>	
<p>Access 2 Wellness (Janssen) 866-317-2276 www.access2wellness.com</p>	<p>Provides access to a variety of Prescription Assistance Programs (including Risperdal Consta), and can assist the person in determining which program may suit their needs.</p>
<p>AstraZeneca PAP 800-424-3727 http://www.astrazeneca-us.com/help-affording-your-medicines/</p>	<p>Free medication (Seroquel, Toprol) provided on a case-by-case basis based on eligibility requirements.</p>
<p>Bristol-Myers Squibb Patient Assistance Foundation, Inc. 800-736-0003 http://www.bmspaf.org/</p>	<p>Provides free medication (including Abilify) to indigent patients who qualify.</p>
<p>Coast to Coast Rx Card 800-931-8872 http://coast2coastrx.com/phoenix/</p>	<p>Offers a free discount prescription card. The city's free Prescription Drug Discount Card partnership has saved residents more than \$700,000 in less than six months, with an average savings of 57 percent off retail prices. Anyone can use the card at almost every pharmacy in the U.S., and people can use it as many times as they need. There is no paperwork, fee or expiration date for the discount card. The biggest benefit is for people who are uninsured or underinsured, seniors in the Medicare "donut hole" or people with high prescription deductibles.</p>
<p>Copper Rx Card 800-770-8014 www.rxamerica.com/az_discount_home.htm</p>	<p>Provides a discount (15%-55%) on psychiatric and medical medications for all Arizonans who apply for the card. There is no eligibility or fee for enrollment.</p>
<p>Cover Arizona http://coveraz.org/</p>	<p>Offers updates, tools, links and news about the Health Insurance Marketplace and Medicaid.</p>
<p>Federal Wellness Card 866-921-7284 http://www.federalwellnesscard.com/</p>	<p>Provides discount prescription services in the form of Patient Assistance Program in conjunction with a number of value added health benefits, including discounts on dental, vision, hearing and of course, prescription medication all through a single point of contact.</p>

GSK for You 866-475-3678 http://www.gskforyou.com/10_programs.htm	Offers 10 programs to assist individuals in obtaining their prescription medication.
Maricopa County Discount Card Program 877-231-2652 www.maricopa.gov	This free discount card offers discounts (usually about 20%) on covered medications at numerous pharmacies throughout Maricopa County. No enrollment form or membership fee.
Medicare Extra Help 800-772-1213 www.socialsecurity.gov/extrahelp	Offers prescription assistance for individuals on Medicare with limited resources.

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Medications - Prescription Assistance Programs

Resource	Description
Merck Helps 800-727-5400 http://www.merck.com/responsibility/pap-information.html	Provides assistance to individuals at or below 400% Federal Poverty Level without prescription coverage access their Merck medications.
Needy Meds www.needymeds.org	Online web portal offering information on healthcare and prescription assistance programs, with an easy to use medication search option.

<p>Novartis Patient Assistance Foundation 800-277-2254 http://www.pharma.us.novartis.com/info/about-us/our-patient-caregiver-resources/index.jsp</p>	<p>Provides assistance to patients experiencing financial hardship who have no third party insurance coverage for their medications. Must be a U.S. resident and be able to provide proof of income and lack of coverage.</p>
<p>Partnership for Prescription Assistance 602-548-8508 www.pparx.org</p>	<p>Offers free assistance to qualifying individuals to find prescription assistance programs that will meet their needs.</p>
<p>Pfizer RxPathways 1-844-989-7284 www.pfizerrxpathways.com</p>	<p>Connects eligible patients to a range of assistance programs that offer insurance support, co-pay help, and medicines for free or at a savings. Income limits apply.</p>
<p>Rx Outreach 1-800-796-1234 http://www.rxoutreach.org/</p>	<p>Rx Outreach is a fully-licensed nonprofit mail order pharmacy. They believe that everyone deserves access to affordable medications. Rx Outreach is available to qualifying individuals and families. Patients can be on Medicare, Medicaid or other health insurance and still receive medications from Rx Outreach.</p>
<p>RxAssist 401-729-3284 www.rxassist.org</p>	<p>Online database to find Prescription Assistance Programs for your medications.</p>
<p>The Salvation Army 602-267-4122 www.salvationarmyusa.org</p>	<p>Provides assistance with food, rent payments, utility payments, transportation costs, prescription costs, hygiene supplies, counseling, clothing, and other emergency assistance for individuals and families in need. Programs located throughout the valley.</p>
<p>Together Rx Access 800-250-2839 www.togetherrxaccess.com</p>	<p>Free prescription discount program providing discounts on generic medications and over 300 brand name medications for individuals without prescription coverage. Income limits apply (<45,000/1 person). No documentation of any kind required.</p>
<p>TRICARE 877-298-3408 www.tricare.mil</p>	<p>Provides military families and survivors a national mail order program and retail pharmacy program to get prescription medications for \$3/generic or \$9/brand.</p>
<p>Valley of the Sun Discount RX Card 602-495-2195</p>	<p>The Greater Phoenix Chamber of Commerce is proud to offer all residents of Phoenix and surrounding areas access to a FREE DISCOUNT HEALTH SAVINGS CARD. Simply download and print a free card to receive savings of up to 75% on prescriptions at pharmacies around the country. All prescriptions processed through the program are completely</p>

<http://phoenixchamber.com/member-benefits/save-money/prescription-drug-discount>

confidential. This program has "LOWEST PRICE" logic to guarantee that you pay the lowest price on your prescriptions (you pay the lower of a discount off the Average Wholesale Price-AWP, a discount calculated off MAC Pricing, or the Pharmacy Promotional/Retail price). You may create as many cards as you need. This card is pre-activated and can be used immediately.

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Medications - Prescription Assistance Programs

Resource	Description
Veteran's Administration 602-277-5551 X7455 www.va.gov www.nationalresourcedirectory.gov	Provides 8 levels of eligibility for medical coverage, including mental health coverage. Also offers an online resource directory.

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Native American Community Resources

Resource	Description
Native American Connections 602-252-2865 www.nativeconnections.org	Provides high-quality, safe, subsidized (30% of income) supportive housing to individuals with a long term disability, making at least \$12,000/year, and currently homeless or facing homelessness. Also offers safe, affordable, independent and multi-family housing options.
Native Health 602-279-5262 x3205 (Adults)	Offers 12-week Anger Management groups for adults (\$180) and teens ages 13 - 17 (\$5/session). Program will teach individuals how to manage anger effectively, stop violence or the threat of violence, and develop self control over thoughts and actions. Also offers a variety of free community health education events - topics include home safety, car seats, parenting classes, fathers mentoring, and HIV/AIDS (schedule and topics change monthly, call for details).
Native Health Community Health Center 602-279-5262 www.nativehealthphoenix.org	Low cost medical and dental care. Also offers mental health services, substance abuse services, and women's services. Free transportation available. Also offers free HIV testing for the community. Call for locations and times.
Native Health West Community Health Center 602-279-5351	Provides medical care on a sliding fee scale based on eligibility.

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Non-US Citizen Resources

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Adelante Healthcare 877-809-5083 http://www.adelantehealthcare.com/</p>	<p>Provides low cost health care to those without insurance. No proof of citizenship required. Multiple locations throughout the valley.</p>
<p>Agua Fria Food & Clothing Bank 623-932-9135 www.azfoodbanks.org 405 E. Harrison Dr. Avondale, AZ 85323</p>	<p>Free food and clothing resource open from 8:30 am – 2 pm Monday through Thursday, and 8:30 am – 12:30 pm on Friday. No proof of citizenship required.</p>
<p>Arizona Dental Association 480-344-5777 http://www.azda.org/docs/default-source/important-documents/community-dental-clinics.pdf?sfvrsn=6 http://www.azda.org/docs/default-source/important-documents/community-dental-clinics.pdf?sfvrsn=6</p>	<p>Offers a free telephonic and online dentist referral system. Provides information on all reduced fee clinics in Arizona. No proof of citizenship required.</p>

<p>Arizona Food Banks 800-445-1914 www.azfoodbanks.org</p>	<p>Provides free resources for securing free food. Assists with locating local food banks. Verification of citizenship not required.</p>
<p>Arizona Refugee Resettlement Program Resources 602-542-4446 https://des.az.gov/services/aging-and-adult/arizona-refugee-resettlement-program</p>	<p>Administers programs for refugees, including cash assistance, medical assistance, well as English language training, an unaccompanied refugee minors program, case management, employment services, school impact programs and more.</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Benefits Checkup www.benefitscheckup.org</p>	<p>Multiple websites (www.azcaa.org; www.arizonaselfhelp.org) to check eligibility for various federal, state, and local assistance programs.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Catholic Charities Care Campus 480-833-8987 https://www.catholiccharitiesaz.org/ 466 South Bellview Street Mesa, AZ 85204</p>	<p>Provides youth programs, dental care, prenatal care, counseling, holiday assistance, as well as neighborhood revitalization and community gatherings. Service learning, community service, and volunteer opportunities available. No proof of citizenship required. Dental, prenatal, and counseling accept insurance (including AHCCCS) or offer sliding scale fee.</p>
<p>Catholic Charities Community Services 1.855.316.2229 https://www.catholiccharitiesaz.org/get-help-pages/directory-of-services</p>	<p>Immigrations, unaccompanied minors, refugee resettlement and housing services available, plus counseling for unexpected pregnancy, sex trafficking, domestic violence, and more.</p>

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Non-US Citizen Resources

Resource	Description
<p>Centro de la Familia 623-247-0464</p>	<p>Outpatient behavioral health care including prescription of psychiatric medications. \$100/initial 2 hour visit, \$100/initial visit with prescribing NP; \$40/all subsequent visits. No proof of citizenship required.</p>
<p>Chandler Community Action 480-963-4321</p> <p>650 N. Arizona Ave. Chandler, AZ 85225</p>	<p>Offers clothing and food box referrals for walk-ins Monday through Thursday from 8am - 10:30am. Offers assistance with utilities and past due rent; must come in and fill out an application Monday through Thursday 8am - 5pm. Verification of citizenship not required. Closed Friday.</p>
<p>Clinica Adelante 623-386-1630 West Valley www.adelantehealthcare.com</p>	<p>Offers discounted and sliding scale fee medical and dental care, and is accepting new patients.</p>
<p>Community Health Centers 602-344-8181 www.mihs.org</p>	<p>Offer discounted medical care with a sliding scale option. Locations throughout Maricopa County. No proof of citizenship required.</p>
<p>CopaCare 602-344-1015 www.mihs.org</p>	<p>Financial assistance option for uninsured residents of Maricopa County seeking medical care. This resource will assist you in applying for AHCCCS, and then CopaCare if you do not qualify for AHCCCS. No proof of citizenship required.</p>
<p>Desert Vista Outpatient (at Maricopa Medical Center) 480-344-2000 www.mihs.org</p>	<p>Provides medication and counseling services for \$40/first visit, \$25/visit with medication, and \$10/visit without medication. Frequency of visits dependent on doctor recommendations. No insurance accepted. Provides up to 1 year of therapy.</p>

2601 E. Roosevelt St. Phoenix, AZ 85008	
Farmer's Market Distribution 2737 W. Southern Ave., #8 Tempe, AZ 85282	Free fruits and vegetables available to the general public. No identification or qualifiers. Available the first Saturday of every month from 9am – 11am. Must bring your own bag or box.
Food City 602-267-7201 http://www.myfoodcity.com/index.php?Section=locations	\$4 prescription program offers a 30 day supply of covered medications for \$4, and a 90 day supply for \$10. Proof of citizenship not required.
Food Value Club 602-415-5474 www.firstfoodbank.org	Purchase food boxes (pantry and perishable items) at a 30-50% discount off retail price. No income or identification requirements.
Heal Torture http://healtorture.org/	Medical, mental health, legal or social service assistance for survivors of torture and resources for refugees.
Health Care for the Homeless 602-372-2100 www.maricopa.gov 220 S. 12th Ave. Phoenix, AZ	Free health care for homeless individuals on a walk in basis. Proof of citizenship not required. Offers referrals to Circle the City for assistance with Specialty Health Care, Vision Services, Specialized Mental Health Counseling, Housing Assistance, and General Assistance for the homeless as needed.

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Non-US Citizen Resources

Resource	Description
<p>Health Resources and Services Administration</p> <p>findahealthcenter.hrsa.gov</p>	<p>Federally funded health centers that provide health care regardless of insurance, and based on a sliding scale (ability to pay) fee schedule. Verification of citizenship not required.</p>
<p>Herbert K Cummings Community Center 623-772-2760</p>	<p>Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers ESOL and literacy classes. Proof of citizenship not required.</p>
<p>International Rescue Committee 602-433-2440 https://www.rescue.org/united-states/phoenix-az 4425 West Olive Ave., Suite 400 Glendale, AZ 85302</p>	<p>The IRC Center For Well-Being, with locations in Phoenix and Tucson, is a unique resettlement agency-based program that provides a wide array of mental health services to refugees and asylees. Services include in-home well-being promotion, individual and group psychotherapy, including alternative therapies, and intensive case management for survivors of torture.</p>
<p>Magic Smiles 602-253-6600 http://www.magicsmiles.org/ 1701 E. Thomas Road, #204 Phoenix, AZ 85016</p>	<p>Provides professional dental care to children, teens, and adults at discounted prices to those without dental insurance. No proof of citizenship necessary.</p>
<p>Maricopa County Department of Public Health 602-506-6900 www.maricopa.gov</p>	<p>Provides over 30 programs including immunizations, HIV prevention/treatment, fitness, nutrition, dental, family planning, and education to make Maricopa County a healthier place. Many programs have sliding scale fee options. Proof of citizenship not required.</p>

<p>Mission of Mercy 602-486-7798 http://www.amissionofmercy.org/</p>	<p>Provides free medical health care and prescriptions for patients in multiple rotating locations throughout the valley. Patients cannot have insurance or be eligible for AHCCCS. No proof of citizenship or income required. Call for location and hours of operation.</p>
<p>Mosaic Elder Refugee Program 602-264-4357 http://www.aaaphx.org/ELDER+REFUGEE</p>	<p>Provides assistance with citizenship, socialization, housing, benefits, and other resources to refugees over 60 years old in Maricopa County.</p>
<p>Mountain Park Clinics 602-243-7277 www.mountainparkhealth.org</p>	<p>Offers discounted and sliding scale fee medical and dental health care. Proof of citizenship not required.</p>
<p>Neighborhood Christian Center 602-258-6008 www.thechristianclinic.org 1929 W. Fillmore, #C Phoenix, AZ 85009</p>	<p>Provides sliding scale fee for service medical and dental care to qualifying individuals. Must go to the clinic to become a new patient. The clinic is open Monday and Thursday from 12:30pm - 9pm, and Tuesday and Friday from 8:30am - 5pm. Proof of citizenship not required.</p>
<p>Omega Counseling 602-495-9306 1480 E Bethany Home Rd. Suite 230 Phoenix, AZ 85015</p>	<p>Provides individual and group counseling on a variety of issues including domestic violence, substance abuse, and anger management. Fees are \$90/hour for individual counseling, and \$15-\$20/session for group therapy (2 hour sessions). No verification of citizenship required.</p>
<p>Phoenix Neighbors Helping Neighbors</p>	<p>Community Outreach program to offer free clothing, toys, and personal items. This is a place where you can trade your items, without having to worry about money. (A lot of parents come to trade their kids' outgrown clothes and toys for bigger ones.) This is also a place where those who have been blessed, can donate their things. And also for those who are truly in need, to come and get what they need. Must make appointment through e-mail.</p>

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Non-US Citizen Resources

Resource	Description
<p>Phoenix Rescue Mission 602-233-3000 Phoenixrescuemission.org</p>	<p>Offers three free meals a day (7am, 12pm, 5pm) for anyone, and shelter services for adult men. Offers daily showers for men, women, and children, spiritual support, e-mail, and voicemail services. Phoenix Rescue Mission is also a safe day labor pick up station. Must show proof of residence and identity. Proof of citizenship not required. Also offers a substance abuse program for adult men.</p>
<p>Refugee Health 602-506-6650 http://www.maricopa.gov/PublicHealth/Services/Refugee/default.aspx 1645 E. Roosevelt St. Phoenix, AZ 85006</p>	<p>Offers refugees health screenings and testing for communicable illness and conditions, including tuberculosis and HIV . Copies of medical records may also be requested.</p>
<p>Refugee Women’s Health Clinics 602-344-5407 http://www.refugeewomensclinic.org/ Women’s Care Center, 2525 East Roosevelt Street, Phoenix, AZ 85008 Maryvale Family Health Center, 4011 North 51st Ave, Phoenix, AZ 85031</p>	<p>The Refugee Women’s Health Clinic centers provide access to comprehensive, culturally sensitive care for refugee women in and around Phoenix and are sensitive to the physical, psychological, and social health needs of refugees, providing integrated care to help them overcome their previous, sometimes traumatic, experiences.</p>
<p>Southwest Refugee Services 602-248-4400 http://www.lss-sw.org/refugees</p>	<p>Services include pre-arrival housing, case management, navigating transportation and basic public services, employment support, education services, women’s empowerment, and immigration services.</p>

<p>St. Mary's Foodbank Alliance 602 242-3663 http://www.firstfoodbank.org/</p>	<p>Provides food to those who need it through the valley food banks. Also offers additional assistance on budgeting and other financial resources available in the community. Verification of citizenship not required.</p>
<p>The Cultural Cup 602-266-8370 www.culturalcup.com 537 E. Osborn Road Phoenix, AZ 85012</p>	<p>Provides free canned food on the third Wednesday of every month from 11:30am - 2pm, and a free mobile pantry on the third Saturday of every month at 8am. Bring your own bag or box. Also offers food boxes, and diabetic food boxes. Provides a free medical clinic for those without insurance every Saturday from 10am - 2pm (no pain medications or OB/GYN). No proof of citizenship required, must bring ID of some kind.</p>
<p>The National Domestic Violence Hotline 800-799-7233 http://www.thehotline.org/</p>	<p>Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states. Information is offered in both English and Spanish. Offers information on the Violence Against Women Act, which allows domestic abuse victims to pursue citizenship if they are married to their abuser, if the abuser is a U.S. citizen or legal resident, and if the victim assists law enforcement.</p>
<p>Together Rx Access 800-250-2839 www.togetherrxaccess.com</p>	<p>Free prescription discount program providing discounts on generic medications and over 300 brand name medications for individuals without prescription coverage. Income limits apply (<45,000/1 person). No documentation of any kind required.</p>
<p>Trinity Broadcasting Network of Arizona 602-273-1479</p>	<p>Provides food boxes Monday through Thursday from 1pm - 3pm. Must make an appointment and have photo ID. No proof of citizenship required. Closed until November 22, 2010.</p>
<p>Unlimited Potential 602-243-7376 www.upaz.org</p>	<p>Offers literacy and educational programs for Hispanic women and children age 5 and under including a bilingual family literacy program; adult education programs covering self-esteem, literacy, and English; and early childhood programs fostering language and socialization. There is a \$150 fee, (\$20 returnable at end of course) for the GED course. Also offers bilingual support groups. No proof of citizenship required.</p>
<p>US Immigration Support 646-233-3836 http://www.usimmigrationsupport.org/</p>	<p>U.S. Immigration Support can help you save on legal fees by providing the latest U.S. Immigration news and application procedures so you can submit your own application without the assistance of an immigration lawyer. Offers information on the U-Visa for immigrants who are the victims of crimes.</p>

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Non-US Citizen Resources

Resource	Description
Wesley Health Center 602-257-4323	Provides medical health care services on a sliding scale fee schedule (lowest charge is \$30/consult). No proof of citizenship required.

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Pet Assistance

Resource	Description
Arizona Humane Society Temporary Placement Programs 602-997-7585 x 2156	The Humane Society's alternative placement department offers unique and special services for those in our community when they are temporarily unable to care for their pets.

<p>AZ Furry Friends azfurryfriends@gmail.com http://azfurryfriends.org/</p>	<p>Rescues stray, abandoned and abused cats and dogs and provides socialization and rehabilitation to these animals so they can be adoptable and find their forever families. Recently started a Homeless People's Pet Project to provide dog and cat food for the pets of homeless individuals in Maricopa County.</p>
<p>Lost Our Home Pet Foundation 602-230-4357 lostourhome.rescuegroups.org</p>	<p>Provides temporary care and low income boarding, as well as rehoming services and a pet food bank program.</p>

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Pregnancy & Parenting Resources

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Aid to Women Center 480-966-1902 http://aidtowomencenter.org/ 2039 S. Mill Ave. Tempe, AZ 85282</p>	<p>Provides free pregnancy tests, and an array of low cost pregnancy and prenatal services. They also offer education and support for women and families experiencing unplanned pregnancy, education on abortion procedures and risks, adoption awareness, STD and abstinence education, post abortion support and healing, medical assessment, medical services and referrals.</p>

<p>AmeriPsych 602-728-0630 ameripsych.org</p>	<p>Offers low cost family counseling services, as well as parenting classes and other family support services.</p>
<p>Arizona Child Care Resource & Referral 800-308-9000 www.azchildcare.org</p>	<p>Provides free information about community trainings and resources for child care providers and the early childhood community via telephone or online search.</p>
<p>Arizona Phoenix Baptist Children's Services 602-346-2300 www.abcs.org</p>	<p>Offers low cost (\$40 - \$80/session) counseling to children and adults. Also offers an array of workshops, parenting classes, and resources.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Care 1st Avondale Resource Center 623-333-2703</p>	<p>Provides human and housing services including assistance with benefits, tutoring in English and literacy, citizenship classes, employment assistance, parenting classes and teen pregnancy support, and various other resources and workshops. Multiple social service agencies are housed in this location; each has their own eligibility criteria. Please call for details. Do not have to be a resident of Avondale to access these services.</p>
<p>Catholic Charities Community Services 1.855.316.2229 https://www.catholiccharitiesaz.org/get-help-pages/directory-of-services</p>	<p>Immigrations, unaccompanied minors, refugee resettlement and housing services available, plus counseling for unexpected pregnancy, sex trafficking, domestic violence, and more.</p>
<p>Center for Hope 480-461-1711 www.communitybridgesaz.org</p>	<p>Provides residential and comprehensive support services for homeless pregnant women dealing with substance abuse issues, including counseling, parenting classes, health classes, and more.</p>
<p>Family Learning Center 602-344-1352 http://mihs.org/flc/flceducation-classes</p>	<p>Offers an array of information and resources, as well as free fun and health-focused classes and activities. Most activities open to all community members; many activities focused on children and youth.</p>

Family Resource Center
 480-834-9424
<http://childcrisisaz.org/>
 817 N. Country Club Dr.
 Mesa, AZ

Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Offers a Dads Support group on the 1st and 3rd Wednesday of the month from 6pm – 7:30pm. Also offers a Dads of Children with Special Needs Support Group on the 2nd and 4th Wednesday of the month at the same time. Please call before you attend.

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Pregnancy & Parenting Resources

Resource	Description
<p>Florence Crittenton - Girls Ranch 602-274-7318 www.flocrit.org 715 West Mariposa Street Phoenix AZ 85013</p>	<p>Florence Crittenton Girls Ranch helps at risk girls and young women who are dealing with abuse, neglect, teen pregnancy and/or behavioral health. They provide a safe place where they can discover their strengths and self-worth and get community support.</p>
<p>Healthy Families 602-266-5976 x5200 https://www.swhd.org/how-we-help/health-and-development/healthy-families</p>	<p>A community-based, family-centered, voluntary home visitation program serving at risk prenatal families and families with newborns through age five. The infant must be under three months of age at enrollment into the program as services are focused primarily on prevention through education and support in the homes of new parents.</p>
<p>Healthy Start 602-372-1166 http://www.maricopa.gov/PublicHealth/programs/HealthyStart/</p>	<p>Offers free perinatal case management services, health education events and learning opportunities to women and their families in South Phoenix and Maryvale.</p>

<p>Jesus Cares Ministries 480-831-1737 http://jesuscares4u.org/</p>	<p>Provides a women's home for pregnant and parenting teens for almost with a short and long term live in maternity program. Also offers an Affordable Housing Program for young married couples with up to two children or elderly couples on a fixed income. Referral from a Pastor and an initial phone screen interview are required to begin the application process.</p>
<p>LDS Family Services 800-537-2229 www.providentliving.org</p>	<p>Offers free substance abuse and sexual addiction support groups, and crisis pregnancy counseling. Also offer mental health counseling for a fee of \$120/initial assessment and \$80/session thereafter. Also offers community resources and referrals.</p>
<p>My Child's Ready 480-304-9440 www.childcrisis.org</p>	<p>Provides free information, support, and education about your child's development for expecting parents or parents of children ages 0-5 in Mesa, Gilbert, and Queen Creek.</p>
<p>Native Health 602-279-5262 x3205 (Adults)</p>	<p>Offers 12-week Anger Management groups for adults (\$180) and teens ages 13 - 17 (\$5/session). Program will teach individuals how to manage anger effectively, stop violence or the threat of violence, and develop self control over thoughts and actions. Also offers a variety of free community health education events - topics include home safety, car seats, parenting classes, fathers mentoring, and HIV/AIDS (schedule and topics change monthly, call for details).</p>
<p>NP Care Family Planning Clinic 602-523-9275</p> <p>500 N. 3rd Street Phoenix, AZ</p>	<p>Offers pap smears and some STD testing, as well as birth control on a sliding scale fee schedule (dependent on income and number of people living in the home). No proof of citizenship required.</p>
<p>Parent Education and Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>1st Saturday of each month. Please call before you attend.</p>
<p>Parent Education/Support Group 602-288-0155 www.familyinvolvementcenter.org 1430 E. Indian School Rd., #110 Phoenix, AZ</p>	<p>The Family Involvement Center offers a free support group for parents on the 2nd and 4th Thursday of each month. Please call before you attend.</p>
<p>Parental Stress Hotline 800-632-8188</p>	<p>Provides telephonic assistance and support for parents.</p>

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Pregnancy & Parenting Resources

Resource	Description
Parental Stress Hotline 800-632-8188	Provides telephonic assistance and support for parents.
Parents as Teachers 480-388-3292 http://www.azpartnershipforchildren.org/parentsAsTeachers.htm	Offers free Parent Educator services for families with a child age birth to five. Services include home visits, resource and referral, group meetings (with free childcare), and child screenings.
Phoenix Nurse Family Partnership 602-224-1740	Offers free home visits by a Registered Nurse (RN) for women pregnant with their first child. The RN provides health and development education, life coaching, assistance locating appropriate resources, and prenatal education. Services continue through the child's second birthday.
Planned Parenthood Hotline 602-277-7526 www.plannedparenthood.org	Provides information and referral to local Planned Parenthood resources.
Teen Outreach Pregnancy Services (TOPS) 480-668-8800 www.teenoutreachaz.org 931 E. Southern Ave., Suite 101 Mesa, AZ	Provides a free education based program for pregnant and parenting teens, 21 and under. Teens are given healthy pregnancy classes, childbirth classes, parenting classes, support group and special events. Dedicated Case Managers follow the teens for up to a year following the birth of their baby making sure that they have the best possible outcomes.

<p>Text4Baby Text BABY to 511411 www.text4baby.org</p>	<p>Offers free text-length text health messages containing personal and timely health information and resources for pregnant moms. Messages are timed to the due date, and continue through the first year of the baby's life. Text4Baby works with most cell phone carriers, so all messages are free and do not count toward any text message limits.</p>
<p>West Mesa Family Resource Center 480-489-5772 http://www.lss-sw.org/get-help/ First Evangelical Lutheran Church, 142 North Date Street Mesa, AZ 85201</p>	<p>Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.</p>

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Recreation Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>ARCH 602-230-2226 www.archaz.org/sp_menu.htm 1550 W. Colter St. Phoenix, AZ 85015</p>	<p>Arizona Recreation Center for the Handicapped – Provides free therapeutic recreation activities, education and wellness programs, socialization opportunities, and basic living skills for individuals with physical or mental handicaps.</p>

<p>Glendale Adult Center 623-930-4323 http://www.glendaleaz.com/adultcenter/index.cfm</p>	<p>Offers a wide range of low cost (\$2-\$10) educational, recreational, and healthy living classes, groups, and activities. Also offers a daily hot lunch for \$2.50 or \$3.50.</p>
<p>Tempe Public Library 480-350-5511 www.tempe.gov/library 3500 S. Rural Road Tempe, AZ</p>	<p>Free computer classes offered every Saturday with instruction about the Internet, e-mail, Microsoft Word, and social networking. The library also offers a wide array of information monthly about free events and resources in the community.</p>
<p>YMCA 602-404-9622 www.valleymca.org</p>	<p>Provides free health assessments, fitness classes, child care while working out, and senior programs with a membership. Also offers reduced fee children's programming. Rates start around \$40/month, with some sliding scale options for income limited individuals/families.</p>

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Referrals & Information

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>

<p>AARP Arizona 866-389-5649 www.aarp.org</p>	<p>Provides information and referrals for services and advocacy for seniors.</p>
<p>Addicted.org 800-304-2219 https://www.addicted.org/</p>	<p>Helps individuals and their families overcome addiction and prevent substance use by providing comprehensive information and an up-to-date directory of life-changing services across the U.S. Also operates a confidential call center to help link people up with the best resources.</p>
<p>Addiction Treatment Division 888-336-6924 https://www.addictiontreatmentdivision.org/</p>	<p>Helps individuals who are addicted to drugs or alcohol locate proper treatment options. services are 100% free across all 50 states.</p>
<p>Alzheimer's Association 800-272-3900 http://www.alz.org/dsw/</p>	<p>Offers a 24 hour/day free helpline to provide information, caregiving tips, emotional support, and information and referrals for local resources. Also offers a variety of support groups and online message board support forums.</p>
<p>American Association of Suicidology 800-273-8255 http://www.suicidology.org</p>	<p>Offers resources and educational materials about suicide. Provides local resources, including information about survivors of suicide support groups.</p>
<p>American Foundation for Suicide Prevention 1-800-273-8255 http://www.afsp.org</p>	<p>Provides information on suicide statistics, suicide prevention, suicide awareness community and activities, and suicide prevention and education resources.</p>
<p>American Red Cross Grand Canyon Chapter 602-336-6660 www.arizonaredcross.org 6135 N BlackCanyon Hwy. Phoenix, AZ 85015</p>	<p>Provides relief to victims of disaster as well as helps people prevent, prepare for and respond to emergencies.</p>
<p>Area Agency on Aging 602-264-2255 www.aaaphx.org 1366 E. Thomas Rd., #108 Phoenix, AZ 85014</p>	<p>Provides various programs to improve the lives of seniors, as well as available community resources.</p>
<p>Arizona Alliance for Community Health Centers 602-253-0090</p>	<p>The Arizona Alliance for Community Health Centers (AACHC) is the Primary Care Association (PCA) for the State of Arizona. All states have one designated PCA to advance the expansion</p>

http://www.aachc.org/what-is-a-healthcare-center/health-centers/ 700 E. Jefferson St., Ste. 100 Phoenix, AZ 85034	of Federally Qualified Health Centers (FQHCs) and advocate for the health care interests of the medically underserved and uninsured.
Arizona Assistive Technology Exchange http://www.azatexchange.org	Online resource for used assistive technology, adapted and durable medical equipment. Some items are no cost, although some may have a price or best offer.

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Referrals & Information

Resource	Description
Arizona Center for Disability Law 602-274-6287 http://www.acdl.com/ 5025 E. Washington St. Phoenix, AZ 85034	Designated protection and advocacy system in Arizona. Call Monday, Tuesday, Thursday, or Friday from 9am - 1pm for an intake if you have an advocacy question or concern.
Arizona Child Care Resource & Referral 800-308-9000 www.azchildcare.org	Provides free information about community trainings and resources for child care providers and the early childhood community via telephone or online search.
Arizona Community Action Association 602-604-0640 www.azcaa.org http://www.arizonaselfhelp.org/	Provides information and referrals for community resources, including all Community Action Programs (CAPs). CAPs can provide case management, emergency assistance, food boxes, assistance with rent and utilities, financial assistance, eviction prevention, resources and referrals, and employment assistance. Also offers a web-based program to determine what state paid benefits you may qualify to receive.

<p>Arizona Department of Health Services/Division of Behavioral Health Services 602-364-4558 www.azdhs.gov/bhs/index.htm 150 N. 18th Ave. Phoenix, AZ 85007</p>	<p>State governing agency for behavioral health services. Offers an easy to use flow-chart website (http://www.azdhs.gov/bhs/pdf/WhatToDoWhenConcernedFlowchart.pdf) designed to provide information and resources for behavioral health services in Arizona.</p>
<p>Arizona Firearm Injury Prevention Coalition 480-946-1971 www.afipc.org PO Box 1809 Phoenix, AZ 85001</p>	<p>Arizona Firearm Prevention Coalition is a non-profit corporation dedicated to the prevention of firearm injuries, including homicides, suicides, and accidents in children and young people.</p>
<p>Arizona Smoker's Helpline 800-556-6222 www.ashline.org</p>	<p>Free telephone and web-based coaching services to help people quit tobacco. Medication cessation assistance also available.</p>
<p>Arizona Spinal Cord Injury Association 602-507-4209 www.azspinal.org 5025 E. Washington St. STE #110 Phoenix, AZ 85034</p>	<p>The Arizona Spinal Cord Injury Association is a nonprofit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer support, family support, and education of consumers, families, caregivers and professionals. We also link consumers and families with vocational, social and recreational resources, and offer accessible transportation services, as well as a number of support groups throughout the valley.</p>
<p>ArizonaSERVES www.azdes.gov/arizonaserves/home.aspx</p>	<p>Online database for finding community resources for foster care, childcare, family resources, and transportation resources.</p>
<p>AZ Links www.azlinks.gov</p>	<p>Online resource for seniors and individuals with disabilities. Provides information and referrals for services.</p>
<p>Cancer Resources 800-813-4673 http://www.cancercare.org/financial</p>	<p>Offers limited financial assistance to people affected by cancer. Funding is available for transportation, home care and child care.</p>

Caregiverlist

<http://www.caregiverlist.com/>

A national senior care referral and career website providing daily costs of nursing homes nationwide, nursing home ratings, quality standards, professional caregiver and certified nursing aide career center, and by-state senior care contacts, benefits, and laws.

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**Referrals & Information**

Resource	Description
Children and Adolescents in Foster and Adoptive Care: Understanding Children’s Needs, Support and Treatment	A guide to behavioral health support and care for caregivers of children in foster or adoptive care from Mercy Maricopa Integrated Care, the regional behavioral health authority
Choices in Recovery 800-526-7736 http://www.choicesinrecovery.com/	Offers support and information for Schizophrenia, Schizoaffective, and Bipolar Disorder. The website offers education, resources, and strategies for success. Caregiver resources are also available.
City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency	The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.

<p>Colorectal Cancer Screening 888-257-8502 http://www.azdhs.gov/hsd/healthcheck/locations/index.php?pg=maricopa</p>	<p>Locations for eligibility determination and enrollment listed by county. Offers toll-free hotlines as an additional resource.</p>
<p>Community Resource Guide: Living Well in Your Community http://www.mercymaricopa.org/assets/pdf/members/directories-guides/MMICCommunityResourceGuide508.pdf</p>	<p>This guide from Mercy Maricopa Integrated Care, the regional behavioral health authority, is intended to help you connect to community services and supports you need to achieve your behavioral health recovery and resiliency goals.</p>
<p>CONTACTS Shelter Hotline 800-799-7739</p>	<p>Shelter referrals 24 hours a day/7 days a week.</p>
<p>Depression and Bipolar Support Alliance 800-826-3632 www.dbsalliance.org.</p>	<p>Offers referrals for support groups, counseling services, medication services, and many other support services/materials.</p>
<p>Disability Help Center 1-888-939-4092 www.disabilityhelpcenteraz.org 1833 W Main St Mesa, AZ 85201</p>	<p>Provides assistance in obtaining Social Security Disability Benefits, and referrals for necessary resources. They assist with the application process, appeals process, or preparing for a hearing before an Administrative Law Judge.</p>
<p>Disability.gov https://www.disability.gov/</p>	<p>Provides comprehensive information on disability programs and services in communities nationwide. The site links to more than 14,000 resources from federal, state and local government agencies; academic institutions; and nonprofit organizations. Provides disability resources for housing, education, employment, and more.</p>
<p>Eldercare 800-677-1116 http://www.eldercare.gov</p>	<p>Offers online and telephonic assistance to link individuals with services for the elderly and aging population.</p>
<p>Foundation for Senior Living 602-285-1800 http://www.fsl.org/index.html 1201 E. Thomas Road Phoenix, AZ 85014</p>	<p>Offers a variety of programs, including Adult Day Care, Home Care, Affordable Housing, and Home Improvements. Most services offered on a fee-for-service pay structure, and based on income. Also offers free referrals and information on resources for seniors.</p>

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Referrals & Information

Resource	Description
<p>Health Initiative Resources (DBHS) http://www.azdhs.gov/bhs/qhi/qhiarchive.htm</p>	<p>The Division of Behavioral Health Services maintains an archive of health issues, information, materials and other resources specifically designed to help people struggling with mental health issues.</p>
<p>HealthyPlace www.healthyplace.com</p>	<p>HealthyPlace.com is the largest consumer mental health site, providing comprehensive, trusted information on psychological disorders and psychiatric medications from both a consumer and expert point of view. They have an active mental health social network for support, online psychological tests, breaking mental health news, mental health videos, documentary films, a live mental health tv show, unique tools like the "mediminder" and more.</p>
<p>Indigent Burial Services (Maricopa County Public Fiduciary) 602-506-5801 http://www.maricopa.gov/PubFid/CIB.aspx</p>	<p>The Indigent Burial Program assists in determining the proper final arrangements for decedents when there is lack of family involvement and/or income and resources are limited. Both the deceased, and the next of kin must financially qualify.</p>
<p>Keogh Health Connection 602-749-4185 http://www.keoghhealthfoundation.org/index.html</p>	<p>Provides resources to the community for low income uninsured and underserved people.</p>
<p>Low Cost Health Clinics http://www.maricopa.gov/publichealth/services/std/pdf/LowCostClinics.pdf</p>	<p>A list of clinics offering low cost health care and services though out the state of Arizona.</p>

<p>M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Assists people in navigating the mental health system in Arizona.</p>
<p>Marc Community Resources Inc. 480-994-4407</p> <p>Mesa, AZ 85201</p>	<p>Marc Community Resources, Inc. provides mental and behavioral health information and resources at no cost. Their Referral Coordinator enjoys helping others navigate the often confusing world of Arizona’s mental health system to locate the professionals and organizations best able to assist the people he serves. No matter what your need is, he is committed to solve the problem or point you in the right direction!</p>
<p>Medline Plus</p> <p>http://www.nlm.nih.gov/medlineplus/druginformation.html</p>	<p>Provides information on prescription drugs and over the counter medications, including side effects, dosage, special precautions, and more.</p>
<p>Mental Health America of Arizona 602-576-4828 https://www.mhaarizona.org/ 5110 N. 40th St, Suite 107 Phoenix, AZ 85018</p>	<p>The Arizona branch of the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. Offers educational programs, information, advocacy, and links to resources throughout Arizona.</p>
<p>Mercy Maricopa Integrated Care of Arizona 800-564-5465 http://www.mercymaricopa.org/ 4350 E. Cotton Center Blvd., Bldg. D Phoenix, AZ 85040</p>	<p>Provides information on county covered behavioral health services. Individuals or families can call to request an assessment/intake for behavioral health services.</p>
<p>Mission of Mercy 602.486.7798 www.amissionofmercy.org/Arizona.</p> <p>Multiple Locations</p>	<p>Mission of Mercy is a free mobile clinic for primary medical care and prescriptions for children and adults. Appointments are recommended. If a medication is needed, it will be dispensed free of charge. Their clinics are located in Phoenix, Mesa and Avondale. To schedule an appointment, please call: Avondale, 623.932.2723 on Tuesday and Thursdays 9 to 2; All other clinic locations, 602.486.7798 Tuesdays 1 to 6 and Thursdays 9 to 2.</p>

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Referrals & Information

Resource	Description
<p>National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034</p>	<p>Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.</p>
<p>National Institute of Mental Health 866-615-6464 http://www.nimh.nih.gov</p>	<p>Offers information and resources on mental health issues, including research and clinical trial information. Offers a link to find local resources.</p>
<p>National Resource Center on ADHD 800-233-4050 www.help4adhd.org</p>	<p>The nation's clearinghouse for science-based information about all aspects of attention-deficit/hyperactivity disorder (ADHD).</p>
<p>New Directions Institute for Early Childhood Brain Development 480-729-6510 www.ArizonasChildren.org 1420 N. Greenfield Rd., Suite 105 Gilbert, AZ 85234</p>	<p>Provides free parenting workshops for parents, grandparents and caregivers with free childcare available during most classes. Also, offers interactive workshops where parent/caregiver and child learn together. Some programs focus on pre-literacy/reading. All classes include materials and gifts for attending. New Directions' programs are offered FREE to families and caregivers of children birth to five years.</p>
<p>Non-Title 19 Resource Guide For Persons Determined to have a Serious Mental Illness</p>	<p>This guide from Mercy Maricopa Integrated Care, the regional behavioral health authority, is intended to help people who are not eligible for benefits under the Arizona Health Care Cost Containment System (AHCCCS), Arizona's Medicaid program (also known as Title 19), but who are receiving behavioral health services through Mercy Maricopa.</p>

http://www.mercymaricopa.org/assets/pdf/members/directories-guides/mmic-nt19-smi-guide-eng-508.pdf	
Northwest Valley Community Resource Guide	The City of Peoria and City of Surprise collaborated to create a quick reference guide to provide contact information for assistance with food, shelter, homelessness, domestic violence and many other local resources.
not MY kid 602-652-0163 http://www.notmykid.org/home.aspx 5230 E. Shea Blvd., #100 Scottsdale, AZ	Offers local resources including drug testing information, support group information, and crisis information, as well as educational materials to help parents and young adults make informed choices to avoid destructive behavior.
Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html	Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.
SAMHSA's National Mental Health Information Center 877-726-4727 http://www.samhsa.gov/	Provides information on local mental health and substance abuse services.
Scottsdale Youth and Family Services 480-312-7922 4201 N. Hayden Rd. Scottsdale, AZ 85251	Provides free resources and referrals for counseling services.
Seeds for Autism http://seedsforautism.org/about/ 711 N. 15th Ave. Phoenix, AZ. 85007	SEEDs For Autism is a Phoenix based, vocational training program dedicated to teaching autistic/asperger adults across the spectrum, a multitude of job skills related to the arts. The diverse art skills are taught in a user friendly classroom setting, allowing for each participant to be themselves, among their peers.

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Referrals & Information

Resource	Description
<p>SHARE 866-891-2392 www.sharecancersupport.org</p>	<p>Offers a support hotline for women diagnosed with breast or ovarian cancer. Website also provides information and resources, as well as online support.</p>
<p>Social Security and Disability Resource Center http://www.ssdr.com/</p>	<p>Provides information on the federal disability benefit programs, SSD (social security disability, mandated under title II of the social security act) and SSI (supplemental security income, mandated under title 16), in addition to answering questions about social security retirement benefits and providing resource links on topics such as medicare. The SSDRC is published, edited, and maintained by Tim Moore, a former disability claims examiner for the social security administration's disability determination services (DDS), as well as a former caseworker with a background in many federal assistance programs, including medicaid for disabled adults.</p>
<p>Southwest Human Development 602-266-5976 http://www.swhd.org/ 2850 N. 24th Street Phoenix, AZ 85008</p>	<p>Offers a free Birth to Five helpline open Monday through Friday from 8am to 8pm; staffed by RNs and Social Workers. Offers advice and referrals for any questions related to children ages birth to five. Also offers a free Fussy Baby Program to any parent with a child under 1 year of age residing in Maricopa County.</p>
<p>Tempe Public Library 480-350-5511 www.tempe.gov/library 3500 S. Rural Road Tempe, AZ</p>	<p>Free computer classes offered every Saturday with instruction about the Internet, e-mail, Microsoft Word, and social networking. The library also offers a wide array of information monthly about free events and resources in the community.</p>

<p>Text4Baby Text BABY to 511411 www.text4baby.org</p>	<p>Offers free text-length text health messages containing personal and timely health information and resources for pregnant moms. Messages are timed to the due date, and continue through the first year of the baby's life. Text4Baby works with most cell phone carriers, so all messages are free and do not count toward any text message limits.</p>
<p>The National Caregiver Support Line 855-260-3274 http://www.caregiver.va.gov/</p>	<p>Provides information regarding new caregiver benefits, referrals to local caregiver support coordinators as well as emotional support to those concerned with their ability to provide care to loved ones who are Veterans.</p>
<p>The Salvation Army 602-267-4122 www.salvationarmyusa.org</p>	<p>Provides assistance with food, rent payments, utility payments, transportation costs, prescription costs, hygiene supplies, counseling, clothing, and other emergency assistance for individuals and families in need. Programs located throughout the valley.</p>
<p>Together AZ 480-767-7880 http://togetheraz.com/</p>	<p>Provides information and resources to assist with addictions issues. Also hosts a yearly "Art of Recovery" Expo to offer free education, resources, and solutions for addiction recovery and behavioral health.</p>
<p>Treatment Referral Routing Service 1-800-662-HELP (4357)</p>	<p>This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish</p>
<p>Women's Services Directory, a Guide to Substance Abuse and Mental Health Support http://www.mercymaricopa.org</p>	<p>Agencies in this directory from Mercy Maricopa Integrated Care, the regional behavioral health authority, provide treatment and other services to eligible women. To qualify, you must be eligible for Medicaid.</p>
<p>Women's Services Directory, a Guide to Substance Abuse and Mental Health Support http://www.mercymaricopa.org</p>	<p>Agencies in this directory from Mercy Maricopa Integrated Care, the regional behavioral health authority, provide treatment and other services to eligible women. To qualify, you must be eligible for Medicaid.</p>

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Senior Services (Services for Elderly)

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>AARP Arizona 866-389-5649 www.aarp.org</p>	<p>Provides information and referrals for services and advocacy for seniors.</p>
<p>AARP Foundation Senior Community Service Employment Program (SCSEP) 602-841-0403 http://www.aarpworksearch.org/pages/SCSEP.aspx</p>	<p>Helps unemployed job seekers, age 55 years and older, improve their skills, obtain training and find a job. Income eligibility requirements apply, but are individualized.</p>
<p>About Care 480-802-2331 www.aboutcare.org 600 West Ray Road Chandler, AZ 85225</p>	<p>Delivers caring and compassionate support services for seniors and persons with physical challenges who are homebound residents in the Southeast Valley. The goal is to encourage and enable independent living by assisting our neighbors to continue living in their homes with dignity and self-respect. Services are provided for free through trained volunteers.</p>
<p>AgeWorks 602-241-6159</p>	<p>Offers a paid training assignment to seniors over the age of 55 to allow them to improve their skills and gain work experience and self-confidence to assist them in entering the workforce.</p>

<p>Alzheimer's Association 800-272-3900 http://www.alz.org/dsw/</p>	<p>Offers a 24 hour/day free helpline to provide information, caregiving tips, emotional support, and information and referrals for local resources. Also offers a variety of support groups and online message board support forums.</p>
<p>Area Agency on Aging 602-264-2255 www.aaaphx.org 1366 E. Thomas Rd., #108 Phoenix, AZ 85014</p>	<p>Provides various programs to improve the lives of seniors, as well as available community resources.</p>
<p>Arizona Senior Citizen's Law Project 602-252-6710 1818 S. 16th St. Phoenix, AZ 85034</p>	<p>Offers free information and legal assistance to seniors over 60 in Maricopa County. Call on Wednesdays between 1pm and 4:30pm.</p>
<p>AZ Links www.azlinks.gov</p>	<p>Online resource for seniors and individuals with disabilities. Provides information and referrals for services.</p>
<p>Banner Olive Branch Senior Center 623-974-6797 11250 N. 107th Ave. Sun City, AZ 85351</p>	<p>Senior center with recreational and socialization activities, hot lunches, home delivered meals, mental health counseling, employment placement services, and legal assistance for seniors.</p>
<p>Benevilla 623-584-4999 www.benevilla.org</p>	<p>Home support services available to those with limited resources by volunteers. Services include friendly visits, telephone calls, grocery shopping, handyman services, and transportation. They also offer assistance locating resources to meet specific needs.</p>

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Senior Services (Services for Elderly)

Resource	Description
Bliss Charities 602-996-5593	Educates families on senior care options, and provides information and referrals for senior services.
Caregiverlist http://www.caregiverlist.com/	A national senior care referral and career website providing daily costs of nursing homes nationwide, nursing home ratings, quality standards, professional caregiver and certified nursing aide career center, and by-state senior care contacts, benefits, and laws.
Cashion Community Center 623-333-2700	Offers socialization activities for adults over 60, and meals for \$1 to \$3.
City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency	The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.
Eldercare 800-677-1116 http://www.eldercare.gov	Offers online and telephonic assistance to link individuals with services for the elderly and aging population.

<p>Foothills Caring Corps 480-488-1105 http://foothillscaringcorps.com/</p>	<p>Offers free in home services (including visits, meals, business help, and minor home repair) and transportation services (including social outings, grocery transportation, and medical appointment transportation) to homebound and/or disabled adults in North Scottsdale (85255 north of Bell Rd, 85262), Carefree (85377), Cave Creek (85327, 85331), and Carefree Highway to I-17 (85085, 85086).</p>
<p>Foundation for Senior Living 602-285-1800 http://www.fsl.org/index.html 1201 E. Thomas Road Phoenix, AZ 85014</p>	<p>Offers a variety of programs, including Adult Day Care, Home Care, Affordable Housing, and Home Improvements. Most services offered on a fee-for-service pay structure, and based on income. Also offers free referrals and information on resources for seniors.</p>
<p>Gene Rice Senior Center 602-257-0700</p>	<p>Senior independent living facility run by Chicanos por la Causa.</p>
<p>Glendale Adult Center 623-930-4323 http://www.glendaleaz.com/adultcenter/index.cfm</p>	<p>Offers a wide range of low cost (\$2-\$10) educational, recreational, and healthy living classes, groups, and activities. Also offers a daily hot lunch for \$2.50 or \$3.50.</p>
<p>Goodwill of Arizona Senior Community Service Employment Program 602-535-4000 www.goodwillaz.org</p>	<p>Provides an opportunity for participants over the age of 55 to learn and practice new work skills while earning minimum wage.</p>
<p>Mosaic Elder Refugee Program 602-264-4357 http://www.aaaphx.org/ELDER+REFUGEE</p>	<p>Provides assistance with citizenship, socialization, housing, benefits, and other resources to refugees over 60 years old in Maricopa County.</p>

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Senior Services (Services for Elderly)

Resource	Description
<p>Pilgrim Rest Baptist Church http://pilgrimrestphx.org/pr_family2res.html</p>	<p>Offers a variety of family services and resources including food programs, adoption and foster care resources for grandparents, child and youth services information, counseling and mental health services, employment information and referrals, ex-offender resources, financial/loan assistance, and general assistance, plus information on health care and for seniors. Also financial assistance (benevolence) for individuals and families who are in crisis situations.</p>
<p>Santa Rosa Center 602-242-2258 www.cplc.org</p>	<p>Multipurpose senior center run by Chicanos por la Causa that offers congregate meals and referrals for home delivered meals.</p>
<p>Senior Cab 602-801-1163 www.phoenix.gov</p>	<p>This program, offered by City of Phoenix, allows seniors 65 and over who live in Phoenix to buy discounted taxi coupons for 30% of their value. Seniors can buy up to 40 coupons (\$1 value) per month at 70% subsidy, and an additional 40 coupons at 50% subsidy. All coupons will expire 6/30/2011.</p>
<p>Valley Metro 480-962-7433 www.valleymetro.org</p>	<p>Provides senior citizens (65+) and persons with disabilities living in Chandler, Gilbert, Mesa, and Tempe transportation options outside of regular Valley Metro services. Program options include Coupons for Cabs, Taxi Vouchers, Circulators, Mesa Mileage Reimbursement, and Volunteer Driver Program (Chandler/Gilbert).</p>

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Substance Abuse Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Addicted.org 800-304-2219 https://www.addicted.org/</p>	<p>Helps individuals and their families overcome addiction and prevent substance use by providing comprehensive information and an up-to-date directory of life-changing services across the U.S. Also operates a confidential call center to help link people up with the best resources.</p>
<p>Addiction Group 407-490-3869 https://www.addictiongroup.org/ 10 S Dearborn St Chicago, IL 60603</p>	<p>Offers a wealth of information on alcohol and drug addiction as well as resources to support recovery. Includes helpful blogs, discussing to assist in determining best course of treatment, and links to treatment center options.</p>
<p>Addiction Treatment Division 888-336-6924 https://www.addictiontreatmentdivision.org/</p>	<p>Helps individuals who are addicted to drugs or alcohol locate proper treatment options. services are 100% free across all 50 states.</p>
<p>Alcohol Rehab Help https://alcoholrehabhelp.org/ 4700 Millenia Boulevard Suite 175 PMB 93044 Orlando, FL 32839</p>	<p>An informational web guide for people struggling with alcohol use disorders (AUD) and co-occurring mental health disorders. Provides information on AUD as well as links to tools and resources for treatment options.</p>

<p>Alcoholics Anonymous 602-957-7457</p> <p>2720 E Thomas Road Phoenix, Arizona 85016</p>	<p>Referrals to local twelve step groups open to all.</p>
<p>Arizona Smoker's Helpline 800-556-6222 www.ashline.org</p>	<p>Free telephone and web-based coaching services to help people quit tobacco. Medication cessation assistance also available.</p>
<p>Arizona Women's Recovery Center 602-264-6214 www.azwomensrecoverycenter.org 4201 N. 16th Street Suite 140 Phoenix, AZ. 85016</p>	<p>Offers a range of services for women experiencing substance use disorders. Support includes group, individual, and family therapy; case management services; career counseling; psychiatric nurse practitioner support; parenting coaching; peer support; DBT groups; dual diagnosis relapse prevention groups; and supportive housing (when available.)</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org</p>	<p>Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.</p>
<p>Calvary Addiction Recovery Center 602-279-1468 www.calvarycenter.com 720 E. Montebello Ave. Phoenix, AZ 85014</p>	<p>Faith based addiction treatment in a residential or outpatient setting.</p>

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Substance Abuse Services

Resource	Description
Celebrate Recovery http://www.celebraterecovery.com/?page_id=62	Offers Christain based support meetings to help people obtain freedom from their hurts, hang-ups, and habits. Multiple meetings times/places in Arizona.
Center for Hope 480-461-1711 www.communitybridgesaz.org	Provides residential and comprehensive support services for homeless pregnant women dealing with substance abuse issues, including counseling, parenting classes, health classes, and more.
Coast to Coast Referrals 800-281-4731 recoverynowtv.com	Recovery Now TV is a no cost consultation hotline that provides referrals to drug & alcohol treatment centers nationwide. Our counselors will evaluate your situation and work with your health insurance provider to place you in a program that meets your needs. We can ensure that you are placed in the best treatment facility possible and receive the care you need for your unique circumstances.
Cocaine Anonymous Sun Valley Intergroup 602-279-3838 www.caarizona.com	Provides valley wide NA meeting information.
Community Bridges 602-273-9999 Phoenix www.communitybridgesaz.org	Offers voluntary medical detoxification services.

<p>Crossroads 602-263-5242 http://www.thecrossroadsinc.org/</p>	<p>An Arizona Department of Health Services licensed 12 step substance use treatment provider. Offering Residential, Intensive Outpatient and Aftercare Treatment.</p>
<p>Destiny House 602-639-2442</p>	<p>Faith based transitional housing for men and women seeking recovery from addiction. 12-step based; \$100/week with \$25 intake fee. Fees include christian counseling, and job search search assistance.</p>
<p>Destiny Sober Living 602-249-6674 http://www.destinyhouse.biz</p> <p>Locations in Mesa, Laveen, Phoenix, and Buckeye</p>	<p>Inpatient program for adults ages 18+ with substance abuse/dependence issues, general mental health issues, involvement with Child Protective Services and/or Adult Probation or Parole. Residents may be self-referred or court ordered. Specialty areas include treatment for: Substance-Related and Addictive Disorders, Depressive Disorders, Anxiety Disorders, Bipolar and Related Mood Disorders, Schizophrenia Spectrum and other Psychotic Disorders, ADD-ADHD, Obsessive Compulsive Related Disorders, Trauma-and Stressor-Related Disorders, Dissociative Disorders, Somatic Symptom and Related Disorders, Disruptive, Impulse-Control, Conduct Disorders, and Personality Disorders.</p>
<p>La Frontera/EMPACT - SPC 480-784-1500 (Crisis) http://lafrontera-empact.org/</p>	<p>Provides 24 hours a day/7 days a week crisis response for behavioral health crisis situations and a Sexual Assault hotline.</p>
<p>LDS Family Services 800-537-2229 www.providentliving.org</p>	<p>Offers free substance abuse and sexual addiction support groups, and crisis pregnancy counseling. Also offer mental health counseling for a fee of \$120/initial assessment and \$80/session thereafter. Also offers community resources and referrals.</p>
<p>My Hope For Addiction 480-782-0403 www.myhopeforaddiction.com PO Box 525 Gilbert, AZ 85299</p>	<p>Our purpose is to walk alongside, equip and care for those who struggle with addiction. There is hope, and lasting change is possible.</p>

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Substance Abuse Services

Resource	Description
<p>Narcotics Anonymous 480-897-4636 www.arizona-na.org</p>	<p>Provides information for local twelve step groups open to all.</p>
<p>Narcotics.com 800-407-7195 https://www.narcotics.com/</p>	<p>Promotes and provides access to quality narcotics treatment programs as well as education, support, guidance, and treatment placement. Also provides a contact list of Narcotics Anonymous meetings in Arizona as well as a 24/7 hotline.</p>
<p>National Institute on Drug Abuse Hotline 800-662-4357 www.nida.nih.gov</p>	<p>Offers information and referrals for addiction, treatment, and recovery.</p>
<p>Native Health Community Health Center 602-279-5262 www.nativehealthphoenix.org</p>	<p>Low cost medical and dental care. Also offers mental health services, substance abuse services, and women's services. Free transportation available. Also offers free HIV testing for the community. Call for locations and times.</p>
<p>New Wine 12-Step Recovery & Support Group 602-678-0999</p>	<p>Offers Christian based 12-step recovery and support groups for adults dealing with addictions issues, as well as anger/rage, sexual issues, abuse, dependency, eating disorders, and relationship issues. Group meets on Tuesdays from 7:30 – 9:30 pm. Please call before you attend.</p>

<p>Omega Counseling 602-495-9306</p> <p>1480 E Bethany Home Rd. Suite 230 Phoenix, AZ 85015</p>	<p>Provides individual and group counseling on a variety of issues including domestic violence, substance abuse, and anger management. Fees are \$90/hour for individual counseling, and \$15-\$20/session for group therapy (2 hour sessions). No verification of citizenship required.</p>
<p>Overcomers Addiction Recovery Support Group 602-268-1201</p>	<p>Provides a Christian based 12-step support group for individuals and families affected by addictions.</p>
<p>Phoenix Dream Center 602-346-8700 www.phxdreamcenter.org</p>	<p>Offers a free 15 month faith-based residential recovery program for men and women, shelter and other assistance to victims of human trafficking, hunger relief program to single mothers and families living below the poverty level, affordable living for working single men and women, and a neighborhood revitalization program.</p>
<p>Phoenix Indian Medical Center 602-263-1200</p> <p>4212 N. 16th St. Phoenix, AZ 85016</p>	<p>Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe.</p>
<p>Rehab Center 800-406-7633 www.rehabcenter.net</p>	<p>A drug or alcohol problem is not a death sentence—you can get your life back and be the person you were meant to be. The benefits of recovery include a renewed outlook, a wiser disposition, and a more energetic and ambitious you. RehabCenter.net is the Web's most comprehensive guide to quality rehab centers and addiction treatment. We offer free and confidential information about the many effective and empowering rehab options available today.</p>
<p>Scottsdale Youth and Family Services 480-312-7922</p> <p>4201 N. Hayden Rd. Scottsdale, AZ 85251</p>	<p>Provides free resources and referrals for counseling services.</p>

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Substance Abuse Services

Resource	Description
<p>SMART Recovery http://www.smartrecovery.org/</p>	<p>Offers free, self-empowering, science-based mutual help groups for abstaining from any substance or activity addiction. Seven weekly meetings in the Phoenix area; see website for details.</p>
<p>Southwest Behavioral Health Crisis Recovery 602-258-3600 www.sbhservices.org 1424 S. 7th ave., Bldg C Phoenix, AZ 85007</p>	<p>Opiate treatment program, counseling, case management, psychiatric evaluations, medication monitoring, methadone and suboxone treatment, and health and wellness.</p>
<p>Standing Strong Teen Program 602-424-2060 www.nativeconnections.org</p>	<p>Offers a 12 week outpatient and community based substance abuse treatment program with a focus on minority teens.</p>
<p>Stonewall Institute 602-535-6468 www.stonewallinstitute.com 2720 E. Thomas Rd. Suite 302 Phoenix, AZ 85016</p>	<p>Provides safe and confidential services for adults with psychiatric and addictions issues. Accepts private insurance, or \$125/hour, but willing to consider financial circumstances.</p>
<p>Substance Abuse Prevention and Treatment Block Grant Providers 1.800.640.2123 http://www.healthchoiceintegratedcare.com/members/adult-services/</p>	<p>If you or someone you know needs help accessing substance use treatment, and do not have insurance through the Arizona Health Care Cost Containment System (AHCCCS), help may be available through services funded by the Substance Abuse Prevention and Treatment Block Grant (SABG).</p>

<p>The Potter's House 602-254-9701 http://www.thepottershousesacenter.org/ 1717 W. Northern Ave Ste# 101 Phoenix, Az 85021</p>	<p>Provides outpatient treatment for men and women 18 and older of all ethnic groups who are experiencing substance use disorders (abuse, dependency), including education of criminal offenders.</p>
<p>Together AZ 480-767-7880 http://togetheraz.com/</p>	<p>Provides information and resources to assist with addictions issues. Also hosts a yearly "Art of Recovery" Expo to offer free education, resources, and solutions for addiction recovery and behavioral health.</p>
<p>Together We Stand 602-285-0281</p>	<p>Sober living facility to assist men with recovery from alcohol and drugs. \$110/week includes cable and all utilities, but no meals. Willing to accept men without money up front and assist in locating employment. Required to complete 90 meetings in 90 days. Must have ID and proof of citizenship.</p>
<p>Transitional Living Centers, TLC 866-646-2138 http://www.transitionalliving.org/index.html Multiple Locations Phoenix, Glendale, Mesa, AZ</p>	<p>Provides half-way house, substance-abuse recovery services for homeless addicts.</p>
<p>Treatment Referral Routing Service 1-800-662-HELP (4357)</p>	<p>This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish</p>
<p>Valley Hospital 602-952-3939 (intake) http://www.valleyhospital-phoenix.com/ 3550 E. Pinchot Ave. Phoenix, AZ 85018</p>	<p>Valley Hospital is a private freestanding hospital specializing in mental health and chemical dependency care, and offers inpatient, outpatient, and partial hospitalization programs for adults. Valley Hospital also offers a free initial mental health and chemical dependency assessment and referral services for adults. Most major insurance accepted; no sliding scale option.</p>

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Substance Abuse Services

Resource	Description
West Mesa Family Resource Center 480-489-5772 http://www.lss-sw.org/get-help/ First Evangelical Lutheran Church, 142 North Date Street Mesa, AZ 85201	Offers support for parents and families, including child and parent workshops, resource referral, SNAP and AHCCCS enrollment, developmental screenings, parenting coaching and education, and more.

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Suicide Prevention

Resource	Description
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<p>Arizona State Suicide Prevention Website</p> <p>https://azahcccs.gov/AHCCCS/ProgramPlanning/EndSuicide/</p>	<p>Provides information about initiatives and the plan to end suicide in Arizona.</p>
<p>Arizona State University Hotline 480.921.1006 https://eoss.asu.edu/counseling</p>	<p>For students and staff needing telephone crisis counseling, 24-hour crisis hotline.</p>
<p>Arizona Suicide Prevention Coalition</p> <p>http://www.azspc.org/</p>	<p>The most important step in prevention is the recognition of the many signs of suicide. Survivors, Professionals, Supporters and anyone who is interested in the issues surrounding suicide are invited to come into our site for additional information. Coalition meetings are held the second Tuesday of every month. Please call (480)784-1514, ext 2750 for more information.</p>
<p>Arizona Teen Crisis Solutions 623.879.9600</p>	<p>For parents of struggling and troubled teens. 24-hour cell phone.</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Impact Suicide Prevention Center 480-784-1500 http://www.lafronteraarizona.org/ 618 S. Madison Dr. Tempe, AZ 85281</p>	<p>Provides Crisis Response, Counseling, Psychiatry, Substance Abuse, Support Groups, Prevention, and Trauma Services to individuals and families.</p>
<p>Maricopa CRISIS Line 602-222-9444 www.crisisnetwork.org</p>	<p>When life is overwhelming, you can't cope, you're worried about a loved one, or you just need to talk, immediate and confidential help is available 24/7/365.</p>
<p>National Hopeline Network 800-442-4673</p>	<p>Provides a free 24 hour hotline to anyone experiencing a crisis.</p>
<p>National Suicide Prevention Lifeline 800-273-8255 www.suicidepreventionlifeline.org</p>	<p>Offers free 24 hour hotline available to anyone in suicidal crisis or emotional distress.</p>
<p>St. Luke's Behavioral Health Center 602-251-8535</p>	<p>Provides private hospitalization services for mental health and substance abuse issues. Also offers a variety of private pay/private insurance outpatient services.</p>

www.stlukesmedcenter.com 1800 East Van Buren St. Phoenix, AZ	
Suicide Prevention Resource Center http://www.sprc.org/states/arizona	Offers a variety of local resources, information and data.

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Suicide Prevention

Resource	Description
Survivors of Suicide Support Groups http://empactsos.org/support-groups/	Valley-wide support groups for those whose common bond is the loss of a loved one to suicide. These groups allow members to have the emotional support of others who have shared the trauma of this event and to focus on emotional healing and survival
Teen Lifeline 602-248-8336 www.teenlifeline.org	Offers a peer counseling suicide hotline from 3pm - 9pm daily. Also offers Life Skills Development Training for teens interested in becoming Peer Counselors. Awareness, education, and prevention material available to the community, as well as training opportunities.
The Trevor Project 866-488-7386 www.thetrevorproject.org	Provides crisis intervention and suicide prevention for LGBTQ youth.

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Support Groups - All

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>A New Day (Depression) 480-994-4407 x10</p> <p>9745 W. Peoria Ave. Peoria, AZ 85345</p>	<p>Thursdays from 5:30pm – 7:30pm at West Valley Center for Spiritual Living in the first floor meeting room. Please call before you attend.</p>
<p>Alcoholics Anonymous 602-957-7457</p> <p>2720 E Thomas Road Phoenix, Arizona 85016</p>	<p>Referrals to local twelve step groups open to all.</p>
<p>American Association of Suicidology 800-273-8255 http://www.suicidology.org</p>	<p>Offers resources and educational materials about suicide. Provides local resources, including information about survivors of suicide support groups.</p>
<p>American Cancer Society, Great West Division 602-224-0524</p>	<p>Funds Cancer Research, provides cancer prevention, advocacy and community education, and information and support services for cancer patients and family members.</p>

<p>www.cancer.org 4550 E. Bell Rd, Suite 126 Phoenix, AZ 85032</p>	
<p>American Heart Association 602-414-5353 www.heart.org 2929 S. 48th St Tempe, AZ 85282</p>	<p>Provides cardiovascular disease and stroke prevention and research, as well as public and professional education and information.</p>
<p>Arizona Council on Compulsive Gambling 800-777-7207 azccg.org</p>	<p>Provides referrals to local Gamblers Anonymous meetings.</p>
<p>Arizona Smoker's Helpline 800-556-6222 www.ashline.org</p>	<p>Free telephone and web-based coaching services to help people quit tobacco. Medication cessation assistance also available.</p>
<p>Arizona Spinal Cord Injury Association 602-507-4209 www.azspinal.org 5025 E. Washington St. STE #110 Phoenix, AZ 85034</p>	<p>The Arizona Spinal Cord Injury Association is a nonprofit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer support, family support, and education of consumers, families, caregivers and professionals. We also link consumers and families with vocational, social and recreational resources, and offer accessible transportation services, as well as a number of support groups throughout the valley.</p>
<p>Avondale Support Group (All Mental Illnesses) 602-274-0068 328 W. Western Ave. Avondale, AZ</p>	<p>1st & 3rd Mondays at 5:30pm. Please call before you attend.</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>

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Support Groups - All

Resource	Description
<p>Being Heard (All Mental Illnesses) 480-994-4407 x10 www.mhaarizona.org 1400 S. Dobson Rd. Mesa, AZ</p>	<p>Wednesdays from 7 – 9 pm in the Rosati Education Center Mesquite Room. Please call before you attend.</p>
<p>Billy's Place 623-414-9838 https://billysplace.me/ 21448 N. 75th Ave. Suite 5 Glendale, AZ 85308</p>	<p>A free grief resource center/grief support center for kids and their families ages 3 to 30. This 501c3, non-profit agency hosts various peer-facilitated support groups and community remembrance events for those who have lost a special person.</p>
<p>Bipolar Bears (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 1800 E. Van Buren St. Phoenix, AZ 85006</p>	<p>Wednesdays from 7 – 9 pm at St. Luke's Behavioral Health Center in the Behavioral Health Auditorium. Please call before you attend.</p>
<p>Bipolar Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>3rd Saturday from 5 – 7 pm. Please call before you attend.</p>
<p>Bipolar Support Group (GLBTQ Specific) 602-274-0068 www.bipolarwellnessnetwork.org</p>	<p>Wednesdays at 2 pm at 1 Voice Community Center. Please call before you attend.</p>

725 W. Indian School Rd. #125 Phoenix, AZ	
Buckeye Outreach for Social Services (BOSS) 623-386-6365 www.bosssite.org	Offers jobs to underemployed and unemployed individuals, job and life training, computer training, after school programs, GED classes and testing, free diaper and clothing bank, free 90-day medical equipment lending for youth and adult, drug and alcohol classes, parenting and youth counseling.
Calm Waters (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 10307 W. Coggins Drive Sun City, AZ	Sundays from 4 – 6 pm at Menke's Sun City Room. Please call before you attend.
Caregiver Support Groups (Benevilla) 623-584-4999 www.benevilla.org	Various groups offered at various times and locations.
Caregiver's Support Group 602-317-9391 3118 S. Price Rd. Chandler, AZ 85248	Do you struggle with the stress of being a caregiver? You are not alone. Come join us in getting the support that you need to adequately care for yourself and learn clinically proven techniques to reduce stress, anxiety, depression and improve your relationships.
Celebrate Recovery http://www.celebraterecovery.com/?page_id=62	Offers Christain based support meetings to help people obtain freedom from their hurts, hang-ups, and habits. Multiple meetings times/places in Arizona.
Chandler Regional Hospital 877-728-5414	Offers a variety of free support groups (cancer, motherhood, and stroke), as well as a free 6 week grief program.

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Support Groups - All

Resource	Description
<p>Children and Adolescents in Foster and Adoptive Care: Understanding Children's Needs, Support and Treatment</p>	<p>A guide to behavioral health support and care for caregivers of children in foster or adoptive care from Mercy Maricopa Integrated Care, the regional behavioral health authority</p>
<p>Choices in Recovery 800-526-7736 http://www.choicesinrecovery.com/</p>	<p>Offers support and information for Schizophrenia, Schizoaffective, and Bipolar Disorder. The website offers education, resources, and strategies for success. Caregiver resources are also available.</p>
<p>Cocaine Anonymous Sun Valley Intergroup 602-279-3838 www.caarizona.com</p>	<p>Provides valley wide NA meeting information.</p>
<p>Co-Dependants Anonymous 602-277-7991 www.coda.org</p>	<p>Provides valley wide Co-Dependent Anonymous meeting information.</p>
<p>Community Alliance Against Family Abuse 480-982-0205 www.caafaaz.org</p>	<p>Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions.</p>
<p>Community Church of Joy Support Groups 623-561-0500 X251 www.joyonline.org</p>	<p>Various support groups offered at Community Church of Joy.</p>

<p>21000 N. 75th Ave. Glendale, AZ 85308</p>	
<p>Depression and Bipolar Support Alliance 800-826-3632 www.dbsalliance.org.</p>	<p>Offers referrals for support groups, counseling services, medication services, and many other support services/materials.</p>
<p>Evening Family Support Group (Family/Friends) 602-759-8177 http://www.namiaz.com/page45/index.html 28th St. & Devonshire (North of Indian School) Phoenix, AZ</p>	<p>Meets the 1st and 3rd Wednesdays of the month from 6pm to 730pm. Open to all adults who have a family member or friend who is living with a mental illness, regardless of diagnosis. Share feelings, difficulties, or successes.</p>
<p>Families Giving Hope (Family/Friends) 520-560-2545 www.mhaarizona.org 2150 East Orange Tempe, AZ</p>	<p>Every other Tuesday from 6:30 – 8:30 pm at Tempe Escalante Community Center in the La Paz Conference Room. Please call before you attend.</p>
<p>Families Giving Hope (Family/Friends) 480-238-5252 www.namiaz.org 311 S. Cooper Rd. Gilbert, AZ</p>	<p>2nd and 4th Thursdays from 6:30 – 8:30 pm at First Methodist Church. Please call before you attend.</p>
<p>Families in Recovery 480-440-8405 262 E. University Dr. Mesa, AZ</p>	<p>1st and 3rd Mondays from 6:30pm – 8pm at Terros. Please call before you attend.</p>

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Support Groups - All

Resource	Description
<p>Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014</p>	<p>Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.</p>
<p>Family Resource Center 480-834-9424 http://childcrisisaz.org/ 817 N. Country Club Dr. Mesa, AZ</p>	<p>Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Offers a Dads Support group on the 1st and 3rd Wednesday of the month from 6pm – 7:30pm. Also offers a Dads of Children with Special Needs Support Group on the 2nd and 4th Wednesday of the month at the same time. Please call before you attend.</p>
<p>Family Support Group (Glendale) 602-244-8166 www.namiaz.org 18699 N. 67th Ave. #105B Glendale, AZ</p>	<p>2nd and 4th Thursdays from 6pm – 7:30pm at Arrowhead Hospital Sierra Room. Please call before you attend.</p>
<p>Finding Balance (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 18699 N. 67th Ave. Glendale, AZ</p>	<p>Fridays from 4 – 6 pm at Arrowhead Physician’s Building in the Sierra Room. Please call before you attend.</p>
<p>First Light (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Tuesdays from 5:30 – 7:30 pm at Lord of Life Lutheran Church in room #1. Please call before you attend.</p>

13724 W. Meeker Blvd. Sun City, Phoenix	
General Support Group 602-274-0068 www.bipolarwellnessnetwork.org 12030 N. 113th Ave. Youngtown, AZ	Thursdays at 6:30 pm at The Fountains. Please call before you attend.
Graves Disease Support Group 877-643-3123 x101 http://www.ngdf.org/pages/11	Offers a support group for those affected by Graves' Disease. Support group meets the 3rd Saturday of every month at the Scottsdale Public Library, Mustang Branch, from 2:30 - 4pm. RSVP to Kimberly is appreciated.
Grief Share 800-395-5755 www.griefshare.org/findagroup/	Online database to find grief support groups in your area.
Guiding Light (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 10440 E. Via Linda Scottsdale, AZ	Fridays from 3 – 4:45 pm at Via Linda Senior Center in Conference Room 8. Please call before you attend.
Hanging on Together (Anxiety/Bipolar/Depression) 480-994-4407 x10 www.mhaarizona.org 1400 S. Dobson Rd. Mesa, AZ	Fridays from 7 – 9 pm at Banner Desert Medical Center in the Rosati Education Center Cholla Room. Please call before you attend.
HealthyPlace www.healthyplace.com	HealthyPlace.com is the largest consumer mental health site, providing comprehensive, trusted information on psychological disorders and psychiatric medications from both a consumer and expert point of view. They have an active mental health social network for support, online psychological tests, breaking mental health news, mental health videos, documentary films, a live mental health tv show, unique tools like the "mediminder" and more.

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Support Groups - All

Resource	Description
<p>Hospice of the Valley 602-636-5390 http://www.hov.org/grief_support_groups.aspx</p>	<p>Offers free grief support groups throughout the valley with multiple special support group topics.</p>
<p>M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Assists people in navigating the mental health system in Arizona.</p>
<p>Maricopa Workforce Connections (One Stop) 602-372-9748 www.maricopaworkforceconnection.com</p>	<p>Provides information and assistance to individuals looking for jobs or seeking training. Services include career centers and job search support. Some employment related support groups may also be available depending on location. Also offers a Virtual One Stop Center that offers online employment tools.</p>
<p>Men's Disability Discussion Group 602-980-3232 www.azspinal.org 5025 E Washington St #110 Phoenix, AZ 85034</p>	<p>Meets the third Thursday of each month from 5:30 pm to 7 pm at the Disability Empowerment Center. Please call Don for more information.</p>
<p>Mental Health America of Arizona 602-576-4828 https://www.mhaarizona.org/ 5110 N. 40th St, Suite 107 Phoenix, AZ 85018</p>	<p>The Arizona branch of the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. Offers educational programs, information, advocacy, and links to resources throughout Arizona.</p>

<p>MIKID 602-253-1240 www.mikid.org</p>	<p>Designed to provide support and assistance to families in Arizona with behaviorally challenged children. They offer educational events and resources.</p>
<p>Military & Veteran's Peer Support Group 480-593-4630 www.phoenix.va.gov 215 E. Indian School Rd. Phoenix, AZ 85012</p>	<p>Thursdays at 2 pm at the Phoenix VA Hospital, room D540. Please call before you attend.</p>
<p>Minds over Matter (Depression/Anxiety) 480-994-4407 x10 www.mhaarizona.org 1700 N. Granite Reef Rd. Scottsdale, AZ</p>	<p>1st and 3rd Wednesdays from 4 – 5:30 pm at Granite Reef Senior Center in Room #9. Please call before you attend.</p>
<p>NAMI Family Support Groups 602-244-8166 http://www.namiaz.com/page45/index.html</p>	<p>Weekly support group for people living with depression, bipolar disorder, schizophrenia, and other disorders. Meets for 90 minutes and offers a structured group process designed to encourage, support, and empower.</p>
<p>Narcotics Anonymous 480-897-4636 www.arizona-na.org</p>	<p>Provides information for local twelve step groups open to all.</p>
<p>Narcotics.com 800-407-7195 https://www.narcotics.com/</p>	<p>Promotes and provides access to quality narcotics treatment programs as well as education, support, guidance, and treatment placement. Also provides a contact list of Narcotics Anonymous meetings in Arizona as well as a 24/7 hotline.</p>

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Support Groups - All

Resource	Description
<p>National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034</p>	<p>Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.</p>
<p>NMDA Depression & Bipolar Hotline 800-826-3632</p>	<p>Offers telephonic support and support group referrals. Phone lines available from 8:30am – 5pm Central Time.</p>
<p>New Dawn (General Mental Health) 480-994-4407 x10 www.mhaarizona.org 2255 W. Northern Ave., Suite B100 Phoenix, AZ</p>	<p>Tuesdays from 7 – 9 pm at PSA Behavioral Health Agency. Please call before you attend.</p>
<p>New Directions Institute for Early Childhood Brain Development 480-729-6510 www.ArizonasChildren.org 1420 N. Greenfield Rd., Suite 105 Gilbert, AZ 85234</p>	<p>Provides free parenting workshops for parents, grandparents and caregivers with free childcare available during most classes. Also, offers interactive workshops where parent/caregiver and child learn together. Some programs focus on pre-literacy/reading. All classes include materials and gifts for attending. New Directions' programs are offered FREE to families and caregivers of children birth to five years.</p>
<p>New Song Center for Grieving Children 480-951-8985 http://www.hov.org/new_song_center.aspx</p>	<p>Offers grief support for children, teens, young adults and parents or family caregivers. The center also offers grief education for caregivers, community groups, clergy, medical and mental health professionals.</p>

<p>New Wine 12-Step Recovery & Support Group 602-678-0999</p>	<p>Offers Christian based 12-step recovery and support groups for adults dealing with addictions issues, as well as anger/rage, sexual issues, abuse, dependency, eating disorders, and relationship issues. Group meets on Tuesdays from 7:30 – 9:30 pm. Please call before you attend.</p>
<p>Obsessive Compulsive Disorders Group 480-994-4407 x10 www.mhaarizona.org 7575 E. Earl Drive Scottsdale, AZ</p>	<p>2nd and 4th Thursdays from 7 – 9 pm at Banner Behavioral Health Center. Please call before you attend.</p>
<p>Overcomers Addiction Recovery Support Group 602-268-1201</p>	<p>Provides a Christian based 12-step support group for individuals and families affected by addictions.</p>
<p>Parent Education and Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>1st Saturday of each month. Please call before you attend.</p>
<p>Parent Education/Support Group 602-288-0155 www.familyinvolvementcenter.org 1430 E. Indian School Rd., #110 Phoenix, AZ</p>	<p>The Family Involvement Center offers a free support group for parents on the 2nd and 4th Thursday of each month. Please call before you attend.</p>
<p>PFLAG Phoenix 602-843-1404 http://www.pflagphoenix.org 2942 N. 24th St. Phoenix, AZ</p>	<p>Provides support, education, and advocacy for parents, families, and friends of lesbians and gays. Offers a monthly support group meeting.</p>

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Support Groups - All

Resource	Description
<p>PTSD Group 480-994-4407 x10 www.mhaarizona.org 650 E. Indian School Rd. Phoenix, AZ</p>	<p>Thursdays from 6 – 8pm at the VA in room K-112. Please call before you attend. Open to anyone with PTSD (not just vets).</p>
<p>Rehab Center 800-406-7633 www.rehabcenter.net</p>	<p>A drug or alcohol problem is not a death sentence—you can get your life back and be the person you were meant to be. The benefits of recovery include a renewed outlook, a wiser disposition, and a more energetic and ambitious you. RehabCenter.net is the Web’s most comprehensive guide to quality rehab centers and addiction treatment. We offer free and confidential information about the many effective and empowering rehab options available today.</p>
<p>Resilient Recovery 602-304-0072 http://www.crosswalkphoenix.com Cesar Chavez High School 3921 W Baseline Rd</p>	<p>For the past three years, our faith-based recovery ministry has been helping individuals with addictions and difficult life events. Sessions consist of general meeting in which we share prayer requests and recite prayers and scriptures. Later we break into small groups to drill down into the word of God, applying scripture to our lives and supporting one another with encouragement and accountability.</p>

<p>SCI Women's Support Group 602-507-4209 www.azspinal.org 5025 E Washington St #110 Phoenix, AZ 85034</p>	<p>Meets the second Tuesday of each month from 6:30 pm to 8 pm at the Disability Empowerment Center. Please call Karen for more information.</p>
<p>SHARE 866-891-2392 www.sharecancersupport.org</p>	<p>Offers a support hotline for women diagnosed with breast or ovarian cancer. Website also provides information and resources, as well as online support.</p>
<p>SMART Recovery http://www.smartrecovery.org/</p>	<p>Offers free, self-empowering, science-based mutual help groups for abstaining from any substance or activity addiction. Seven weekly meetings in the Phoenix area; see website for details.</p>
<p>Smiles for Lifetime 480-325-7500 www.dickersonortho.com</p>	<p>Offers dental care on sliding scale (low cost) basis for patients who are 21years of age or older and cannot afford dental care.</p>
<p>Southwest Job Network 480-513-1491</p>	<p>Provides networking opportunities, skill building seminars, and other employment resources. Requests a donation for all meetings and seminars (\$5).</p>
<p>St. Andrews Job Networking Group 602-738-0251 http://www.standrew-cfc.org/jobnetworking.php 3450 W. Ray Road Chandler, AZ 85226</p>	<p>Provides a forum for job seekers to meet and share leads, contacts, and insights. The group meets every Wednesday morning from 9am to 11am.</p>
<p>St. Patrick's Scottsdale Employment Support Ministry 480-650-3195 http://finance.groups.yahoo.com/group/st_patricks_scottsdale_employment_support_ministry/</p>	<p>Provides support, resource knowledge, and connections for successful employment transitions. Offers a bi-weekly networking meeting, and has an online yahoo group account.</p>
<p>Strength of Us 1-800-950-6264 N</p>	<p>Offers an online support group and support resources for young adults with mental illness. Discussion topics include transition to adulthood, campus life, healthy relationships, education, and creativity.</p>

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Support Groups - All

Resource	Description
<p>Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>3rd Saturday of the month at 10am. Please call before you attend.</p>
<p>Survivors of Suicide Support Groups http://empactsos.org/support-groups/</p>	<p>Valley-wide support groups for those whose common bond is the loss of a loved one to suicide. These groups allow members to have the emotional support of others who have shared the trauma of this event and to focus on emotional healing and survival</p>
<p>Taking Control (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 15220 N. 39th Avenue Phoenix, AZ 85053</p>	<p>Tuesdays from 6 – 8 pm at Deer Valley Church, Room 2. Please call before you attend.</p>
<p>Talking Stick Support Group 602-319-9285 4520 N. Central Ave., #600 Phoenix, AZ</p>	<p>Meets Mondays from 6pm - 7:30pm. Gather to de-stress, strengthen your coping skills, share support, stories, dreams and goals. Bring a friend. No child care provided. No cost, this is free. Contact Julie Allison for details.</p>
<p>Teen Support Group (MIKID) 602-253-1240 www.mikid.org</p>	<p>3rd Saturday of each month. Please call before you attend.</p>

<p>2642 E. Thomas Rd. Phoenix, AZ 85016</p>	
<p>The New Song Center for Grieving Children</p> <p>http://www.hov.org/welcome-new-song-center-grieving-children</p>	<p>When tragedy claims the life of a loved one, families often need help finding a way to heal. The New Song Center for Grieving Children is here to provide nurturing support for grieving children, teens, young adults and their families.</p>
<p>The Wellness Community</p> <p>602-712-1006 www.twccaz.org 360 E. Palm Ln. Phoenix, AZ 85004</p>	<p>Provides a wide array of support groups and support services for any individual affected by any type of cancer, including teen and adult survivors, caregivers, families, children, and friends of survivors. Proof of citizenship not required.</p>
<p>ThyCa Support Group</p> <p>480-917-6930 http://www.thyca.org/index.htm 475 S. Dobson Road Chandler, AZ 85224</p>	<p>Offers a support group for those affected by Thyroid Cancer. Support group meets the 2nd Thursday of each month from 6:30 - 8:30pm at the Cancer Center Lobby at Chandler Regional Medical Center. RSVP to Joan is appreciated.</p>
<p>Together AZ</p> <p>480-767-7880 http://togetheraz.com/</p>	<p>Provides information and resources to assist with addictions issues. Also hosts a yearly "Art of Recovery" Expo to offer free education, resources, and solutions for addiction recovery and behavioral health.</p>
<p>Touchstone Family Connections</p> <p>602-316-7134 http://www.touchstonebh.org/ 15648 N. 35th Ave., Bldg C, CDJ Training Room Phoenix, AZ 85053</p>	<p>Offers a family support group on the first Tuesday of each month from 6 pm to 7:30 pm. Offers an educational group on the third Tuesday of each month from 6 pm to 8 pm. Child care is available. Please RSVP before attending.</p>
<p>Trans Spectrum of Arizona</p> <p>480-382-3757 http://transpectrum.org/</p>	<p>Offers peer-to-peer support groups for the trans and ally community.</p>

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Support Groups - All

Resource	Description
<p>UMOM New Day Centers 602-595-8700 www.umom.org 3333 E. Van Buren Street Phoenix, AZ 85008</p>	<p>Offers supportive services to help end homelessness. Provides help in securing employment, life skills classes, healthcare, and more. Operates Family Housing Hub for families needing shelter. Families, call 602-595-8700. Single women, call 602-362-5833. UMOM is a also designated Safe Place shelter and offers supportive services for teens and young adults ages 12-17.</p>
<p>Unlimited Potential 602-243-7376 www.upaz.org</p>	<p>Offers literacy and educational programs for Hispanic women and children age 5 and under including a bilingual family literacy program; adult education programs covering self-esteem, literacy, and English; and early childhood programs fostering language and socialization. There is a \$150 fee, (\$20 returnable at end of course) for the GED course. Also offers bilingual support groups. No proof of citizenship required.</p>
<p>VOICE (All Disabilities) 602-814-9717</p> <p>5959 W. Brown St. Glendale, AZ</p>	<p>2nd Tuesday from 2pm – 4pm at Glendale Main Library. Please call before you attend.</p>
<p>VOICE (West Valley) Support Group 602-814-9717 www.azspinal.org Glendale Public Library 5959 W Brown Street</p>	<p>Meets the second Thursday of each month from 2 pm to 4 pm at the Glendale Public Library. Please contact Janene for more information.</p>
<p>Voices and Visions Phoenix 602-248-0368 http://renaz.org/voices/hearing-voices-network.html</p>	<p>Meets every 1st & 3rd Tuesday from 6 pm to 7:30 pm. Open to anyone who hears voices, sees visions, or has unusual beliefs.</p>

202 E. Osborn Road Phoenix, AZ	
Women's Services Directory, a Guide to Substance Abuse and Mental Health Support http://www.mercymaricopa.org	Agencies in this directory from Mercy Maricopa Integrated Care, the regional behavioral health authority, provide treatment and other services to eligible women. To qualify, you must be eligible for Medicaid.
Y-ME Breast Cancer Support Group 480-323-1990 10460 N. 92nd St., #100 Scottsdale, AZ	Meets the 2nd Saturday of each month from 10am to 12pm at the Virginia G. Piper Cancer Center. Contact TexAnn for more information.

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Support Groups - Anxiety Disorders

Resource	Description
2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.
Avondale Support Group (All Mental Illnesses) 602-274-0068	1st & 3rd Mondays at 5:30pm. Please call before you attend.

<p>328 W. Western Ave. Avondale, AZ</p>	
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Being Heard (All Mental Illnesses) 480-994-4407 x10 www.mhaarizona.org 1400 S. Dobson Rd. Mesa, AZ</p>	<p>Wednesdays from 7 – 9 pm in the Rosati Education Center Mesquite Room. Please call before you attend.</p>
<p>Bipolar Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>3rd Saturday from 5 – 7 pm. Please call before you attend.</p>
<p>Bipolar Support Group (GLBTQ Specific) 602-274-0068 www.bipolarwellnessnetwork.org 725 W. Indian School Rd. #125 Phoenix, AZ</p>	<p>Wednesdays at 2 pm at 1 Voice Community Center. Please call before you attend.</p>
<p>Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014</p>	<p>Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.</p>
<p>General Support Group 602-274-0068 www.bipolarwellnessnetwork.org 12030 N. 113th Ave. Youngtown, AZ</p>	<p>Thursdays at 6:30 pm at The Fountains. Please call before you attend.</p>
<p>Hanging on Together (Anxiety/Bipolar/Depression) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Fridays from 7 – 9 pm at Banner Desert Medical Center in the Rosati Education Center Cholla Room. Please call before you attend.</p>

1400 S. Dobson Rd. Mesa, AZ	
M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org	Assists people in navigating the mental health system in Arizona.
Minds over Matter (Depression/Anxiety) 480-994-4407 x10 www.mhaarizona.org 1700 N. Granite Reef Rd. Scottsdale, AZ	1st and 3rd Wednesdays from 4 – 5:30 pm at Granite Reef Senior Center in Room #9. Please call before you attend.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Support Groups - Anxiety Disorders

Resource	Description
NAMI Family Support Groups 602-244-8166 http://www.namiaz.com/page45/index.html	Weekly support group for people living with depression, bipolar disorder, schizophrenia, and other disorders. Meets for 90 minutes and offers a structured group process designed to encourage, support, and empower.
National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034	Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.

<p>New Dawn (General Mental Health) 480-994-4407 x10 www.mhaarizona.org 2255 W. Northern Ave., Suite B100 Phoenix, AZ</p>	<p>Tuesdays from 7 – 9 pm at PSA Behavioral Health Agency. Please call before you attend.</p>
<p>Obsessive Compulsive Disorders Group 480-994-4407 x10 www.mhaarizona.org 7575 E. Earl Drive Scottsdale, AZ</p>	<p>2nd and 4th Thursdays from 7 – 9 pm at Banner Behavioral Health Center. Please call before you attend.</p>
<p>PTSD Group 480-994-4407 x10 www.mhaarizona.org 650 E. Indian School Rd. Phoenix, AZ</p>	<p>Thursdays from 6 – 8pm at the VA in room K-112. Please call before you attend. Open to anyone with PTSD (not just vets).</p>
<p>Strength of Us 1-800-950-6264 N</p>	<p>Offers an online support group and support resources for young adults with mental illness. Discussion topics include transition to adulthood, campus life, healthy relationships, education, and creativity.</p>
<p>Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>3rd Saturday of the month at 10am. Please call before you attend.</p>
<p>VOICE (All Disabilities) 602-814-9717 5959 W. Brown St. Glendale, AZ</p>	<p>2nd Tuesday from 2pm – 4pm at Glendale Main Library. Please call before you attend.</p>

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Support Groups - Bipolar Disorders

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Avondale Support Group (All Mental Illnesses) 602-274-0068</p> <p>328 W. Western Ave. Avondale, AZ</p>	<p>1st & 3rd Mondays at 5:30pm. Please call before you attend.</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Being Heard (All Mental Illnesses) 480-994-4407 x10 www.mhaarizona.org 1400 S. Dobson Rd. Mesa, AZ</p>	<p>Wednesdays from 7 – 9 pm in the Rosati Education Center Mesquite Room. Please call before you attend.</p>
<p>Bipolar Bears (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Wednesdays from 7 – 9 pm at St. Luke’s Behavioral Health Center in the Behavioral Health Auditorium. Please call before you attend.</p>

1800 E. Van Buren St. Phoenix, AZ 85006	
Bipolar Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016	3rd Saturday from 5 – 7 pm. Please call before you attend.
Bipolar Support Group (GLBTQ Specific) 602-274-0068 www.bipolarwellnessnetwork.org 725 W. Indian School Rd. #125 Phoenix, AZ	Wednesdays at 2 pm at 1 Voice Community Center. Please call before you attend.
Calm Waters (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 10307 W. Coggins Drive Sun City, AZ	Sundays from 4 – 6 pm at Menke's Sun City Room. Please call before you attend.
Choices in Recovery 800-526-7736 http://www.choicesinrecovery.com/	Offers support and information for Schizophrenia, Schizoaffective, and Bipolar Disorder. The website offers education, resources, and strategies for success. Caregiver resources are also available.
Depression and Bipolar Support Alliance 800-826-3632 www.dbsalliance.org.	Offers referrals for support groups, counseling services, medication services, and many other support services/materials.
Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014	Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.

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Support Groups - Bipolar Disorders

Resource	Description
<p>Finding Balance (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 18699 N. 67th Ave. Glendale, AZ</p>	<p>Fridays from 4 – 6 pm at Arrowhead Physician’s Building in the Sierra Room. Please call before you attend.</p>
<p>First Light (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 13724 W. Meeker Blvd. Sun City, Phoenix</p>	<p>Tuesdays from 5:30 – 7:30 pm at Lord of Life Lutheran Church in room #1. Please call before you attend.</p>
<p>General Support Group 602-274-0068 www.bipolarwellnessnetwork.org 12030 N. 113th Ave. Youngtown, AZ</p>	<p>Thursdays at 6:30 pm at The Fountains. Please call before you attend.</p>
<p>Guiding Light (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 10440 E. Via Linda Scottsdale, AZ</p>	<p>Fridays from 3 – 4:45 pm at Via Linda Senior Center in Conference Room 8. Please call before you attend.</p>
<p>Hanging on Together (Anxiety/Bipolar/Depression) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Fridays from 7 – 9 pm at Banner Desert Medical Center in the Rosati Education Center Cholla Room. Please call before you attend.</p>

1400 S. Dobson Rd. Mesa, AZ	
M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org	Assists people in navigating the mental health system in Arizona.
NAMI Family Support Groups 602-244-8166 http://www.namiaz.com/page45/index.html	Weekly support group for people living with depression, bipolar disorder, schizophrenia, and other disorders. Meets for 90 minutes and offers a structured group process designed to encourage, support, and empower.
National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034	Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.
NDMDA Depression & Bipolar Hotline 800-826-3632	Offers telephonic support and support group referrals. Phone lines available from 8:30am – 5pm Central Time.
New Dawn (General Mental Health) 480-994-4407 x10 www.mhaarizona.org 2255 W. Northern Ave., Suite B100 Phoenix, AZ	Tuesdays from 7 – 9 pm at PSA Behavioral Health Agency. Please call before you attend.
Strength of Us 1-800-950-6264 N	Offers an online support group and support resources for young adults with mental illness. Discussion topics include transition to adulthood, campus life, healthy relationships, education, and creativity.

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Support Groups - Bipolar Disorders

Resource	Description
Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016	3rd Saturday of the month at 10am. Please call before you attend.
Taking Control (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 15220 N. 39th Avenue Phoenix, AZ 85053	Tuesdays from 6 – 8 pm at Deer Valley Church, Room 2. Please call before you attend.
VOICE (All Disabilities) 602-814-9717 5959 W. Brown St. Glendale, AZ	2nd Tuesday from 2pm – 4pm at Glendale Main Library. Please call before you attend.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Support Groups - Caregivers

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Alzheimer's Association 800-272-3900 http://www.alz.org/dsw/</p>	<p>Offers a 24 hour/day free helpline to provide information, caregiving tips, emotional support, and information and referrals for local resources. Also offers a variety of support groups and online message board support forums.</p>
<p>American Cancer Society, Great West Division 602-224-0524 www.cancer.org 4550 E. Bell Rd, Suite 126 Phoenix, AZ 85032</p>	<p>Funds Cancer Research, provides cancer prevention, advocacy and community education, and information and support services for cancer patients and family members.</p>
<p>American Heart Association 602-414-5353 www.heart.org 2929 S. 48th St Tempe, AZ 85282</p>	<p>Provides cardiovascular disease and stroke prevention and research, as well as public and professional education and information.</p>

<p>Arizona Living Well Institute 480-982-3118 http://azlwi.org/</p>	<p>Offers a free Healthy Living Workshop. The Healthy Living Workshop is a 6 week self-management workshop that meets once a week, for 2.5 hours. Each workshop is facilitated by 2 trained leaders following an established curriculum. This is not a lecture course; workshops are interactive with discussion encouraged. The workshop is designed to help people with ongoing health problems manage them more effectively. Caregivers or family members who serve as caregivers are welcomed.</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Caregiver Support Groups (Benevilla) 623-584-4999 www.benevilla.org</p>	<p>Various groups offered at various times and locations.</p>
<p>Caregiver's Support Group 602-317-9391 3118 S. Price Rd. Chandler, AZ 85248</p>	<p>Do you struggle with the stress of being a caregiver? You are not alone. Come join us in getting the support that you need to adequately care for yourself and learn clinically proven techniques to reduce stress, anxiety, depression and improve your relationships.</p>
<p>Chandler Regional Hospital 877-728-5414</p>	<p>Offers a variety of free support groups (cancer, motherhood, and stroke), as well as a free 6 week grief program.</p>
<p>Choices in Recovery 800-526-7736 http://www.choicesinrecovery.com/</p>	<p>Offers support and information for Schizophrenia, Schizoaffective, and Bipolar Disorder. The website offers education, resources, and strategies for success. Caregiver resources are also available.</p>
<p>Evening Family Support Group (Family/Friends) 602-759-8177 http://www.namiaz.com/page45/index.html 28th St. & Devonshire (North of Indian School) Phoenix, AZ</p>	<p>Meets the 1st and 3rd Wednesdays of the month from 6pm to 7:30pm. Open to all adults who have a family member or friend who is living with a mental illness, regardless of diagnosis. Share feelings, difficulties, or successes.</p>

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Support Groups - Caregivers

Resource	Description
<p>Families Giving Hope (Family/Friends) 520-560-2545 www.mhaarizona.org 2150 East Orange Tempe, AZ</p>	<p>Every other Tuesday from 6:30 – 8:30 pm at Tempe Escalante Community Center in the La Paz Conference Room. Please call before you attend.</p>
<p>Families Giving Hope (Family/Friends) 480-238-5252 www.namiaz.org 311 S. Cooper Rd. Gilbert, AZ</p>	<p>2nd and 4th Thursdays from 6:30 – 8:30 pm at First Methodist Church. Please call before you attend.</p>
<p>Families in Recovery 480-440-8405</p> <p>262 E. University Dr. Mesa, AZ</p>	<p>1st and 3rd Mondays from 6:30pm – 8pm at Terros. Please call before you attend.</p>
<p>Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014</p>	<p>Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.</p>
<p>Family Support Group (Glendale) 602-244-8166 www.namiaz.org</p>	<p>2nd and 4th Thursdays from 6pm – 7:30pm at Arrowhead Hospital Sierra Room. Please call before you attend.</p>

18699 N. 67th Ave. #105B Glendale, AZ	
M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org	Assists people in navigating the mental health system in Arizona.
National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034	Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.
Open Hearts Family Wellness 602-285-5550 https://www.openheartsaz.org/phx/ 4414 N. 19th Ave. Phoenix, AZ 85015	Provides family coaching, counseling, support, and access to community resources to help families and their children cope with behavioral issues.
Parent Education and Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016	1st Saturday of each month. Please call before you attend.
Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016	3rd Saturday of the month at 10am. Please call before you attend.
The National Caregiver Support Line 855-260-3274 http://www.caregiver.va.gov/	Provides information regarding new caregiver benefits, referrals to local caregiver support coordinators as well as emotional support to those concerned with their ability to provide care to loved ones who are Veterans.

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Support Groups - Caregivers

Resource	Description
Touchstone Family Connections 602-316-7134 http://www.touchstonebh.org/ 15648 N. 35th Ave., Bldg C, CDJ Training Room Phoenix, AZ 85053	Offers a family support group on the first Tuesday of each month from 6 pm to 7:30 pm. Offers an educational group on the third Tuesday of each month from 6 pm to 8 pm. Child care is available. Please RSVP before attending.

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Support Groups - Depressive Disorders

Resource	Description
2-1-1 Arizona (Community Information & Referral)	The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.

<p>877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	
<p>A New Day (Depression) 480-994-4407 x10</p> <p>9745 W. Peoria Ave. Peoria, AZ 85345</p>	<p>Thursdays from 5:30pm – 7:30pm at West Valley Center for Spiritual Living in the first floor meeting room. Please call before you attend.</p>
<p>Avondale Support Group (All Mental Illnesses) 602-274-0068</p> <p>328 W. Western Ave. Avondale, AZ</p>	<p>1st & 3rd Mondays at 5:30pm. Please call before you attend.</p>
<p>Banner Behavioral Health 602-254-4357 www.bannerhealth.com</p>	<p>Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. No proof of citizenship required. Also provides access to all Banner facilities to determine inpatient bed availability. Also offers free support groups on a wide range of topics.</p>
<p>Being Heard (All Mental Illnesses) 480-994-4407 x10 www.mhaarizona.org 1400 S. Dobson Rd. Mesa, AZ</p>	<p>Wednesdays from 7 – 9 pm in the Rosati Education Center Mesquite Room. Please call before you attend.</p>
<p>Bipolar Bears (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 1800 E. Van Buren St. Phoenix, AZ 85006</p>	<p>Wednesdays from 7 – 9 pm at St. Luke’s Behavioral Health Center in the Behavioral Health Auditorium. Please call before you attend.</p>
<p>Bipolar Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>3rd Saturday from 5 – 7 pm. Please call before you attend.</p>
<p>Bipolar Support Group (GLBTQ Specific) 602-274-0068</p>	<p>Wednesdays at 2 pm at 1 Voice Community Center. Please call before you attend.</p>

www.bipolarwellnessnetwork.org 725 W. Indian School Rd. #125 Phoenix, AZ	
Calm Waters (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 10307 W. Coggins Drive Sun City, AZ	Sundays from 4 – 6 pm at Menke's Sun City Room. Please call before you attend.
Depression and Bipolar Support Alliance 800-826-3632 www.dbsalliance.org.	Offers referrals for support groups, counseling services, medication services, and many other support services/materials.
Depression Peer Support Group 480-994-4407	Peer support groups for various needs

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Support Groups - Depressive Disorders

Resource	Description
Family Involvement Center 602-288-0155 www.familyinvolvementcenter.org 5333 North 7th Street, Suite A-100 Phoenix, AZ 85014	Designed to assist and support families and caregivers to ensure children with emotional, behavioral, or mental health disorders succeed. They offer educational events, support groups, and resources. Topics change monthly. Call for updated information.

<p>Finding Balance (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 18699 N. 67th Ave. Glendale, AZ</p>	<p>Fridays from 4 – 6 pm at Arrowhead Physician’s Building in the Sierra Room. Please call before you attend.</p>
<p>First Light (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 13724 W. Meeker Blvd. Sun City, Phoenix</p>	<p>Tuesdays from 5:30 – 7:30 pm at Lord of Life Lutheran Church in room #1. Please call before you attend.</p>
<p>General Support Group 602-274-0068 www.bipolarwellnessnetwork.org 12030 N. 113th Ave. Youngtown, AZ</p>	<p>Thursdays at 6:30 pm at The Fountains. Please call before you attend.</p>
<p>Guiding Light (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 10440 E. Via Linda Scottsdale, AZ</p>	<p>Fridays from 3 – 4:45 pm at Via Linda Senior Center in Conference Room 8. Please call before you attend.</p>
<p>Hanging on Together (Anxiety/Bipolar/Depression) 480-994-4407 x10 www.mhaarizona.org 1400 S. Dobson Rd. Mesa, AZ</p>	<p>Fridays from 7 – 9 pm at Banner Desert Medical Center in the Rosati Education Center Cholla Room. Please call before you attend.</p>
<p>M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Assists people in navigating the mental health system in Arizona.</p>
<p>Minds over Matter (Depression/Anxiety) 480-994-4407 x10 www.mhaarizona.org 1700 N. Granite Reef Rd. Scottsdale, AZ</p>	<p>1st and 3rd Wednesdays from 4 – 5:30 pm at Granite Reef Senior Center in Room #9. Please call before you attend.</p>

<p>NAMI Family Support Groups 602-244-8166 http://www.namiaz.com/page45/index.html</p>	<p>Weekly support group for people living with depression, bipolar disorder, schizophrenia, and other disorders. Meets for 90 minutes and offers a structured group process designed to encourage, support, and empower.</p>
<p>National Alliance on Mental Illness 602-244-8166 www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034</p>	<p>Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.</p>
<p>NDMDA Depression & Bipolar Hotline 800-826-3632</p>	<p>Offers telephonic support and support group referrals. Phone lines available from 8:30am – 5pm Central Time.</p>

Please contact the service providers directly for information about any of the services listed. Contact Southwest Network, HelpBook@SouthwestNetwork.org, only to report an incorrect listing or to suggest a resource that could be added to the directory. Thank you.



Support Groups - Depressive Disorders

Resource	Description
<p>New Dawn (General Mental Health) 480-994-4407 x10 www.mhaarizona.org 2255 W. Northern Ave., Suite B100 Phoenix, AZ</p>	<p>Tuesdays from 7 – 9 pm at PSA Behavioral Health Agency. Please call before you attend.</p>
<p>Strength of Us 1-800-950-6264 N</p>	<p>Offers an online support group and support resources for young adults with mental illness. Discussion topics include transition to adulthood, campus life, healthy relationships, education, and creativity.</p>

<p>Support Group (MIKID) 602-253-1240 www.mikid.org 2642 E. Thomas Rd. Phoenix, AZ 85016</p>	<p>3rd Saturday of the month at 10am. Please call before you attend.</p>
<p>Taking Control (Depression/Bipolar) 480-994-4407 x10 www.mhaarizona.org 15220 N. 39th Avenue Phoenix, AZ 85053</p>	<p>Tuesdays from 6 – 8 pm at Deer Valley Church, Room 2. Please call before you attend.</p>
<p>VOICE (All Disabilities) 602-814-9717</p> <p>5959 W. Brown St. Glendale, AZ</p>	<p>2nd Tuesday from 2pm – 4pm at Glendale Main Library. Please call before you attend.</p>

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Support Services

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>

<p>Ability360 602-256-2245 www.ability360.org 5025 E. Washington St., #200 Phoenix, AZ 85034</p>	<p>Provides information, programs, events, and resources to assist individuals with disabilities take personal responsibility so they may achieve or continue independent living. Also offers a medical loan closet.</p>
<p>Andre House 602-255-0580 www.andrehouse.org 213 S. 11th Ave. Phoenix, AZ 85007</p>	<p>Offers transitional housing for men and women; call 602-252-9023 between 10:15am and 12pm on Tuesday or Wednesday, or between 8am and 9:30am on Saturday to schedule an interview. Offers a nightly meal Saturday through Thursday between 5:30pm and 6:30pm. Offers a clothing closet for adult clothes on Monday, Wednesday, and Thursday at 10am, and on Saturday at 1pm. Offers showers at 1pm Monday through Thursday, and at 12:30pm on Saturday. Offers free laundry services on Monday, Tuesday, Thursday, and Saturday. Drop off one load at 10am on Monday, Tuesday or Thursday, and at 1pm on Saturday. Clothing will be washed, dried, and folded, and ready for pick up in the afternoon. Also offers locker rentals for \$10 key deposit and \$2/month; office is open Monday through Thursday from 3:30pm to 4:30pm. Proof of citizenship not required, but ID required for some services.</p>
<p>Arizona Living Well Institute 480-982-3118 http://azlwi.org/</p>	<p>Offers a free Healthy Living Workshop. The Healthy Living Workshop is a 6 week self-management workshop that meets once a week, for 2.5 hours. Each workshop is facilitated by 2 trained leaders following an established curriculum. This is not a lecture course; workshops are interactive with discussion encouraged. The workshop is designed to help people with ongoing health problems manage them more effectively. Caregivers or family members who serve as caregivers are welcomed.</p>
<p>Arizona Spinal Cord Injury Association 602-507-4209 www.azspinal.org 5025 E. Washington St. STE #110 Phoenix, AZ 85034</p>	<p>The Arizona Spinal Cord Injury Association is a nonprofit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer support, family support, and education of consumers, families, caregivers and professionals. We also link consumers and families with vocational, social and recreational resources, and offer accessible transportation services, as well as a number of support groups throughout the valley.</p>
<p>Benevilla 623-584-4999 www.benevilla.org</p>	<p>Home support services available to those with limited resources by volunteers. Services include friendly visits, telephone calls, grocery shopping, handyman services, and transportation. They also offer assistance locating resources to meet specific needs.</p>
<p>Bridging AZ Furniture Bank 480-833-3997 http://bridgingaz.org/</p>	<p>Bridging AZ's mission is to provide basic furniture and household goods to economically disadvantaged individuals and families living in our community through registered Service Agencies.</p>

Phoenix, AZ	
<p>Destiny Sober Living 602-249-6674 http://www.destinyhouse.biz</p> <p>Locations in Mesa, Laveen, Phoenix, and Buckeye</p>	<p>Inpatient program for adults ages 18+ with substance abuse/dependence issues, general mental health issues, involvement with Child Protective Services and/or Adult Probation or Parole. Residents may be self-referred or court ordered. Specialty areas include treatment for: Substance-Related and Addictive Disorders, Depressive Disorders, Anxiety Disorders, Bipolar and Related Mood Disorders, Schizophrenia Spectrum and other Psychotic Disorders, ADD-ADHD, Obsessive Compulsive Related Disorders, Trauma-and Stressor-Related Disorders, Dissociative Disorders, Somatic Symptom and Related Disorders, Disruptive, Impulse-Control, Conduct Disorders, and Personality Disorders.</p>
<p>Family of Choice Guide: Your Roadmap To The Behavioral Health Care System</p> <p>http://www.mercymaricopa.org/assets/pdf/members/directories-guides/MMIC-Family-Resource-Guide.pdf</p>	<p>This guide from Mercy Maricopa Integrated Care, the regional behavioral health authority, is designed for those who care and want to support an adult who is receiving treatment for a serious mental illness.</p>
<p>Friendship Community Mental Health Center 602-241-6656 X107</p>	<p>Partial Hospitalization Program that offers group therapy, case management services, and some counseling, with a psychiatrist and RN on staff. They offer a sliding scale fee schedule based on client income.</p>
<p>Hope's Crossing 602-795-8098 www.hopescrossing.org 830 N. 1st Ave. Phoenix, AZ 85003</p>	<p>Offers programs to women following release from incarceration to strengthen each individual personally, professionally and spiritually, by surrounding them with a team of mentors, facilitators and case managers to guide these women down a path to restore hope in their lives and the lives of their families, to reach self-sustainability. Programs include Employment/Educational/Volunteer Services, Social/Life Skills Development, and Personal and Professional Skills Training.</p>

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Support Services

Resource	Description
<p>Linda I. Simpson 602-264-5260</p>	<p>Offers life coaching and recovery support services for a sliding scale fee. These services can include employment support and advocacy assistance. Linda is also a W.R.A.P. facilitator.</p>
<p>M.I.K.I.D. (formerly Mental Health America of Arizona) 480-994-4407 x10 www.mhaarizona.org</p>	<p>Assists people in navigating the mental health system in Arizona.</p>
<p>Mental Health America of Arizona 602-576-4828 https://www.mhaarizona.org/ 5110 N. 40th St, Suite 107 Phoenix, AZ 85018</p>	<p>The Arizona branch of the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. Offers educational programs, information, advocacy, and links to resources throughout Arizona.</p>
<p>My Hope For Addiction 480-782-0403 www.myhopeforaddiction.com PO Box 525 Gilbert, AZ 85299</p>	<p>Our purpose is to walk alongside, equip and care for those who struggle with addiction. There is hope, and lasting change is possible.</p>
<p>Narcotics.com 800-407-7195 https://www.narcotics.com/</p>	<p>Promotes and provides access to quality narcotics treatment programs as well as education, support, guidance, and treatment placement. Also provides a contact list of Narcotics Anonymous meetings in Arizona as well as a 24/7 hotline.</p>
<p>National Alliance on Mental Illness 602-244-8166</p>	<p>Offers multiple support groups, educational programs, and seminars for recipients and family or friends throughout the valley.</p>

<p>www.namiaz.com 5025 E. Washington St. Suite 112 Phoenix, AZ 85034</p>	
<p>New Directions Institute for Early Childhood Brain Development 480-729-6510 www.ArizonasChildren.org 1420 N. Greenfield Rd., Suite 105 Gilbert, AZ 85234</p>	<p>Provides free parenting workshops for parents, grandparents and caregivers with free childcare available during most classes. Also, offers interactive workshops where parent/caregiver and child learn together. Some programs focus on pre-literacy/reading. All classes include materials and gifts for attending. New Directions' programs are offered FREE to families and caregivers of children birth to five years.</p>
<p>one-n-ten 602-279-0894 www.onenten.org 3660 N 3rd St. Phoenix, AZ 85013</p>	<p>One-n-ten provides a safe, social environment for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Offers drop-in social support services for LGBTQ youth ages 14-22 to develop positive self-acceptance through life enhancing programs and connection with local resources. Offers two weekly meetings and various social events and resources. Offers GED services, job development, benefits assistance, HIV testing, and a soup kitchen/food box kitchen 4 days/week. All services are free, and there are no citizenship requirements.</p>
<p>PLAN of Arizona 602-859-1926 www.planofarizona.org</p>	<p>Provides private case management services for individuals and families of those who are disabled due to mental and/or physical disabilities. This is a fee-for-service provider. Assist families with long term estate planning with a trust agreement that protects government benefits while enhancing quality of life by approved trust disbursements.</p>
<p>Recovery Empowerment Network 602-248-0368 www.rehaz.org</p>	<p>Offers free education and training programs for learning more about mental illness and becoming a Peer Support Specialist, as well as free peer advocacy services.</p>
<p>The New Song Center for Grieving Children http://www.hov.org/welcome-new-song-center-grieving-children</p>	<p>When tragedy claims the life of a loved one, families often need help finding a way to heal. The New Song Center for Grieving Children is here to provide nurturing support for grieving children, teens, young adults and their families.</p>

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Support Services

Resource	Description
<p>The Wellness Community 602-712-1006 www.twccaz.org 360 E. Palm Ln. Phoenix, AZ 85004</p>	<p>Provides a wide array of support groups and support services for any individual affected by any type of cancer, including teen and adult survivors, caregivers, families, children, and friends of survivors. Proof of citizenship not required.</p>
<p>Toby House 602-234-3338 ww.tobyhouse.com 5717 N. 7th St. Phoenix, AZ 85014</p>	<p>Offers SMI outpatient day treatment to assist recipients in learning independent living skills, including time management, problem solving skills, and anger management. These services will be available for \$2/day for Non-Titled recipients.</p>
<p>Visions of Hope WARM Line 602-347-1100</p>	<p>Offers a healthy choice when you need non-crisis, non-judgmental, non-clinical, confidential support. Open every night from 4 pm to 12 am. Operated by Peer Support Specialists.</p>
<p>Voices and Visions Phoenix 602-248-0368 http://renaz.org/voices/hearing-voices-network.html 202 E. Osborn Road Phoenix, AZ</p>	<p>Meets every 1st & 3rd Tuesday from 6 pm to 7:30 pm. Open to anyone who hears voices, sees visions, or has unusual beliefs.</p>
<p>Women's Services Directory, a Guide to Substance Abuse and Mental Health Support http://www.mercymaricopa.org</p>	<p>Agencies in this directory from Mercy Maricopa Integrated Care, the regional behavioral health authority, provide treatment and other services to eligible women. To qualify, you must be eligible for Medicaid.</p>

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Transportation

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>ADA Cab (Valley Metro Program) 602-801-1163 http://www.valleymetro.org/</p>	<p>Offers ADA-certified Phoenix residents under the age of 65 the opportunity to buy coupons to use to pay for cab trips. Each coupon is worth a dollar, and the \$20-coupon books sell at 30 percent of their value, or \$6 apiece. Participants can buy a maximum of \$40 at that discount, and can purchase an additional \$40 at half price; in total, users can buy up to \$80 worth of taxi vouchers monthly for \$32. The coupons can be used for an entire trip, and can be combined with cash fares to travel further.</p>
<p>Arizona Spinal Cord Injury Association 602-507-4209 www.azspinal.org 5025 E. Washington St. STE #110 Phoenix, AZ 85034</p>	<p>The Arizona Spinal Cord Injury Association is a nonprofit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer support, family support, and education of consumers, families, caregivers and professionals. We also link consumers and families with vocational, social and recreational resources, and offer accessible transportation services, as well as a number of support groups throughout the valley.</p>

<p>ArizonaSERVES www.azdes.gov/arizonaserveshome.aspx</p>	<p>Online database for finding community resources for foster care, childcare, family resources, and transportation resources.</p>
<p>Benevilla 623-584-4999 www.benevilla.org</p>	<p>Home support services available to those with limited resources by volunteers. Services include friendly visits, telephone calls, grocery shopping, handyman services, and transportation. They also offer assistance locating resources to meet specific needs.</p>
<p>City of Phoenix Human Services Department South Phoenix 602.534.4732 https://www.phoenix.gov/humanservices/programs/emergency</p>	<p>The Human Services Department offers a variety of social services to low-income households experiencing crisis. Services are provided through three family services centers, geographically dispersed throughout the city. Each center provides a broad range of assistance with urgent needs including utility, eviction prevention and/or move-in cost assistance. Caseworkers also provide employment, budgeting, social and life-skills development counseling assistance through case management services at the family and senior services centers. These services assist families and adult individuals resolve problems and ultimately achieve self-sufficiency.</p>
<p>Community Pharmacy 602-682-7660</p>	<p>Offers free delivery service (within 5 miles) of medications, and contracts with Mercy Maricopa</p>
<p>Foothills Caring Corps 480-488-1105 http://foothillscaringcorps.com/</p>	<p>Offers free in home services (including visits, meals, business help, and minor home repair) and transportation services (including social outings, grocery transportation, and medical appointment transportation) to homebound and/or disabled adults in North Scottsdale (85255 north of Bell Rd, 85262), Carefree (85377), Cave Creek (85327, 85331), and Carefree Highway to I-17 (85085, 85086).</p>
<p>Fry's Mercado 602-415-5700 www.frysfood.com 4230 W. McDowell Rd. Phoenix, AZ 85009</p>	<p>Offers free transportation home (from 27th Ave. to 59th Ave., and from Van Buren St. to Indian School Rd.) with the purchase of \$20-\$25 worth of groceries.</p>
<p>Ranch Market www.prosranch.com</p>	<p>All valley Ranch Markets offer free shuttle service home, or to any other location, within 15 miles of their store after the purchase of \$25 or more in groceries. See your neighborhood Ranch Market for details.</p>

Senior Cab
602-801-1163
www.phoenix.gov

This program, offered by City of Phoenix, allows seniors 65 and over who live in Phoenix to buy discounted taxi coupons for 30% of their value. Seniors can buy up to 40 coupons (\$1 value) per month at 70% subsidy, and an additional 40 coupons at 50% subsidy. All coupons will expire 6/30/2011.

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Transportation

Resource	Description
<p>The Salvation Army 602-267-4122 www.salvationarmyusa.org</p>	<p>Provides assistance with food, rent payments, utility payments, transportation costs, prescription costs, hygiene supplies, counseling, clothing, and other emergency assistance for individuals and families in need. Programs located throughout the valley.</p>
<p>Valley Metro 602-253-5000 www.valleymetro.org</p>	<p>Offers reduced fare bus passes to youth (ages 6-18), seniors (age 65+), and persons with disabilities and Medicare card holders (must have proof of disability). Reduced fare is \$0.85/ride. Ask your doctor to complete the Reduced Fare Application, and call the Customer service line is 602-253-5000 for information on sites that can issue the Reduced Fare ID card. There is a \$2.50 fee for the Reduced Fare ID card.</p>
<p>Valley Metro 480-962-7433 www.valleymetro.org</p>	<p>Provides senior citizens (65+) and persons with disabilities living in Chandler, Gilbert, Mesa, and Tempe transportation options outside of regular Valley Metro services. Program options include Coupons for Cabs, Taxi Vouchers, Circulators, Mesa Mileage Reimbursement, and Volunteer Driver Program (Chandler/Gilbert).</p>
<p>Valley Metro Mobility Center 602-716-2100 http://www.valleymetro.org/valley_metro/overview/mobility_center</p>	<p>Offers an on-site travel training center, in-person ADA interviews and certification, and information on alternative travel programs. Provides a free travel training program to individuals with a disability and at least one</p>

4600 E. Washington, #102
Phoenix, AZ

identified route to learn. ADA-certified individuals who live in Avondale, Chandler, Gilbert, Mesa, Peoria, or Tempe can also obtain a free ADA Platinum Pass that provides transportation by bus or light rail for no cost.

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Unemployment Benefits

Resource	Description
Arizona Department of Economic Security - Employment Administration https://www.azdes.gov/esa/	Provides a web portal for job seekers in Arizona with information on available jobs and job support services throughout the valley.
Arizona Unemployment Insurance Office 602-364-2722 www.azui.com	Offers unemployment compensation for individuals out of work, generally through no fault of their own, for periods between jobs.

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Veterans' Resources

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>Arizona Opportunities Industrialization Center 602-513-8311 www.azoic.org 39 E. Jackson St. Phoenix, AZ 85004</p>	<p>Offers specific job training courses with certification to the community. Offers GED preparation, job leads, and a clothing closet. Offers free work readiness skill building courses, counseling, and job placement for homeless veteran's.</p>
<p>City of Phoenix 602-262-4422 www.phoenix.gov/housing</p>	<p>Offers low rent public housing, scattered sites home ownership, the affordable housing program, and senior and disabled housing programs for income eligible individuals and families. Applications required, and most programs have a wait list.</p>
<p>Community Resource and Referral Center for Homeless Veteran Services 602-248-6040 1500 E. Thomas Road, Suite 106 Phoenix, AZ 85014</p>	<p>The center is open Monday-Friday and provides a daily shuttle to and from the VA, eligibility verification and registration, a clothing and hygiene program, outreach and assessment for all healthcare and housing needs, peer support, employment services, medical care, and substance abuse services.</p>
<p>Give An Hour www.giveanhour.org</p>	<p>Offers free counseling for military personnel and their families affected by the current conflicts in Iraq and Afghanistan.</p>

<p>Military & Veteran's Peer Support Group 480-593-4630 www.phoenix.va.gov 215 E. Indian School Rd. Phoenix, AZ 85012</p>	<p>Thursdays at 2 pm at the Phoenix VA Hospital, room D540. Please call before you attend.</p>
<p>NAMI - Veteran's Resource Center 800-950-6264 http://www.nami.org/Template.cfm?section=Find_Support</p>	<p>Go to the website, and click on "Veterans and Military Resource Center" for available veteran specific information regarding Mental Health Care.</p>
<p>National Resource Directory www.NRD.gov</p>	<p>The National Resource Directory (www.NRD.gov) provides access to thousands of services and resources at the national, state and local levels to support recovery, rehabilitation and reintegration. Wounded warriors, Service Members, Veterans, families and caregivers can find information on key topics such as health care, employment and education.</p>
<p>PTSD Foundation of America - Arizona 832-912-4429 www.ptsdUSA.org 9724 Derrington Houston, TX 77064</p>	<p>Provides hope and healing for the unseen wounds of war. Combat Trauma Support Line: 877-717-PTSD (7873)</p>
<p>PTSD Group 480-994-4407 x10 www.mhaarizona.org 650 E. Indian School Rd. Phoenix, AZ</p>	<p>Thursdays from 6 – 8pm at the VA in room K-112. Please call before you attend. Open to anyone with PTSD (not just vets).</p>
<p>The National Caregiver Support Line 855-260-3274 http://www.caregiver.va.gov/</p>	<p>Provides information regarding new caregiver benefits, referrals to local caregiver support coordinators as well as emotional support to those concerned with their ability to provide care to loved ones who are Veterans.</p>

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Veterans' Resources

Resource	Description
VA Home Front 877-424-3838 http://www.va.gov/homeless/	Those who served our country should never face homelessness. The U.S. Department of Veterans Affairs (VA) is committed to ending Veteran homelessness by 2015. VA is providing a comprehensive solution to getting our Veterans off the streets. Yet many Veterans at risk of homelessness are not aware that VA has specialized programs available to get them on their feet before they end up on the street.
Veteran's Administration 602-277-5551 X7455 www.va.gov www.nationalresourcedirectory.gov	Provides 8 levels of eligibility for medical coverage, including mental health coverage. Also offers an online resource directory.
Veteran's Crisis Line 800-273-8255 (press 1) http://www.veteranscrisisline.net/	The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. The website also offers a resource locator and additional online resources.

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Vision Care

Resource	Description
<p>2-1-1 Arizona (Community Information & Referral) 877-211-8661 www.211Arizona.org 2200 N Central Ave #211 Phoenix, AZ 85004</p>	<p>The 2-1-1 helpline and 2-1-1 Arizona website provide information on agencies and various other community resources.</p>
<p>America's Best Eye Care Club 800-896-7247 www.twopair.com</p>	<p>Provides free eye exams (up to two per year) for the life of the membership, and 10% off glasses and contacts. A 3 year membership is \$99.</p>
<p>Arizona State Braille & Talking Book Library 602-255-5578 http://www.lib.az.us/braille</p>	<p>Provides books, magazines and other library resources in alternate formats for all Arizona residents whose visual or physical disabilities prevent the use of conventional print materials. Also offers information about resources and activities around the valley for the visually and hearing impaired.</p>
<p>Eye Care America 800-222-3937 www.eyecareamerica.org</p>	<p>Provides free eye exams based on eligibility (age and risk factors).</p>
<p>Foundation for Blind Children 602-331-1470 http://www.seeitourway.org/ 1235 East Harmont Drive Phoenix, AZ 85020</p>	<p>Creates opportunities for anyone with vision loss to achieve. With three Valley locations (East Valley, West Valley and Central Phoenix), they strive to serve as "the" community's resource for blind, visually-impaired, and multi-handicapped children, adults, and their families.</p>

<p>Knights Templar Eye Foundation 847-490-3838 www.http://www.knightstemplar.org/ktef/.org</p>	<p>Provides assistance with eye surgery for individuals who make less than \$18,000/year and have been declined for services by Medicaid (AHCCCS). Must be a US citizen and have less than \$50,000 in assets.</p>
<p>Lions Sight and Hearing Foundation 602-954-1723 http://www.lions-sight-and-hearing-foundation.org/</p>	<p>Provides assistance with eye glasses, eye surgery, and hearing aids. Glasses and hearing aids provided for a sliding scale fee based on qualifications; recipient is responsible for eyeglass prescription or hearing test. Currently, there is a 4-5 month wait list for hearing assistance.</p>
<p>Midwestern University Eye Institute 623-537-6000 http://www.mwuclinics.com/az/ei</p>	<p>Provides comprehensive eye care on a sliding scale fee for anyone earning up to 200% of FPL. If not qualified for the discounted rate, the comprehensive eye exam is \$35.</p>
<p>One Sight http://www.onesight.org/na/</p>	<p>Provides free vision care and eyewear to those who qualify based on income and need. Must be screened by a partner agency. Contact your local LensCrafters for details.</p>
<p>St. Vincent de Paul Health Center 602-261-6868 www.stvincentdepaul.net</p>	<p>Offers free medical clinic based on need and availability. Has a medical equipment loan program for low income individuals. Also offers a lottery for free dental care. Must call and leave a message. Also has a limited fund for free eye surgery for those who qualify.</p>

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