



## NON-TITLE XIX

# RESOURCE GUIDE

Addiction Recovery ■ Advocacy ■ Al-Anon ■ Anger Management  
Children ■ Clothing ■ Communication ■ Computer Assistance  
Counseling ■ Crisis ■ Dental Care ■ Domestic Violence ■ Eating  
Disorders ■ Education ■ Employment ■ English as a Second Language  
Family Support ■ Financial ■ Food Bank ■ Food Stamps ■ GED  
Programs ■ HIV/AIDS and STDs ■ Hospitalizations ■ Housing  
Interpretation ■ Legal ■ Medical Assistance ■ Medications  
Pharmacy Programs ■ Patient Assistance ■ Parenting Classes  
Referrals & Information ■ Seniors ■ Substance Abuse ■ Support  
Groups ■ Transportation ■ Unemployment ■ Veterans ■ Vision Care

## A GUIDE TO BEHAVIORAL HEALTH RESOURCES IN MARICOPA COUNTY

Although developed for non-Titled individuals, this Resource Guide contains a list of community resources that can be utilized by any person, regardless of Title XIX status.

All resources are verified prior to being placed in the Guide, but circumstances can change. If you find something to be inaccurate, or if you know of a resource that could be added, please call the phone number listed at the bottom of each page. Thank you.



## NON-TITLE XIX RESOURCE GUIDE

### Addiction Recovery Services

The following are resources for getting help with addiction issues. See also Substance Abuse Services.

**Alcoholics Anonymous** – Twelve step groups open to all. For meetings in Glendale call 623-937-7836, in Mesa 480-834-9033, in Phoenix 602-264-1341 (24 hour line) or 602-957-7457.

**Alcohol & Drug Helpline** – Offers drug and alcohol referrals 24 hours a day. Call 1-800-821-4357.

**Alcohol Treatment Referral Line** – National referral source to treatment programs. Call 1-800-252-6465.

**Arizona Council on Compulsive Gambling** – Provides referrals to local Gamblers Anonymous meetings. Call 602-212-0278 for more information.

**Banner Behavioral Health** – Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. Call 602-254-4357 for more information or to schedule an appointment.

**Calgary Addiction Recovery Center** – Faith based addiction treatment in a residential or outpatient setting. Detox services are \$650/day, inpatient services are \$400/day (30 day stay), and outpatient services are \$180/session. Call 602-279-1468 or 1-866-767-6237 for more information or a free assessment.

**Chandler Christian Church Celebrate Recovery** – Christian based program for recovery including 12 step meetings, worship, and guest speakers. Group meets on Friday nights from 7 – 9 pm, dinner is offered at 6 pm (\$3). Free childcare is provided. Call 480-963-3997 for meeting locations.

**Chandler First Assembly of God 12 Step Recovery Program** – Offers a free support group for individuals with any kind of addiction with the purchase of the recovery book (\$15). Meets every Wednesday at 7 pm. Call 480-963-6868 for more details.

**Center for Hope** – Provides residential and comprehensive support services for homeless pregnant women dealing with substance abuse issues, including counseling, parenting classes, health classes, and more. Call 480-461-1711 for more information.

**Cocaine Anonymous Sun Valley Intergroup** – Call 602-279-3838 for meeting information.

**Co-Dependents Anonymous** – Call 602-277-7991 for meeting information.

**Community Bridges** – Offers voluntary medical detoxification services. Call 602-273-9999 for more information in **Phoenix**, 928-425-2415 for more information in **Globe**, or 480-649-1141 for information in the **East Valley**.

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**Drug & Alcohol Hotline** – Offers information about alcohol abuse and referrals for getting help in your community. Call 1-866-925-4030.

**EMPACT-SPC** – Provides individual and family counseling services, including substance abuse counseling, with fees based on financial need. EMPACT also accepts private insurance. Call 480-784-1514 for more information.

**Extended Hand Outreach** – Provides spiritual addiction counseling and mentoring services in a Christian transitional living facility. Provides a job to assist with weekly rent (\$75) if unemployed. Contact James at 623-205-3106 or Marc at 602-758-0057.

**LDS Family Services** – 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. Call 1-800-537-2229 for more information.

**Narcotics Anonymous** – Twelve step groups open to all. For meetings in Maricopa County call 480-897-4636.

**Native American Community Health Center** – Free or low cost medical or dental care for Native Americans from a federally recognized tribe. Also offers mental health services, substance abuse services, and women's services. Call 602-279-5262 for more information.

**New Horizons Counseling Service** – Provides individual and family counseling and education services with sliding scale fee option. Services include general counseling, substance abuse treatment, domestic violence counseling, parenting education and skills training, anger management treatment, and sexual offender treatment. Call 623-939-6567 for more information.

**New Wine 12-Step Recovery & Support Group** – 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. Call 602-678-0999 for more information and meeting location.

**NOVA** – Provides substance abuse counseling and treatment on a sliding scale fee schedule. Call 623-937-9203 to schedule an assessment.

**Overcomers Addiction Recovery Support Group** – Provides a Christian based 12-step support group for individuals and families affected by addictions. Call 602-268-1201 for more information.

**Phoenix Indian Medical Center** – Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe. Call 602-263-1200 for more information.



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**Rio Salado Behavioral Health Systems** – Offers individual, group, and family outpatient counseling, DUI screening, alcohol education and treatment, and anger management services. Fees are based on ability to pay. Call 602-252-9048 for more information.

**Superstition Mountain Mental Health Center** – Provides counseling on a sliding scale fee (starting at \$15/hour) based on income in the East Valley. Also offers chemical dependency treatment based on need and income. Call 480-983-0571 for more information.

**The New Foundation** – Offers outpatient counseling, inpatient substance abuse treatment, inpatient stabilization, and a partial hospitalization program. Offers services on a sliding scale fee option (rates as low as \$20/session). Call 480-945-3302 for more information.

**VALYPAA** – Provides an opportunity for young people in AA to engage in fellowship with each other and provide service to their community. Visit [www.valypaa.com](http://www.valypaa.com) or call 480-233-1796 to learn more.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### Advocacy Services

The following are resources for advocacy or legal assistance. See also Legal Services.

**Advocates for the Disabled** – Provides resources for essential living requirements, including safe housing, food, and clothing. Call 1-800-875-2272 for more information.

**Arizona Bridge to Independent Living** – Provides information, programs, events, and resources to assist individuals with disabilities take personal responsibility so they may achieve or continue independent living. Call 602-256-2245 for more information.

**Arizona Senior Citizen's Law Project** – Offers free information and legal assistance to seniors over 60 in Maricopa County. Call 602-252-6710 for more information. For assistance call 602-252-6710 on Wednesday from 1 – 5 pm.

**Bipolar Wellness Network** – Offers a wide array of free and low cost recovery oriented educational and advocacy classes, as well as support groups. Schedule changes frequently, so call 602-274-0068 for more information.

**Community Alliance Against Family Abuse** – Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions. No eligibility requirements. Contact the local crisis line at 480-982-0196 for more information.

**David's Hope** – Provides information, advocacy, and resources for any individual dealing with legal issues or re-entering the community after serving jail or prison time. Call 602-774-4382 for more information.

**Depression and Bipolar Support Alliance** – Offers referrals for support groups, counseling services, medication services, and many other support services/materials, both over the phone at 1-800-826-3632 and online at [www.dbsalliance.org](http://www.dbsalliance.org).

**Family Advocacy Center** – 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. Call 602-534-2120 and ask for an advocate for more information.

**Labor's Community Service Agency** – Serving the general welfare of our community and advocating for health and human services that meet the needs of all members of the community. Call 602-263-5741 for more information.

**Lighthouse Women's Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.



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**National Alliance on Mental Illness**– Offers multiple support groups, educational programs, and seminars for recipients and family or friends. Call 602-244-8166 for a complete list of groups/events throughout the state.

**Never Again** – Provides civil litigation and legal representation for surviving family members of victims of domestic violence deaths. Call 480-539-9111 for more information.

**Office of Human Rights** – Provides free assistance to those determined to have a Serious Mental Illness in Arizona. For more information, call 602-364-4585.

**Recovery Empowerment Network** – 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. Call 602-248-0368 for more information.

**SAMHSA's National Mental Health Information Center** – Provides information on local mental health and substance abuse services. Call 1-800-789-2647 or visit [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov) for more information.

**Women's Health Coalition of Arizona** – Assists women and children in the AHCCCS application process. For more information or to schedule an appointment call 602-254-5611 x108 in **Phoenix**, 602-372-4298 in **Avondale, Buckeye, or Tolleson**, or 623-333-2703 in **Avondale**.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### Al-Anon Resources

The following are resources for family and friends of those struggling with addiction issues.

**Adult Children of Alcoholics (Maricopa Co.)** – Offer 12 step support meetings at confidential locations. Call 602-241-6760 for more information.

**Al-Anon/Alateen** – Offer 12 step support meetings at confidential locations. Call 602-249-1257 for meetings in Phoenix, call 480-969-6144 for meetings in the East Valley. Call 602-275-4343 for information in Spanish.

**Al-Anon Family Groups Meeting Information Line** – Offers meeting information from 8am to 6pm (EST). Call 1-800-344-2666.

**Alcohol & Drug Helpline** – Offers drug and alcohol referrals 24 hours a day. Call 1-800-821-4357.

**Drug & Alcohol Hotline** – Offers information about alcohol abuse and referrals for getting help in your community. Call 1-866-925-4030.

**Families Anonymous** – Provides 12-step meeting information for families of people who use drugs or alcohol. Call 1-800-736-9805.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### **Anger Management Services**

The following are resources for getting help with anger management issues.  
See also Domestic Violence Services.

**Child Crisis Center Counseling Services** – Offers counseling to children and their families on issues related to abuse and trauma, including anger management counseling. Fees are \$65/intake, and \$50/session. Call 480-222-0194 for more information.

**Faith Counseling Center** – Provides spiritual counseling, guidance, and direction through individual pastoral counseling. Also provides an educational group for those experiencing anger management issues for \$30/session. Offers a reduced fee for services based on need. Call 480-951-5343 for more information.

**Family Resource Center** – Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Call 480-834-9424 for a schedule or more information.

**New Horizons Counseling Service** – Provides individual and family counseling and education services with sliding scale fee option. Services include general counseling, substance abuse treatment, domestic violence counseling, parenting education and skills training, anger management treatment, and sexual offender treatment. Call 623-939-6567 for more information.

**Rio Salado Behavioral Health Systems** – Offers individual, group, and family outpatient counseling, DUI screening, alcohol education and treatment, and anger management services. Fees are based on ability to pay. Call 602-252-9048 for more information.

**Services for Families First** – Non-violent communication approach for stress, anger, relationship management for adults on a sliding scale fee schedule. Call 602-279-1805 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.



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### Children's Resources

The following are resources to address the needs of children. See also Family Support Services.

**Arizona Phoenix Baptist Children's Services** - Offers low cost (\$40 - \$80/session) counseling to children and adults. Also offers an array of parenting classes and resources. Call 602-346-2300 or visit [www.abcs.org](http://www.abcs.org) for more information.

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Brookside** – Offers individual and family counseling for children and adults for a sliding scale fee. Call 480-545-1782 for more information.

**Child Crisis Center Counseling Services** – Offers counseling to children and their families on issues related to abuse and trauma, including anger management counseling. Fees are \$65/intake, and \$50/session. Call 480-222-0194 for more information.

**Children's Action Alliance** – 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. Call 602-266-0707 or visit [www.azchildren.org](http://www.azchildren.org) for more information.

**Crisis Nursery** – This program is designed to break the cycle of abuse and neglect by offering protection, support, and opportunities for families and children. They offer temporary shelter for children with a full array of medical and social services while the children are in the shelter, day programming focused on child development and family/child relationships, and support to high risk families starting during pregnancy. Call 602-273-7363 for more information about receiving assistance.

**Family Involvement Center** – 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. Call 602-288-0155 for more information.

**Family Promise** – Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support. For support or more information call 602-294-0222.

**Family Resource and Recovery Center** – Provides free counseling to children who are recovering from trauma and loss. Call 602-265-3099 for more information.

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**Family Resource Center** – Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Call 480-834-9424 for a schedule or more information.

**Healthy Families** – Provides free parenting support and education to families who are expecting a new baby or have a baby who is under 90 days old. Services continue for up to 5 years. Call 602-266-5976 for more information.

**HEAR for Kids** - Provides financial assistance with obtaining hearing aids for children who do not qualify for AHCCCS. Call Lylis Olsen at 602-690-3975 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**MIKID** – Designed to provide support and assistance to families in Arizona with behaviorally challenged children. They offer educational events, support groups, and resources. Call 602-253-1240 or 1-800-356-4543 for more information.

**Miracle Ear** – 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. Call 1-800-234-5422 for more information.

**My Child's Ready** – Provides free information, support, and education about your child's development for expecting parents or parents of children ages 0-5 in the East Valley. Call 480-304-9440 for more information or to get started.

**Native American Community Health Center** – Free or low cost medical or dental care for Native Americans from a federally recognized tribe. Also offers mental health services, substance abuse services, and women's services. Call 602-279-5262 for more information.

**Parent Education and Support Group (MIKID)** – 1<sup>st</sup> Saturday at 2642 E. Thomas road, Phoenix. Call 602-253-1240 for more information and to reserve childcare.

**Teen Support Group (MIKID)** – 3<sup>rd</sup> Saturday at 2642 E. Thomas road, Phoenix. Call 602-253-1240 for more information.

**The New Foundation** – Offers outpatient counseling, inpatient substance abuse treatment, inpatient stabilization, and a partial hospitalization program. Offers services on a sliding scale fee option (rates as low as \$20/session). Call 480-945-3302 for more information.

**Toys for Tots** – To request a toy for a child, contact the local Toys for Tots Coordinator, Sgt Travis Flowers at 602-353-3068.



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**Unlimited Potential** – 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; early childhood programs foster language and socialization. Call 602-243-7376 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### Clothing

The following are resources for obtaining free clothing in the community.

**Agua Fria Food & Clothing Bank** – Free clothing resource open from 8:30 am – 2 pm Monday through Thursday, and 8:30 am – 12:30 pm on Friday. Call 623-932-9135 for more information.

**Andre House** – Offers a clothing closet for adults on Mondays, Wednesdays, and Thursdays at 10am, and on Saturdays at 1. The gates open ½ hour early for line formation, and only 30 people are served each day. Go to 213 South 11<sup>th</sup> Avenue, Phoenix for assistance or call 602-255-0580 for more information.

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Casa de Amor Computer Technology Center** – Free food and clothing available. Call 480-464-2877 for more information.

**Chandler Community Action** – Offers clothing and food box referrals for walk-ins Monday through Friday from 7 am to 4 pm. Call 480-963-4321 for more information or go to 650 N. Arizona Avenue, Chandler for assistance.

**Concerned Citizens for Community Health** – Offers vouchers for food and clothing. Call 480-312-2323 for more information/assistance.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**Phoenix Rescue Mission** – Offers a monthly food box to families in need, and three meals a day open to the public. Must show proof of residence and identity. Food pantry located at 3532 W. Thomas Road, #9, and is open from 8:30am to 12noon and 12:30p to 3pm Monday through Friday. Soup kitchen (free meals) is located at 1801 S. 35<sup>th</sup> Avenue, Phoenix. Also offers free clothing to men, women, and children in need. Call 602-272-4582 for more information.

**The Once-a-Month Church** - Provides monthly outreach to poor and homeless individuals including lunch, clothing, shoes, personal items (as donations allow), life skills training, and empowerment training. Occurs the last Sunday of every month from 11am - 1pm at the Margaret T. Hance Park (2nd St. and Moreland, Phoenix). Call Rev. Dorothy Williams at 602-593-5903 for more information.



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**The Salvation Army** – 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. Call 480-833-8322 in Mesa, 480-963-2041 in Chandler, 602-267-4127 in Phoenix, and 480-967-8649 in Tempe.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### Communication

The following is a list of communication resources, including English as a Second Language resources.

**American Cell Phone Drive** – Provides free cell phones for 9-1-1 calls. Visit <http://www.americancellphonedrive.org/cell-phone-emergency-911.cfm> to request your free cell phone for emergency use.

**AT & T Language Line** – Communicate with anyone in over 170 languages within minutes. Call 1-800-752-6096 for more information and to set up an account. This is a fee for service provider.

**Care 1<sup>st</sup> Avondale Resource Center** – Offers tutoring in English and literacy, citizenship classes, parenting classes and teen pregnancy support. Call 623-333-2703 for more information.

**CARE Partnership ESL Classes** – Provides English as a Second Language classes with a variety of payment options including volunteer trade time. Designed for Spanish speaking population. Call 480-833-8987 for more information.

**Cell Phones for Life** – Provides free cell phones for 9-1-1 calls to the elderly, disabled, and battered women. Call 1-800-585-5503 or e-mail [cells@cellphonesforlife.org](mailto:cells@cellphonesforlife.org) to get your free cell phone for emergency use. No application required.

**Community Voicemail** – Provides a free local number to set up and check voicemail. No eligibility or restrictions. Call Juan at 602-263-8845 x108 for more information.

**Friendly House** – Provides classes including basic adult education, English, citizenship, GED instruction, and literacy. Provides job development and vocational rehabilitation services. Call 602-416-7243 for more information.

**HEAR for Kids** - Provides financial assistance with obtaining hearing aids for children who do not qualify for AHCCCS. Call Lylis Olsen at 602-690-3975 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**HopeLine** – Provides a phone and 3000 anytime minutes to domestic violence survivors affiliated with a local domestic violence agency. Contact any of the domestic violence agencies listed in that section, or the Arizona Coalition Against Domestic Violence at 602-279-2900.

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**Literacy Volunteers of Maricopa County** – Offers ESOL, Adult Basic Education, and GED classes. Provides computer assisted instruction in basic reading, GED, and ESOL. There may be a waitlist for services. Must have state ID. Call 602-274-3430 for more information or to get on the waitlist.

**Mesa Laubach Literacy Council** – Tutors teach ESL, English, reading, and math to English and non-English speaking adults. Call 480-964-3833 for more information.

**Phoenix Day** – Offers bilingual parenting classes and family literacy instruction on a sliding scale fee schedule. Call 602-252-4911 for more information.

**Qwest LifeLine** – Provides eligible clients with a monthly credit of \$8.05 to help offset the cost of their home telephone line. Must have Qwest service, or sign up for Qwest service. Apply through CES-CPIP. Call 1-800-491-0118 for more information or visit a local DES office.

**Qwest Link-Up** – Provides eligible clients with a one-time credit of \$13.75 to help offset the installation cost of their home telephone line. Must have Qwest service, or sign up for Qwest service. Apply through CES-CPIP. Call 1-800-491-0118 for more information or visit a local DES office.

**Qwest Telephone Assistance Program** – Provides free home phone service to qualifying individuals (must have medical need for a phone and meet income requirements). Must have Qwest service, or sign up for Qwest service. Apply through CES-CPIP. Call 1-800-491-0118 for more information or visit a local DES office.

**SafeLink** – Offers a free cell phone and airtime to income eligible customers. Learn more or apply by calling 1-800-723-3546.

**Unlimited Potential** – 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; early childhood programs foster language and socialization. \$150 fee, (\$20 returnable at end of course). Call 602-243-7376 for more information.

**Wesley Community Center** – 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. Call Lucas at 623-849-1676 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### Computer Assistance

The following is a list of computer literacy resources, and other resources related to information systems.

**Casa de Amor Computer Technology Center** – Free computer classes in basic keyboarding, mouse skills, word processing, and how to use the internet to find a job. Now taking registration for the September session. Call 480-464-2877 for more information.

**Goodwill of Arizona** – Provides free Career Centers that offer guidance and assistance through the job search process. Certain career centers also offer free computer and customer service training. Call 602-416-6174 for class information or go to any Goodwill Career Center – locations can be found online at <http://www.goodwillaz.org/jobs/career-centers>. Career centers are located throughout the valley and are equipped with computers, printers, internet, fax machines, and telephones.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**Lighthouse Women’s Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.

**Wesley Community Center** – 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. Call Lucas at 623-849-1676 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.





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### Counseling (Behavioral Health) Services

The following are resources for free or affordable counseling and behavioral health services in the community.

**Abundant Life Counseling** – Offers free Christian counseling for English speaking adults in a Chandler location. Call 480-802-7344 for more information or to set up an appointment.

**AmeriPsych** – Offers low cost family counseling services, as well as parenting classes and other family support services. Call Heather at 602-728-0630 for more information and locations.

**Arizona Interfaith Counseling** – Offers counseling on a sliding scale fee schedule with many locations. Call 480-969-2783 for more information.

**Arizona Phoenix Baptist Children's Services** - Offers low cost (\$40 - \$80/session) counseling to children and adults. Also offers an array of parenting classes and resources. Call 602-346-2300 or visit [www.abcs.org](http://www.abcs.org) for more information.

**ASU Counselor Training Center** – Offers counseling for \$80 per semester (summer, spring, fall) for 1 hour per week. Call 480-965-5067 for more information or to register for counseling.

**ASU Health Center** – Offers counseling for \$95/first session and \$45/additional sessions. Call 602-496-0721 for an intake.

**Banner Behavioral Health** – Offers inpatient and outpatient substance abuse and mental health services, and offers both a Basic Financial Assistance Program and an Enhanced Financial Assistance Program. Call 602-254-4357 for more information or to schedule an appointment.

**Brookside** – Offers individual and family counseling for children and adults for a sliding scale fee. Call 480-545-1782 for more information.

**Buckeye Outreach for Social Services** – Free or sliding scale fee counseling for individuals and families (Intake is \$20). Also offers parenting services. Call 623-386-6365 x1 for more information or to schedule an intake.

**Catholic Charities Community Services** – Offers counseling on a sliding scale fee option. Call 602-285-1999 for more information.

**Centro de Amistad** – Provides low cost counseling (starting at \$35/hour) in Mesa, Guadalupe, and Phoenix. Call 480-839-2926 for more information or for an appointment.

**Child Crisis Center Counseling Services** – Offers counseling to children and their families on issues related to abuse and trauma, including anger management counseling. Fees are \$65/intake, and \$50/session. Call 480-222-0194 for more information.

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## **NON-TITLE XIX RESOURCE GUIDE**

**Christian Counseling (Community Church of Joy)** – Offers Christian based counseling for those presently experiencing challenges or crises in their lives. Call the Oasis Pastoral Care Team at 623-561-3258 x526 for more information.

**Christy Center for Loss and Renewal** – Offers reduced fee (donation suggested) counseling and grief support groups based on ability to pay. Call 480-775-5200 for more information.

**Deer Valley Counseling** – Individual counseling for \$40/session and group counseling for \$25/session. Locations in Phoenix, Mesa and Scottsdale. Call 602-750-8051 for information.

**EMPACT-SPC** – Provides individual and family counseling services, including substance abuse counseling, with fees based on financial need. EMPACT also accepts private insurance. Call 480-784-1514 for more information.

**Faith Counseling Center** – Provides spiritual counseling, guidance, and direction through individual pastoral counseling. Also provides an educational group for those experiencing anger management issues for \$30/session. Offers a reduced fee for services based on need. Call 480-951-5343 for more information.

**Family Service Agency** – Provides counseling and medication services for a sliding scale fee based on income. Also offers an array of family based services. Locations in Mesa, Phoenix, and Metro areas. Call 602-264-9891 for more information.

**Friendship** – Partial Hospitalization Program that offers group therapy, case management services, and some counseling, with a psychiatrist and RN on staff. Call 602-241-6656 x107 for more information. Must have private insurance.

**Give an Hour** – Offers free counseling for military personnel and their families affected by the current conflicts in Iraq and Afghanistan. Visit [www.giveanhour.org](http://www.giveanhour.org) for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**LDS Family Services** – 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. Call 1-800-537-2229 for more information.

**Maricopa Medical Center** – Provides medication and counseling services for \$148/first visit and \$100/visit thereafter. Call 602-470-5520 for more information. They also have a sliding scale clinic that offers similar services for \$40/visit. Call 480-344-2100 for more information.

## **NON-TITLE XIX RESOURCE GUIDE**

**Native American Community Health Center** – Free or low cost medical or dental care for Native Americans from a federally recognized tribe. Also offers mental health services, substance abuse services, and women’s services. Call 602-279-5262 for more information.

**New Horizons Counseling Service** – Provides individual and family counseling and education services with sliding scale fee option. Services include general counseling, substance abuse treatment, domestic violence counseling, parenting education and skills training, anger management treatment, and sexual offender treatment. Call 623-939-6567 for more information.

**Nicci Kirlew** – Private counselor who offers counseling on a sliding scale fee based on income and family size. Call 480-338-8112 for more information.

**NOVA** – Provides substance abuse counseling and treatment on a sliding scale fee schedule. Call 623-937-9203 to schedule an assessment.

**Phoenix Christian Counseling Associates** – Provides a full range of affordable, professional, Biblically-based counseling services. Offers reduced fee services based on income and has a “scholarship” program for those who cannot afford the fees. Call 602-548-8508 for information.

**Phoenix Indian Medical Center** – Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe. Call 602-263-1200 for more information.

**Phoenix Interfaith Counseling** – Individual counseling with possible sliding scale fee schedule (lowest amount is \$60/session). Locations in Phoenix, Mesa, and Scottsdale. Call a local office for more information or to schedule an appointment. Phoenix office: 602-248-9247; East Valley: 480-317-9868; Northeast Valley: 602-992-7521; West Valley: 602-943-2999.

**Rio Salado Behavioral Health Systems** – Offers individual, group, and family outpatient counseling, DUI screening, alcohol education and treatment, and anger management services. Fees are based on ability to pay. Call 602-252-9048 for more information.

**Superstition Mountain Mental Health Center** – Provides counseling on a sliding scale fee (starting at \$15/hour) based on income in the East Valley. Also offers chemical dependency treatment based on need and income. Call 480-983-0571 for more information.

**The New Foundation** – Offers outpatient counseling, inpatient substance abuse treatment, inpatient stabilization, and a partial hospitalization program. Offers services on a sliding scale fee option (rates as low as \$20/session). Call 480-945-3302 for more information.



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**The Salvation Army** – 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. Call 480-833-8322 in Mesa, 480-963-2041 in Chandler, 602-267-4127 in Phoenix, and 480-967-8649 in Tempe.

**University of Phoenix Counseling Skills Center** – 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. Call 480-557-2217 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## **NON-TITLE XIX RESOURCE GUIDE**

### **Crisis Services**

The following are resources for obtaining behavioral health crisis services.

**Connections AZ (UPC)** – Offers inpatient stabilization services. Call 602-344-1945 for additional information.

**EMPACT Suicide** – Offers 24 hours a day/7 days a week crisis response for behavioral health crisis situations. Call 480-784-1500 or 1-800-784-2433 for assistance. They also run a Sexual Assault Hotline at 480-736-4949 or 1-866-205-5229, and a line dedicated to assisting the GLBT youth population at 1-800-527-4747.

**Hope's Door** – 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. Call 602-248-0368 for more information.

**Maricopa CRISIS Line** – Offers 24 hours a day/7 days a week emergency crisis intervention response for behavioral health crisis situations. Call 602-222-9444 or 1-800-691-1314 for assistance.

**National Suicide Prevention Lifeline** – Offers free 24 hour hotline available to anyone in suicidal crisis or emotional distress. Call 1-800-273-8255 or 1-888-628-9454 for Spanish.

**Terros WARM Line** – Offers a place to turn to for support before a crisis situation arises. Open from 5 – 10 pm, call 602-347-1100.

**RiAZ Urgent Care (PRC-W)** – Offers inpatient stabilization services. Call 602-650-1212 for additional information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

## NON-TITLE XIX RESOURCE GUIDE

### Dental Care

The following is a list of low cost dental care options.

**ACTION** – AzDA donated or discounted dental care for those without dental coverage, and meeting criteria: elderly (over 65 years of age) individuals, or individuals with special needs (ex. SSDI or medical issues). Call 480-850-1474 for more information.

**Arizona School of Dentistry and Oral Health** – Offers discounted dental care; initial exam is \$69. Call 480-248-8100 for more information or to schedule an appointment.

**Avondale Family Health Center Dental Clinic** – Offers discounted dental care; initial exam is \$125. Call 623-932-3344 for more information or to schedule an appointment.

**Clinica Adelante** – Offers discounted and sliding scale fee schedule medical and dental care, and is accepting new patients. Call 623-386-1630 for more information or to schedule an appointment. For Mesa, call 480-491-6235.

**Chandler Family Health Center Dental Clinic** – Offers discounted and sliding scale fee schedule dental care. Call 480-344-6109 for more information.

**Glendale Family Health Center Dental Clinic** – Offers discounted and sliding scale fee schedule dental care. Call 623-344-6789 for more information.

**Gompers** – Provides free and fee-for-service dental care to qualifying individuals. Call 602-336-0061 for more information.

**John C. Lincoln Community Health Center** – Offers medical and dental services for a sliding scale fee based on eligibility. Call 602-331-5771 for more information.

**Maricopa Medical Center Dental Clinic** – Offers discounted and sliding scale fee schedule dental care for extractions only. Call 602-344-1015 for more information or to apply.

**Mountain Park Clinics** – Offers discounted and sliding scale fee medical and dental health care. Call 623-247-9254 for more information in **Maryvale**. Call 623-936-6795 for more information in **Tolleson**. Call 602-243-7277 for more information in **Phoenix**.

**Native American Community Health Center** – Free or low cost medical or dental care for Native Americans from a federally recognized tribe. Also offers mental health services, substance abuse services, and women’s services. Call 602-279-5262 for more information.

**Neighborhood Christian Clinic** – Provides sliding scale fee for service medical and dental care to qualifying individuals. Call 602-258-6008 for more information.

**Phoenix College Dental Clinic** – Offers discounted dental cleanings. Closed during summer months. Call 602-285-7323 for more information.

**Rio Salado Dental Hygiene School** – Offers dental cleanings for \$25. May have openings in July. Call 480-517-8020 for more information.



## NON-TITLE XIX RESOURCE GUIDE

**St. Vincent de Paul** – Offers free medical clinic based on need and availability. Also offers a lottery for free dental care. Must call 602-261-6868 and leave a message.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## **NON-TITLE XIX RESOURCE GUIDE**

### **Domestic Violence**

The following is a list of domestic violence resources.

**Arizona Coalition against Domestic Violence** – AzCADV provides information and education about domestic violence, as well as provides resources to victims of domestic violence. To learn more, call 602-279-2900.

**Arizona South Asians for Safe Families** – Free domestic violence assistance for individuals from South Asian communities. Call 1-877-723-3711 24 hours a day for assistance.

**Cell Phones for Life** – Provides free cell phones for 9-1-1 calls to the elderly, disabled, and battered women. Call 1-800-585-5503 or e-mail [cells@cellphonesforlife.org](mailto:cells@cellphonesforlife.org) to get your free cell phone for emergency use.

**Chicanos por la Casa/De Colores** – Provides emergency domestic violence shelter service. Call 602-269-1515 for more information.

**Child Crisis Center Counseling Services** – Offers counseling to children and their families on issues related to abuse and trauma, including anger management counseling. Fees are \$65/intake, and \$50/session. Call 480-222-0194 for more information.

**Chrysalis** – Offers domestic violence shelters and transitional housing options. Call 602-944-4999 for the Phoenix location, and 480-481-0402 for the Scottsdale location.

**Community Alliance Against Family Abuse** – Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions. No eligibility requirements. Contact the local crisis line at 480-982-0196 for more information.

**Community Care Emergency Shelter** – 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. Call 623-755-2284 for more information.

**CONTACTS Shelter Hotline** – Shelter referrals 24 hours a day/7 days a week. Call 602-263-8900 for assistance.

**Family Advocacy Center** – 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. Call 602-534-2120 and ask for an advocate for more information.



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**Fresh Start Women's Foundation** – Offers free consultation for legal issues (specializing in domestic relations cases), and a staffing agency on site to assist with finding temporary employment. Call 602-252-8494 for more information.

**Harmony House** – Housing resource/program for women or women with children experiencing domestic violence. Call 602-279-2939 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**Homeward Bound** – Offer transitional living to families with children, and assists the families in achieving economic independence and obtaining safe, secure, affordable long term housing. Call 602-263-7654 for more information.

**HopeLine** – Provides a phone and 3000 anytime minutes to domestic violence survivors affiliated with a local domestic violence agency. Contact any of the domestic violence agencies listed in that section, or the Arizona Coalition Against Domestic Violence at 602-279-2900.

**Lighthouse Women's Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.

**My Sister's Place** – Domestic violence shelter for women and children in the East Valley with meals and linens provided. Call 480-821-1024, 24 hours a day for assistance, or the CONTACTS Shelter line (given above).

**National Coalition Against Domestic Violence** – Provides a national hotline that can provide crisis support, emotional support, advocacy and legal service referrals, and other supportive services. Call 1-800-799-7233 for support and resources. Call 9-1-1 for immediate emergency assistance.

**Native American Community Health Center** – Free or low cost medical or dental care for Native Americans from a federally recognized tribe. Also offers mental health services, substance abuse services, and women's services. Call 602-279-5262 for more information.

**Never Again** – Provides civil litigation and legal representation for surviving family members of victims of domestic violence deaths. Call 480-539-9111 for more information.



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**New Horizons Counseling Service** – Provides individual and family counseling and education services with sliding scale fee option. Services include general counseling, substance abuse treatment, domestic violence counseling, parenting education and skills training, anger management treatment, and sexual offender treatment. Call 623-939-6567 for more information.

**Save the Family** – Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more. Call Sandy at 480-898-0228 x203 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## **NON-TITLE XIX RESOURCE GUIDE**

### **Eating Disorder Treatment**

The following are resources for Eating Disorder treatment on a sliding scale fee in the community.

**Amy Bjorkman** – Individual counselor offering eating disorder treatment on a sliding scale fee structure. Call 480-688-4987 for additional information.

**Deidre Bliss** – Individual counselor offering eating disorder treatment on a sliding scale fee structure. Call 480-862-0180 for additional information.

**Healthy Futures** – Offers reduced fee sessions to address eating disorder issues for \$35/hour. Call 480-451-8500 for additional information.

**Mental Health America of Arizona** – Offers a list of local operating support groups in the Phoenix area. Call Andy at 480-994-4407 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### Education Services

The following are resources for furthering your education.

**ARCH – 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. Visit [http://www.archaz.org/sp\\_menu.htm](http://www.archaz.org/sp_menu.htm) for more information, or call 602-230-2226.

**Arizona Women’s Education and Employment** – 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. Call 602-223-4333 or 602-955-4227 for more information.

**Bipolar Wellness Network** – Offers a wide array of free and low cost recovery oriented educational and advocacy classes, as well as support groups. Schedule changes frequently, so call 602-274-0068 for more information.

**Care 1<sup>st</sup> Avondale Resource Center** – Offers tutoring in English and literacy, citizenship classes, parenting classes and teen pregnancy support. Call 623-333-2703 for more information.

**Family Resource Center** – Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Call 480-834-9424 for a schedule or more information.

**Frank X. Gordon Adult Education** – Offers GED preparation classes and testing assistance. The office is located at 6655 W. Glendale Ave, #105 in Glendale, and registration for classes is held on Mondays from 1 – 4 pm or 5:30 – 8:30 pm. Call 602-372-5769 for more information.

**Friendly House** – Provides classes including basic adult education, English, citizenship, GED instruction, and literacy. Provides job development and vocational rehabilitation services. Call 602-416-7243 for more information.

**Gilbert Adult Learning Program** – Offers free GED preparation classes. Classes run for 2 weeks on Mondays and Wednesdays. No summer program available, but registration will start again in August. Participants must have a form of ID. Call 480-497-3481 for more information.

**Goodwill of Arizona** – Provides free Career Centers that offer guidance and assistance through the job search process. Certain career centers also offer free computer and customer service training. Call 602-416-6174 for class information or go to any Goodwill Career Center – locations can be found online at <http://www.goodwillaz.org/jobs/career-centers>. Career centers are located throughout the valley and are equipped with computers, printers, internet, fax machines, and telephones.

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**Helping Hands** – 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. Visit [www.helpsinglemoms.org](http://www.helpsinglemoms.org) or call Chris at 602-796-7875 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**Lighthouse Women’s Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.

**Literacy Volunteers of Maricopa County** – Offers ESOL, Adult Basic Education, and GED classes. Provides computer assisted instruction in basic reading, GED, and ESOL. There may be a waitlist for services. Must have state ID. Call 602-274-3430 for more information or to get on the waitlist.

**Mesa Laubach Literacy Council** – Tutors teach ESL, English, reading, and math to English and non-English speaking adults. Call 480-964-3833 for more information.

**National Alliance on Mental Illness**– Offers multiple support groups, educational programs, and seminars for recipients and family or friends. Call 602-244-8166 for a complete list of groups/events throughout the state.

**Phoenix Indian Center** – Offers GED preparation classes on a first come-first served basis. Must have 2 forms of ID and show up at 4520 N. Central Avenue in Phoenix at 9am on July 6<sup>th</sup>, only 20 people accepted. Call 602-264-6768 x2312 for more information.

**Queen Creek USD Adult Education** – Registration for next term will start in July. Call 480-987-5988 for more information or to get placed on the wait list.

**Recovery Empowerment Network** – 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. Call 602-248-0368 for more information.

**Rio Salado College Adult Education** – Offers free ABE and GED preparation classes. Call 480-517-8110 or 480-377-4050 for more information.



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**Tempe Adult Education Program** – Offers free ABE and GED preparation classes. Next semester begins in August, and runs two to three days per week for 8 weeks. To register, go to 500 W. Guadalupe in Tempe after July 6<sup>th</sup> with two forms of ID. Call 480-839-0292 x3097 for more information.

**Unlimited Potential** – 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; early childhood programs foster language and socialization. \$150 fee, (\$20 returnable at end of course). Call 602-243-7376 for more information.

**Wesley Community Center** – 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. Call Lucas at 623-849-1676 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### Employment Support

The following are resources for obtaining employment in the community. Various services include resume building, providing job clothing, and offering a location from which to job search.

**Arizona Opportunities Industrialization Center** – Offers free work readiness skill building courses, counseling, and job placement for economically disadvantaged and minority populations. Also able to serve ex-offenders and veterans. Call 602-254-5081 for information.

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Arizona Women's Education and Employment** – 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. Call 602-223-4333 or 602-955-4227 for more information.

**Fresh Start Women's Foundation** – Offers free consultation for legal issues (specializing in domestic relations cases), and a staffing agency on site to assist with finding temporary employment. Call 602-252-8494 for more information.

**Friendly House** – Provides classes including basic adult education, English, citizenship, GED instruction, and literacy. Provides job development and vocational rehabilitation services. Call 602-416-7243 for more information.

**Goodwill of Arizona** – Provides free Career Centers that offer guidance and assistance through the job search process. Certain career centers also offer free computer and customer service training. Call 602-416-6174 for class information or go to any Goodwill Career Center – locations can be found online at <http://www.goodwillaz.org/jobs/career-centers>. Career centers are located throughout the valley and are equipped with computers, printers, internet, fax machines, and telephones.

**Lighthouse Women's Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.

**Linkages** – Provides a free web portal/job search engine to link people with disabilities ready to work with employers in the community. Visit <http://www.linkagesarizona.org/index.cfm> to start your search.



## NON-TITLE XIX RESOURCE GUIDE

**St. Joseph the Worker** – 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, and various job and life skills related courses. Call 602-417-9854 for more information.

**TES** – Full service employment agency for homeless individuals. Call 602-252-8405 for more information.

**Visions of Hope** – Offers a Non-Title 19 Employment Workshop and Support Group every other Wednesday (starting June 30, 2010) at 3pm at 601 W. Hatcher Rd., Phoenix, 1<sup>st</sup> Floor Fitness Room. Group will assist with resumes, cover letters, interview skills, and utilizing the Ticket to Work and Freedom to Work Programs. Call Susi at 602-404-1555 for more information.

**Work Force Connections (Maricopa County)** – Provides information to individuals looking for jobs or seeking training. Services include career centers. Call 480-497-0350 for East Valley locations, 602-372-4200 for West Valley locations, 602-534-4732 for Phoenix, and 602-861-0208 for North Valley locations.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### **Employment Support –Unemployment Benefits**

Dependent upon situation, you may be eligible for Unemployment Benefits in Maricopa County.

**Arizona Unemployment Insurance Office** offers unemployment compensation for individuals out of work, generally through no fault of their own, for periods between jobs. Call 602-364-2722 or 877-600-6226 for information and application instructions.

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## **NON-TITLE XIX RESOURCE GUIDE**

### **English as Second Language**

The following is a list of resources for individuals whose first language is not English.

**Care 1<sup>st</sup> Avondale Resource Center** – Offers tutoring in English and literacy, citizenship classes, parenting classes and teen pregnancy support. Call 623-333-2703 for more information.

**CARE Partnership ESL Classes** – Provides English as a Second Language (ESL) classes with a variety of payment options including volunteer trade time. Designed for Spanish speaking population. Call 480-833-8987 for more information.

**Friendly House** – Provides classes including basic adult education, English, citizenship, GED instruction, and literacy. Provides job development and vocational rehabilitation services. Call 602-416-7243 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**Literacy Volunteers of Maricopa County** – Offers ESOL, Adult Basic Education, and GED classes. Provides computer assisted instruction in basic reading, GED, and ESOL. There may be a waitlist for services. Must have state ID. Call 602-274-3430 for more information or to get on the waitlist.

**Mesa Laubach Literacy Council** – Tutors teach ESL, English, reading, and math to English and non-English speaking adults. Call 480-964-3833 for more information.

**Phoenix Day** – Offers bilingual parenting classes and family literacy instruction on a sliding scale fee schedule. Call 602-252-4911 for more information.

**Unlimited Potential** – 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. \$150 fee, (\$20 returnable at end of course). Call 602-243-7376 for more information.

**Wesley Community Center** – 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. Call Lucas at 623-849-1676 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.



## NON-TITLE XIX RESOURCE GUIDE

### Family Support Services

The following are resources to address the needs of families and children.  
See also Children's Resources.

**AmeriPsych** – Offers low cost family counseling services, as well as parenting classes and other family support services. Call 602-728-0630 for more information and locations.

**Arizona Phoenix Baptist Children's Services** - Offers low cost (\$40 - \$80/session) counseling to children and adults. Also offers an array of parenting classes and resources. Call 602-346-2300 or visit [www.abcs.org](http://www.abcs.org) for more information.

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Benevilla & First Things First Family Resource Center** – Resource specialists at the Family Resource Center provide free parenting classes, a free lending library, and other free resources for families living in the west valley. Call 623-207-6016 for more information.

**Brookside** – Offers individual and family counseling for children and adults for a sliding scale fee. Call 480-545-1782 for more information.

**Buckeye Outreach for Social Services** – Free or sliding scale fee counseling for individuals and families (Intake is \$20). Also offers parenting services. Call 623-386-6365 x1 for more information or to schedule an intake.

**Care 1<sup>st</sup> Avondale Resource Center** – Offers tutoring in English and literacy, citizenship classes, parenting classes and teen pregnancy support. Call 623-333-2703 for more information.

**Child Crisis Center Counseling Services** – Offers counseling to children and their families on issues related to abuse and trauma, including anger management counseling. Fees are \$65/intake, and \$50/session. Call 480-222-0194 for more information.

**Children's Action Alliance** – 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. Call 602-266-0707 or visit [www.azchildren.org](http://www.azchildren.org) for more information.

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**City of Phoenix** – 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. Applications and additional information is available at [www.phoenix.gov/housing](http://www.phoenix.gov/housing). Additional voucher programs offered in conjunction with CASS, Native American Connections, the VA, CPS, Care Directions, Watkins shelter, and Magellan. Call Christine at 602-262-4422 for more information.

**Community Alliance Against Family Abuse** – Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions. No eligibility requirements. Contact the local crisis line at 480-982-0196 for more information.

**Crisis Nursery** – This program is designed to break the cycle of abuse and neglect by offering protection, support, and opportunities for families and children. They offer temporary shelter for children with a full array of medical and social services while the children are in the shelter, day programming focused on child development and family/child relationships, and support to high risk families starting during pregnancy. Call 602-273-7363 for more information about receiving assistance.

**EMPACT-SPC** – Provides individual and family counseling services, including substance abuse counseling, with fees based on financial need. EMPACT also accepts private insurance. Call 480-784-1514 for more information.

**Family Advocacy Center** – 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. Call 602-534-2120 and ask for an advocate for more information.

**Family Involvement Center** – 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. Call 602-288-0155 for more information.

**Family Promise** – Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support. For support or more information call 602-294-0222.

**Family Resource Center** – Offers a wide variety of free or low cost classes and activities for parents and children, including anger management. Call 480-834-9424 for a schedule or more information.

**Family Service Agency** – Provides counseling and medication services for a sliding scale fee based on income. Also offers an array of family based services. Locations in Mesa, Phoenix, and Metro areas. Call 602-264-9891 for more information.

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**Fresh Start Women's Foundation** – Offers free consultation for legal issues (specializing in domestic relations cases), and a staffing agency on site to assist with finding temporary employment. Call 602-252-8494 for more information.

**Healthy Families** – Provides free parenting support and education to families who are expecting a new baby or have a baby who is under 90 days old. Services continue for up to 5 years. Call 602-266-5976 for more information.

**Helping Hands** – 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. Visit [www.helpsinglemoms.org](http://www.helpsinglemoms.org) or call Chris at 602-796-7875 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**Homeward Bound** – Offer transitional living to families with children, and assists the families in achieving economic independence and obtaining safe, secure, affordable long term housing. Call 602-263-7654 for more information.

**House of Refuge** – Provides homeless families and individuals with transitional housing and support services. Call 480-988-9242 for more information.

**LDS Family Services** – 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. Call 1-800-537-2229 for more information.

**Lighthouse Women's Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.

**MIKID** – Designed to provide support and assistance to families in Arizona with behaviorally challenged children. They offer educational events, support groups, and resources. Call 602-253-1240 or 1-800-356-4543 for more information.

**National Alliance on Mental Illness**– Offers multiple support groups, educational programs, and seminars for recipients and family or friends. Call 602-244-8166 for a complete list of groups/events throughout the state.

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**Native American Community Health Center** – Free or low cost medical or dental care for Native Americans from a federally recognized tribe. Also offers mental health services, substance abuse services, and women’s services. Call 602-279-5262 for more information.

**Parenting Arizona** – Provides free parenting classes every Thursday from 4pm – 5pm at 7<sup>th</sup> St. and Glendale. Call Sydney at 602-248-0428 x269 to register.

**Phoenix Day** – Offers bilingual parenting classes and family literacy instruction on a sliding scale fee schedule. Call 602-252-4911 for more information.

**Rio Salado Behavioral Health Systems** – Offers individual, group, and family outpatient counseling, DUI screening, alcohol education and treatment, and anger management services. Fees are based on ability to pay. Call 602-252-9048 for more information.

**Save the Family** – Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more. Call Sandy at 480-898-0228 x203 for more information.

**The Wellness Community** – 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. Call 602-712-1006 for more information.

**Unlimited Potential** – 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; early childhood programs foster language and socialization. Call 602-243-7376 for more information.

**Women’s Health Coalition of Arizona** – Assists women and children in the AHCCCS application process. For more information or to schedule an appointment call 602-254-5611 x108 in **Phoenix**, 602-372-4298 in **Avondale, Buckeye, or Tolleson**, or 623-333-2703 in **Avondale**.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### Financial Resources

The following is a list of resources for obtaining cash assistance.

**Arizona Department of Economic Security** – Offers a Nutritious Assistance Program (formerly Food Stamps) based on income and other eligibility requirements. Ask your doctor to complete form FAA-1249A (<M:\My Documents\Resource Guide\FAA-1249A.docx>) to provide with your application. Call 602-542-9935 for more information or visit [www.healtharizona.org](http://www.healtharizona.org) to apply.

**Arizona Farmers Market Nutrition Program** – Provides \$30 vouchers to allow participants to purchase fresh fruits and vegetables at approved farmers markets. Call 1-800-252-5942 for additional information.

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Arizona Unemployment Insurance Office** – Offers unemployment compensation for individuals out of work, generally through no fault of their own, for periods between jobs. Call 602-364-2722 or 877-600-6226 for information and application instructions.

**Benefits Eligibility** – There are multiple websites available to check eligibility for various federal, state, and local assistance programs. Call 602-542-4710 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org), [www.healtharizona.org](http://www.healtharizona.org), [www.benefitscheckup.org](http://www.benefitscheckup.org), and/or [www.azcaa.org](http://www.azcaa.org) for more information/assistance.

**Cash Assistance Program (DES)** – Provides temporary cash benefits and supportive services to the neediest of Arizona's children and their families. To get screened for eligibility visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) or call 602-542-9935.

**Consumer Credit Counseling Service** – Provides fee waivers for free or low cost credit counseling service with various valley locations. Call 1-866-889-9347 for more information.

**Disability Benefits (SSDI)** – Apply for Social Security Disability Insurance benefits by calling 1-800-772-1213, going to a local SSA office, or visiting <http://www.ssa.gov/applyfordisability/>.

**Short Term Crisis Support (DES)** – Provides temporary assistance to low income households experiencing an emergency situation. Call 602-262-4520 for more information.

**Supplemental Security Income (SSI)** – Apply for SSI by calling 1-800-722-1213 or going to a local Social Security Administration office.



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**WIC** – Monthly supplement of food from the basic food groups for nutritionally at risk pregnant women, women who recently gave birth, infants, and children. Call 1-800-252-5942 for additional information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## **NON-TITLE XIX RESOURCE GUIDE**

### **Fitness Services**

The following are resources for finding recreation/fitness activities in the community. See also Fitness Services.

**ARCH – 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. Visit [http://www.archaz.org/sp\\_menu.htm](http://www.archaz.org/sp_menu.htm) for more information, or call 602-230-2226.

**YMCA** – 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. Call 602-404-9622 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### Food Pantries

The following are resources for purchasing discounted, perishable, nutritious food, and obtaining free non-perishable food boxes.

**Angel Food Ministries** – \$60 worth of fresh and frozen food items for \$30. Menu changes monthly; specialty boxes available. Food stamps accepted. Please call 1-877-366-3646 for information and valley locations.

**Arizona Food Banks** – Provides free resources for securing free food. Call 1-800-445-1914 or visit [www.azfoodbanks.org](http://www.azfoodbanks.org) for more information or to find a food bank or soup kitchen in your area.

**Bountiful Baskets** – 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. Visit <http://www.bountifulbaskets.org/> for more information.

**Casa de Amor Computer Technology Center** – Free food and clothing available. Call 480-464-2877 for more information.

**Chandler Community Action** – Offers clothing and food box referrals for walk-ins Monday through Friday from 7 am to 4 pm. Call 480-963-4321 for more information or go to 650 N. Arizona Avenue, Chandler for assistance.

**Concerned Citizens for Community Health** – Offers vouchers for food and clothing. Call 480-312-2323 for more information/assistance.

**Farmer's Market Distribution** – Free fruits and vegetables available to the general public. No identification or qualifiers. Available the first Saturday of every month from 9am – 11am at 2737 W. Southern Ave., #8, Tempe, AZ 85282. Must bring your own bag or box.

**Food Value Club** – Purchase food boxes (pantry and perishable items) at a 30-50% discount off retail price. No income or identification requirements. For questions about this program or locations please call the Food Value Club hotline: 602-415-5474.

**Foothills Food Bank & Resource Center** – Provides emergency food boxes and financial assistance for those in need living in specific zip codes in the North Valley. Call 480-488-1145 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.



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**Phoenix Rescue Mission** – Offers a monthly food box to families in need, and three meals a day open to the public. Must show proof of residence and identity. Food pantry located at 3532 W. Thomas Road, #9, and is open from 8:30am to 12noon and 12:30p to 3pm Monday through Friday. Soup kitchen (free meals) is located at 1801 S. 35<sup>th</sup> Avenue, Phoenix. Also offers free clothing to men, women, and children in need. Call 602-272-4582 for more information.

**The Once-a-Month Church** - Provides monthly outreach to poor and homeless individuals including lunch, clothing, shoes, personal items (as donations allow), life skills training, and empowerment training. Occurs the last Sunday of every month from 11am - 1pm at the Margaret T. Hance Park (2nd St. and Moreland, Phoenix). Call Rev. Dorothy Williams at 602-593-5903 for more information.

**The Salvation Army** – 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. Call 480-833-8322 in Mesa, 480-963-2041 in Chandler, 602-267-4127 in Phoenix, and 480-967-8649 in Tempe.

**Treasure Box** –\$60 –\$100 worth of frozen and fresh food items for \$30. Menu changes monthly; specialty boxes available. Please visit <http://www.thetreasurebox.org/index.php> or call (866) 712-0925 for information and valley locations.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### Food Stamps

Dependent upon income, you may be eligible for Food Stamps or other nutrition assistance in Maricopa County.

**Arizona Department of Economic Security** – Offers a Nutritious Assistance Program (formerly Food Stamps) based on income and other eligibility requirements. Ask your doctor to complete form FAA-1249A(<M:\My Documents\Resource Guide\FAA-1249A.docx>) to provide with your application. Call 602-542-9935 for more information or visit [www.healtharizona.org](http://www.healtharizona.org) to apply.

**Arizona Farmers Market Nutrition Program** – Provides \$30 vouchers to allow participants to purchase fresh fruits and vegetables at approved farmers markets. Call 1-800-252-5942 for additional information.

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Benefits Eligibility** – There are multiple websites available to check eligibility for various federal, state, and local assistance programs. Visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org), [www.healtharizona.org](http://www.healtharizona.org), [www.benefitscheckup.org](http://www.benefitscheckup.org), and/or [www.azcaa.org](http://www.azcaa.org) for more information/assistance.

**Commodity Supplemental Food Program** – 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. Call 1-800-252-5942 for more information.

**WIC** – Monthly supplement of food from the basic food groups for nutritionally at risk pregnant women, women who recently gave birth, infants, and children. Call 1-800-252-5942 for additional information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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### GED Programs

The following are resources for obtaining Adult Basic Education (ABE) and your GED. See also Education Services.

**Arizona Call-A-Teen Adult Education** – Provides free Adult Basic Education (ABE) and GED classes for young adults up to age 21. Distance GED program available online for adults of any age. Call 602-252-6721 x201 to register or for more information.

**Frank X. Gordon Adult Education** – Offers GED preparation classes and testing assistance. The office is located at 6655 W. Glendale Ave, #105 in Glendale, and registration for classes is held on Mondays from 1 – 4 pm or 5:30 – 8:30 pm. Call 602-372-5769 for more information.

**Friendly House** – Provides classes including basic adult education, English, citizenship, GED instruction, and literacy. Provides job development and vocational rehabilitation services. Call 602-416-7243 for more information.

**Gilbert Adult Learning Program** – Offers free GED preparation classes. Classes run for 2 weeks on Mondays and Wednesdays. No summer program available, but registration will start again in August. Participants must have a form of ID. Call 480-497-3481 for more information.

**Herbert K Cummings Community Center** – Provides family activities, including back to school clothing for children, household items, supplemental canned food, domestic violence assistance, and referrals for counseling. Also offers GED, ESOL, literacy, and computer classes. Call 623-873-8604 for more information.

**Lighthouse Women's Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.

**Literacy Volunteers of Maricopa County** – Offers ESOL, Adult Basic Education, and GED classes. Provides computer assisted instruction in basic reading, GED, and ESOL. There may be a waitlist for ESOL services. Call 602-274-3430 for more information.

**Mesa USD Adult Education** – Offers free GED preparation classes. Registration is closed for this semester, but you can call to get on a wait list for next semester. Call 480-472-7259 for more information.

**Phoenix Indian Center** – Offers GED preparation classes on a first come-first served basis. Must have 2 forms of ID and show up at 4520 N. Central Avenue in Phoenix at 9am on July 6<sup>th</sup>, only 20 people accepted. Call 602-264-6768 x2312 for more information.



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**Queen Creek USD Adult Education** – Registration for next term will start in July. Call 480-987-5988 for more information or to get placed on the wait list.

**Rio Salado College Adult Education** – Offers free ABE and GED preparation classes. Call 480-517-8110 or 480-377-4050 for more information.

**Tempe Adult Education Program** – Offers free ABE and GED preparation classes. Next semester begins in August, and runs two to three days per week for 8 weeks. To register, go to 500 W. Guadalupe in Tempe after July 6<sup>th</sup> with two forms of ID. Call 480-839-0292 x3097 for more information.

**Wesley Community Center** – 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. Call Lucas at 623-849-1676 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### Hearing Aid Assistance

The following is a list of resources for obtaining hearing aid assistance in the community.

**HEAR for Kids** - Provides financial assistance with obtaining hearing aids for children who do not qualify for AHCCCS. Call Lylis Olsen at 602-690-3975 for more information.

**Lion's Club Sight and Hearing Foundation** - 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. Must call 602-954-1723 to apply.

**Miracle Ear** – 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. Call 1-800-234-5422 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### HIV/AIDS & STD Resources

The following are resources for obtaining assistance with STD testing, and HIV/AIDS resources.

**Agape Food Network** – Provides emergency and bi-monthly food boxes to individuals living with HIV/AIDS. Call 602-234-6143 for more information.

**AIDS Info** – Provides an information hotline for information in HIV and AIDS available Monday through Friday 12pm to 5pm (EST). Call 1-800-448-0440.

**AIDS Hotline (California)** – Provides information on AIDS Monday through Friday from 9am to 5pm. Call 1-415-863-2437.

**American Social Health Administration** – Source of information on sexual health and sexually transmitted infections. Visit [www.ashastd.org](http://www.ashastd.org) or call 919-361-8488 for more information.

**Care Directions** – Provides one-on-one assistance to individuals living with HIV, to connect them with necessary community services. Call 602-264-2273 for more information.

**Center for Disease Control** – Offers a 24 hour information line that provides information about STDs/AIDs, and offers locations for testing centers. Call 1-800-232-4636.

**Compassion in Action** – 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. Call 480-220-0602 for more information.

**Joshua Tree Feeding Program** – Offers a weekly hot lunch, supplemental groceries, and bi-monthly food boxes to individuals living with HIV/AIDS. Call 602-264-0223 for more information.

**Maricopa County Public Health** – Offers STD testing and treatment for \$20, as well as HIV counseling and testing at a walk in clinic located at 1645 E. Roosevelt, Phoenix. Call 602-506-5070 for information on STD testing, 602-506-2934 for information on HIV testing, and 602-506-1678 for more general information. For additional resources in Maricopa County, contact Lorraine Brown at 602-344-2627.

**McDowell Healthcare Center** – 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. Call 602-506-6550 for information about becoming a patient.

**Phoenix Shanti Group** – Provides housing, education, and direct client services to individuals, families, and loved ones infected with and affected by HIV/AIDS. Call 602-279-0008 for more information.

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**Southwest Center for HIV/AIDS** – Offers wellness, behavioral health, education, and clinical trials designed to help people live long and well with HIV. For more information call 602-307-5330. They also offer free, rapid HIV antibody counseling and testing every weekday. For information on testing, contact Demetra Scroggins at 602-207-5330 x2243.

**Terros** – Offers free HIV testing at 1029 N. 1<sup>st</sup> St., Phoenix, Monday through Friday from 9am to 4:30pm. Call 602-685-6086 for additional information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### Homeless Resources

The following is a list of resources for the homeless.  
See also Homeless Resources.

**Arizona Advocates for the Homeless** – Provides a 24 hour crisis response team for the homeless providing shelter and food referrals, AHCCCS assistance, travel assistance, and other necessary resources. Call 480-201-5101 for more information.

**Center for Hope** – Provides residential and comprehensive support services for homeless pregnant women dealing with substance abuse issues, including counseling, parenting classes, health classes, and more. Call 480-461-1711 for more information.

**Central Arizona Shelter Services** – 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. Call 602-256-6945 x3059 for individual shelter, or 602-944-0960 for shelter for families.

**City of Phoenix** – 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. Applications and additional information is available at [www.phoenix.gov/housing](http://www.phoenix.gov/housing). Additional voucher programs offered in conjunction with CASS, Native American Connections, the VA, CPS, Care Directions, Watkins shelter, and Magellan. Call Christine at 602-262-4422 for more information.

**Community Care Emergency Shelter** – 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. Call 623-755-2284 for more information.

**CONTACTS Shelter Hotline** – Shelter referrals 24 hours a day/7 days a week. Call 602-263-8900 for assistance.

**Family Promise** – Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support. For support or more information call 602-294-0222.

**Health Care for the Homeless** – Free health care for homeless individuals on a walk in basis located at 220 S. 12<sup>th</sup> Ave., Phoenix. Call 602-372-2100 for more information.

**I-HELP** – Provides lodging, comfort, hope, and opportunity to homeless people in Tempe. Obtain a referral from CONTACTS (above) or call 480-350-5893 for more information.



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**Lodestar Day Resource Center** – Provides assistance with housing, obtaining identification, job search, locating health care, food, and counseling services for the homeless. Call 602-393-9930 for more information.

**Ozanam Manor** – 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. Call 602-495-3051 for more information.

**Save the Family** – Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more. Call Sandy at 480-898-0228 x203 for more information.

**TES** – Full service employment agency for homeless individuals. Call 602-252-8405 for more information.

**The Once-a-Month Church** - Provides monthly outreach to poor and homeless individuals including lunch, clothing, shoes, personal items (as donations allow), life skills training, and empowerment training. Occurs the last Sunday of every month from 11am - 1pm at the Margaret T. Hance Park (2nd St. and Moreland, Phoenix). Call Rev. Dorothy Williams at 602-593-5903 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

REV. June 25, 2010

**The information contained in this guide is not intended to be a comprehensive list of all available services.** If you find this information to be inaccurate, or have additional resources you would like to share, please contact Danielle Jeffery at 602.263.1450. Thank you.



## NON-TITLE XIX RESOURCE GUIDE

### Hospitalizations – Involuntary Options

The following is a guide for **SWN Medical Staff** for involuntary psychiatric hospitalization.

**When a NT19 recipient presents as an immediate threat to themselves or others, and is unwilling to seek voluntary treatment:**

1. **Call Maricopa CRISIS Line** at 602-222-9444 for immediate assistance. A mobile team will be sent to assist with the petitioning process.

Maricopa CRISIS Line offers emergency crisis intervention response for behavioral health crisis situations 24 hours a day/7 days a week. Call 602-222-9444 or 1-800-691-1314 for assistance.

SWN

REV. June 25, 2010

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## NON-TITLE XIX RESOURCE GUIDE

### Hospitalizations – Private Hospitals

The following is a list of contacts for psychiatric hospital options for NT19 individuals with private insurance.

**Aurora Behavioral Health** – Located at 6015 W. Peoria Avenue in Glendale. Call 623-344-4444 for bed availability.

**Banner Health System** – Access to all Banner facilities to determine inpatient bed availability. Call 602-254-4357, option 2.

**EMPACT Suicide** – Offers 24 hours a day/7 days a week crisis response for behavioral health crisis situations. Call 480-784-1500 or 1-800-784-2433 for assistance.

**Maricopa CRISIS Line** – Offers 24 hours a day/7 days a week emergency crisis intervention response for behavioral health crisis situations. Call 602-222-9444 or 1-800-691-1314 for assistance.

**St. Luke's** – Located at 1800 East Van Buren Street. Call 602-251-8535 to schedule an intake evaluation.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

REV. June 25, 2010

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## **NON-TITLE XIX RESOURCE GUIDE**

### **Hospitalizations – Public Hospitals**

The following is a list of contacts for psychiatric hospital options for NT19 individuals without private insurance.

**Maricopa CRISIS Line** – Offers emergency crisis intervention response for behavioral health crisis situations 24 hours a day/7 days a week. Call 602-222-9444 or 1-800-691-1314 for assistance.

**EMPACT Suicide** – Offers crisis response for behavioral health crisis situations 24 hours a day/7 days a week. Call 480-784-1500 or 1-800-784-2433 for assistance.

**Phoenix Indian Medical Center** – Offers outpatient substance abuse treatment and mental health counseling, as well as inpatient medical services for Native Americans belonging to a federally recognized tribe. Call 602-263-1200 for more information.

**RiAZ Urgent Care (PRC-W)** – Offers inpatient stabilization services. Call 602-650-1212 for additional information. Located at: 11361 N. 89<sup>th</sup> Ave., #6401  
Peoria, AZ 85345  
602-650-1212  
602-636-4605

**Connections AZ (UPC)** – Offers inpatient stabilization services. Call 602-344-1945 for additional information. Located at: 903 N. 2<sup>nd</sup> Street  
Phoenix, AZ 85004  
602-416-7600

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

## NON-TITLE XIX RESOURCE GUIDE

### Hospitalizations – Voluntary Options

The following is a guide for **SWN Medical Staff** for voluntary psychiatric hospitalization.

**When a NT19 recipient with private insurance presents as needing hospitalization, and is willing to seek voluntary treatment:**

- 1. Assess their ability to seek treatment independently:**
  - a.** If the person is able to advocate for themselves and request assistance, as well as transport themselves to the hospital, provide them with the **Hospitalizations – Private Hospitals** resource information.
    - i. Have them call the hospital(s) of their choice** – They can call for bed availability and set up an appointment for intake if available.
    - ii. If no hospital beds are available** – Have them go to the ER of their choice and present for care.
  - b.** If the person is unable to take themselves to a hospital for care:
    - i. Call Maricopa CRISIS Line** at 602-222-9444 for assistance with securing inpatient stabilization.

**When a NT19 recipient without private insurance presents as needing hospitalization, and is willing to seek voluntary treatment:**

- 1. Assess their ability to seek treatment independently:**
  - c.** If the person is able to advocate for themselves and request assistance, as well as transport themselves to the hospital, provide them with the **Hospitalizations – Public Hospitals** resource information.
    - i. Have them go to UPC or PRC-W for care.**
  - b.** If the person is unable to take themselves to a hospital for care:
    - i. Call Maricopa CRISIS Line** at 602-222-9444 for assistance with securing inpatient stabilization.

## NON-TITLE XIX RESOURCE GUIDE

### Housing Resources – Assisted Living

The following is a list of assisted living resources.

**A Place for Mom & Dad** – Assisted living facility with capacity for 9 adults. Rates based on level of care and income. All support services provided with supervision available 24 hours a day. Call Claudia at 623-332-4267 for more information.

**Bedder Living** – Boarding home for ambulatory men over 50 providing room & board, meals, housekeeping, and toiletries. Medication prompting available. Rates from \$550/month. No drugs or alcohol. Call 602-358-7758 for more information.

**The Burkeshire** – Assisted living at an affordable rate with a sliding scale option, the Burkeshire offers supervisory and personal care. Rates start at \$1050/month. Call 602-258-7488 for more information.

**Emmanuel Campus of Care** – Supported independent housing starting at \$1050/month located in Peoria, including utilities, some housecleaning, some laundry, some meals, a lifeline, transportation, and community events. Call 623-748-1669 for more information.

**The Fountain** – 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. Call 623-977-4273 for more information.

**Graceful Living** – 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. Call Claudia at 623-332-4267 for more information.

**Guadalupe Huerta** – Independent living facility for seniors and adults with disabilities run by Chicanos por la Causa. Call 602-243-4137 for more information.

**Housely's Assisted Living** – Assisted living facility with rent based on income (starting at \$700/month) in South Phoenix. Full services available with capacity of 10 adults. Call 602-275-9267 for more information.

**InTouch Elder Care** – Assisted living facility for \$2000/month in Glendale with no recent violations. Call 602-358-8094 for more information.

**J & L Adult Care Home** – Assisted living for \$800/month with no recent violations in West Phoenix. Call 602-413-9061 for more details.

**Park @ 7<sup>th</sup> Ave** – Assisted living facility for \$1650/month in Phoenix, offering care 24 hours a day, meals, housekeeping, laundry, and medication management in a gated community. Call 602-371-0767 after 9am for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.



## **NON-TITLE XIX RESOURCE GUIDE**

### **Housing Resources – Halfway Houses**

The following is a list of half-way/transitional housing resources.  
See also Housing Resources – Transitional Housing.

**Clean House (M.A.C.K. Transitional Living)** – 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. Call 602-841-9599 for information and intake appointments.

**Extended Hand Outreach** – Provides spiritual addiction counseling and mentoring services in a Christian transitional living facility. Provides a job to assist with weekly rent (\$75) if unemployed. Contact James at 623-205-3106 or Marc at 602-758-0057.

**House of Refuge** – Provides homeless families and individuals with transitional housing and support services. Call 480-988-9242 for more information.

**Reborn Assistance** – Offers transitional living for men returning to society from jail or prison struggling with substance abuse. Offer on-site 12 step program. Fees are \$110/week, but willing to allow entry without money if coming from correctional facility.

**Serenity House for Sober Living** – Transitional and  $\frac{3}{4}$  house for men and women looking for a sober living environment. Weekly rates start at \$100, and do not include meals; there is an additional \$60/month fee for utilities. Call 602-445-6160 for more information.

**Step One** – 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). Call 602-749-5434 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.



## NON-TITLE XIX RESOURCE GUIDE

### Housing Resources – Independent Options

The following is a list of affordable independent housing options in the Phoenix area.

**Arcadia Palms Apartments** – Affordable independent living near 48<sup>th</sup> St. and Thomas. Call 602-840-6780 for more information.

**Apartment Finders** – Free apartment locating services. Call 602-957-7000 or visit <http://www.aptfind.com/index.html> for locations and assistance.

**Campaign Place** – Affordable independent living in Central Phoenix, with rates starting at \$450/month. Call 602-296-5200 for more information.

**Casa Blanca Apartments** – Independent housing starting at \$519/month, utilities included, with a \$200 deposit. Call 602-242-4782 for more information.

**Chicanos por la Casa** – Provides high-quality, safe, affordable housing options. Call 602-253-0838 for more information.

**City of Phoenix** – 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. Applications and additional information is available at [www.phoenix.gov/housing](http://www.phoenix.gov/housing). Additional voucher programs offered in conjunction with CASS, Native American Connections, the VA, CPS, Care Directions, Watkins shelter, and Magellan. Call Christine at 602-262-4422 for more information.

**Coconut Grove** – Affordable independent living near 20<sup>th</sup> Ave. and Indian School starting at \$399/month, utilities included. Call 602-264-1354 for more information and availability.

**Community Care Emergency Shelter** – 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. Call 623-755-2284 for more information.

**Emmanuel Campus of Care** – Independent housing starting at \$800/month located in Peoria, including water, cable, a lifeline, transportation, and community events. Call 623-748-1669 for more information.

**Gene Rice Senior Center** – Senior independent living facility run by Chicanos por la Causa. Call 602-257-0700.

**Guadalupe Huerta** – Independent living facility for seniors and adults with disabilities run by Chicanos por la Causa. Call 602-243-4137 for more information.

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## **NON-TITLE XIX RESOURCE GUIDE**

**Housing our Communities** – Provides down payment assistance for first time home buyers. Call 480-649-1335 for more information.

**Labor's Community Service Agency** – Their Affordable Housing program offers units for \$350/month or less for qualifying individuals or families. Families must have children and some sort of income; wait list is currently up to 2 months. Their Neighborhood Revitalization Program offers home repairs to raise the level of pride in neighborhoods. Call 602-263-5741 for more information.

**Matthew Henson Properties** – Independent subsidized housing (30% of income) for seniors in Central Phoenix. Call 602-252-1522 for more information.

**Native American Connections** – 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 housing options. Call 602-252-2865 for more information.

**Paige Commons** – 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). Call Rosemary at 480-813-4609 for more information.

**Roeser Villages** – 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. Call 602-268-5100 for more information.

**Save the Family ARM Program** – Provides affordable housing for families to bridge the gap between subsidized housing to fair market rent or homeownership. Some supportive services included. Call Mindy at 480-898-0228 x276 for more information.

**Seville Gardens Apartments** – Affordable independent living near 48<sup>th</sup> St. and Thomas, with rent starting at \$325/month, utilities included, for a studio apartment. Call 602-278-0662 for more information.

**SH Hospitality** – Offers a discounted monthly rate (starting at \$610) for any individual referred by Magellan. Monthly rate includes a furnished 1 bedroom unit with all utilities (phone/tv/hbo/wifi), housecleaning, pool and spa access, and breakfast daily; locations in Phoenix and Mesa. Pets welcome. Contact Amanda at 480-964-2897 for more information.

**Singleton** – 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. Call 602-626-8150 for more information. Must have or be willing to get payee or direct deposit of monthly fee.



## NON-TITLE XIX RESOURCE GUIDE

**Social Serve** – Provides a web portal for locating affordable housing, and includes options for Section 8 vouchers and proximity to public transit. Visit [www.socialserve.com](http://www.socialserve.com).

**Sterling Place Apartments** – Affordable independent living near in West Phoenix, with rates starting at \$565/month, utilities included, for a 1 bedroom apartment. Call 602-246-0105 for more information.

**Tannor Gardens** – Independent subsidized housing for seniors and disabled adults in South Phoenix. Rent is 30% of income. Call 602-268-8866 for more information.

**Tannor Manor** – Independent subsidized housing in South Phoenix with rent based on annual income. Current openings available. Call 602-323-0100 for more information.

**Westward Ho** – Independent subsidized housing in Central Phoenix for elderly and disabled adults with rent based on income. May have a waitlist. Call 602-258-6221 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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REV. June 25, 2010

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## NON-TITLE XIX RESOURCE GUIDE

### Housing Resources – Rental/Utility Assistance

The following is a list of resource for obtaining emergency cash assistance to avoid eviction or prevent utility shut-off.

**A New Leaf** – Provides financial assistance and case management services to individuals and families living in Mesa in an emergency situation impacting their housing, utilities, health, and/or safety. Assists with rent payment, utility payment, or air conditioning repair in the summer. Call 480-833-9200 for more information or to request assistance.

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Benefits Eligibility** – There are multiple websites available to check eligibility for various federal, state, and local assistance programs. Visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org), [www.healtharizona.org](http://www.healtharizona.org), [www.benefitscheckup.org](http://www.benefitscheckup.org), and/or [www.azcaa.org](http://www.azcaa.org) for more information/assistance.

**Catholic Charities Rent and Mortgage Assistance** – Assists with one month past due rent or mortgage payment, or first month's rent. Call 602-997-6105 for more information/assistance.

**Community Action Programs (CAP)** – 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: Avondale (623-333-2700), Buckeye (623-349-6600), Chandler (480-963-4321), Gila Bend (602-252-3186), Gilbert (480-892-5331), Glendale (623-930-2854), Maricopa County (602-372-4858), Peoria (623-979-3911), Sunnyslope (602-495-5229), Tempe (480-350-5880), Tolleson (623-936-7111), Vista del Camino (480-312-2323), Wickenburg (1-800-506-0576).

**Community Services of Arizona Rent and Mortgage Assistance** – Assists with one month past due rent or mortgage payment, or first month's rent. Call 480-963-6276 for more information/assistance.

**Foothills Food Bank & Resource Center** – Provides emergency food boxes and financial assistance for those in need living in specific zip codes in the North Valley. Call 480-488-1145 for more information.

**John F. Long Family Services Center** – Provides emergency financial assistance to individuals and families in crisis situations. Also provides one free bus ticket with a letter from employer indicating next pay day. Call 602-262-6510 for more information.

## **NON-TITLE XIX RESOURCE GUIDE**

**Labor's Community Service Agency** – Their Emergency Relief Program offers emergency financial assistance for those with an eviction or shut-off notice. Their Foreclosure Intervention Program offers counseling and representation during foreclosure proceedings. Call 602-263-5741 for more information.

**Lutheran Social Services Rent and Mortgage Assistance** – Assists with one month past due rent or mortgage payment, or first month's rent. Call 1-877-258-2059 for more information/assistance.

**Save the Family Foundation (Chandler/Mesa)** – Provides financial assistance for eviction prevention or utility shut-off prevention for Chandler and Mesa residents with at least one child age 17 or younger. Call 480-898-0228 for more information.

**St. Vincent de Paul** – Assists families with children (living in the home at least 50% of the time) with one month past due on rent or mortgage, or the first month's rent. Call 602-261-6836 for more information.

**The Salvation Army** – 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. Call 480-833-8322 in Mesa, 480-963-2041 in Chandler, 602-267-4127 in Phoenix, and 480-967-8649 in Tempe.

**Travis L. Williams Family Services Center** – Provides emergency financial assistance to individuals and families in crisis situations. Call 602-534-4732 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

## NON-TITLE XIX RESOURCE GUIDE

### Housing Resources –Shelters

The following is a list of emergency housing resources.  
See also Homeless Resources.

**Arizona Advocates for the Homeless** – Provides a 24 hour crisis response team for the homeless providing shelter and food referrals, AHCCCS assistance, travel assistance, and other necessary resources. Call 480-201-5101 for more information.

**Central Arizona Shelter Services** – 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. Call 602-256-6945 x3059 for individual shelter, or 602-944-0960 for shelter for families.

**City of Phoenix** – 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. Applications and additional information is available at [www.phoenix.gov/housing](http://www.phoenix.gov/housing). Additional voucher programs offered in conjunction with CASS, Native American Connections, the VA, CPS, Care Directions, Watkins shelter, and Magellan. Call Christine at 602-262-4422 for more information.

**Community Care Emergency Shelter** – 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. Call 623-755-2284 for more information.

**CONTACTS Shelter Hotline** – Shelter referrals 24 hours a day/7 days a week. Call 602-263-8900 for assistance.

**Family Promise** – Designed to meet the needs of homeless families in the Phoenix area, providing shelter, meals, educational services, and social support. For support or more information call 602-294-0222.

**I-HELP** – Provides lodging, comfort, hope, and opportunity to homeless people in Tempe. Obtain a referral from CONTACTS (above) or call 480-350-5893 for more information.

**Ozanam Manor** – 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. Call 602-495-3051 for more information.

**Save the Family** – Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more. Call Sandy at 480-898-0228 x203 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

## NON-TITLE XIX RESOURCE GUIDE

### Housing Resources – Supervisory Care Homes

The following is a list of supervisory care homes in the Phoenix area.  
See also Housing Resources – Assisted Living.

**A Place for Mom & Dad** – Assisted living facility with capacity for 9 adults. Rates based on level of care and income. All support services provided with supervision available 24 hours a day. Call Claudia at 623-332-4267 for more information.

**Bedder Living** – Boarding home for ambulatory men over 50 providing room & board, meals, housekeeping, and toiletries. Medication prompting available. Rates from \$550/month. No drugs or alcohol. Call 602-358-7758 for more information.

**The Burkeshire** – Assisted living at an affordable rate with a sliding scale option, the Burkeshire offers supervisory and personal care. Rates start at \$1050/month. Call 602-258-7488 for more information.

**Emmanuel Campus of Care** – Supported independent housing starting at \$1050/month located in Peoria, including utilities, some housecleaning, some laundry, some meals, a lifeline, transportation, and community events. Call 623-748-1669 for more information.

**The Fountain** – 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. Call 623-977-4273 for more information.

**Graceful Living** – 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. Call Claudia at 623-332-4267 for more information.

**Guadalupe Huerta** – Independent living facility for seniors and adults with disabilities run by Chicanos por la Causa. Call 602-243-4137 for more information.

**Houselly's Assisted Living** – Assisted living facility with rent based on income (starting at \$700/month) in South Phoenix. Full services available with capacity of 10 adults. Call 602-275-9267 for more information.

**InTouch Elder Care** – Assisted living facility for \$2000/month in Glendale with no recent violations. Call 602-358-8094 for more information.

**J & L Adult Care Home** – Assisted living for \$800/month with no recent violations in West Phoenix. Call 602-413-9061 for more details.

**Park @ 7<sup>th</sup> Ave** – Assisted living facility for \$1650/month in Phoenix, offering care 24 hours a day, meals, housekeeping, laundry, and medication management in a gated community. Call 602-371-0767 after 9am for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.



## NON-TITLE XIX RESOURCE GUIDE

### Housing Resources – Supported Housing

The following is a resource for supported independent living.

**Community Care Emergency Shelter** – 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. Call 623-755-2284 for more information.

**Emmanuel Campus of Care** – Supported independent housing starting at \$1050/month located in Peoria, including utilities, some housecleaning, some laundry, some meals, a lifeline, transportation, and community events. Call 623-748-1669 for more information.

**Marc Center** – Provides a supported housing option that includes 8 – 24 hour support, independent living skills training, medication monitoring, and a roommate matching type service. Call Steve at 480-969-3800 x229 for details.

**Native American Connections** – 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 housing options. Call 602-252-2865 for more information.

**Singleton** – 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. Call 602-626-8150 for more information. Must have or be willing to get payee or direct deposit of monthly fee.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

## NON-TITLE XIX RESOURCE GUIDE

### Housing Resources – Transitional Living

The following is a list of transitional living options in the Phoenix area.  
See also Housing Resources – Halfway Houses.

**Chrysalis** – Offers domestic violence shelters and transitional housing options. Call 602-944-4999 for the Phoenix location, and 480-481-0402 for the Scottsdale location.

**City of Phoenix** – 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. Applications and additional information is available at [www.phoenix.gov/housing](http://www.phoenix.gov/housing). Additional voucher programs offered in conjunction with CASS, Native American Connections, the VA, CPS, Care Directions, Watkins shelter, and Magellan. Call Christine at 602-262-4422 for more information.

**Clean House (M.A.C.K. Transitional Living)** – 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. Call 602-841-9599 for information and intake appointments.

**Community Alliance Against Family Abuse** – Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions. No eligibility requirements. Contact the local crisis line at 480-982-0196 for more information.

**Community Care Emergency Shelter** – 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. Call 623-755-2284 for more information.

**Extended Hand Outreach** – Provides spiritual addiction counseling and mentoring services in a Christian transitional living facility. Provides a job to assist with weekly rent (\$75) if unemployed. Contact James at 623-205-3106 or Marc at 602-758-0057.

**Harmony House** – Housing resource/program for women or women with children experiencing domestic violence. Call 602-279-2939 for more information.

**Homeward Bound** – Offer transitional living to families with children, and assists the families in achieving economic independence and obtaining safe, secure, affordable long term housing. Call 602-263-7654 for more information.

**House of Refuge** – Provides homeless families and individuals with transitional housing and support services. Call 480-988-9242 for more information.

## **NON-TITLE XIX RESOURCE GUIDE**

**Labor's Community Service Agency** – Provides safe, affordable housing, and case management services for homeless families. Parents must be currently employed or willing to work full-time (or on disability). No waitlist. Call 602-263-5741 for more information.

**Reborn Assistance** – Offers transitional living for men returning to society from jail or prison struggling with substance abuse. Offer on-site 12 step program. Fees are \$110/week, but willing to allow entry without money if coming from correctional facility.

**Save the Family** – Provides transitional housing for homeless families with supportive services. Support services include rental subsidy, case management, life skills, outreach services, and more. Call Sandy at 480-898-0228 x203 for more information.

**Serenity House for Sober Living** – Transitional and ¾ house for men and women looking for a sober living environment. Weekly rates start at \$100, and do not include meals; there is an additional \$60/month fee for utilities. Call 602-445-6160 for more information.

**Step One** – 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). Call 602-749-5434 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.



## NON-TITLE XIX RESOURCE GUIDE

### Interpretation Resources

The following is a list of interpretation services.

**AT & T Language Line** – Communicate with anyone in over 170 languages within minutes. Call 1-800-752-6096 for more information and to set up an account. This is a fee for service provider.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### Legal Services

The following are resources for advocacy groups or legal assistance.

**Advocates for the Disabled** – Provides resources for essential living requirements, including safe housing, food, and clothing. Call 1-800-875-2272 for more information.

**Arizona Senior Citizen's Law Project** – Offers free information and legal assistance to seniors over 60 in Maricopa County. Call 602-252-6710 for more information. For assistance call 602-252-6710 on Wednesday from 1 – 5 pm.

**ASU Legal Clinic** – Accepts new cases on or after the start of each new semester based on type of case and need. Call 480-965-6968 for more information.

**Community Alliance Against Family Abuse** – Provides safe housing, support groups, legal advocacy, and 1:1 empowerment sessions. No eligibility requirements. Contact the local crisis line at 480-982-0196 for more information.

**Community Legal Services** – Provides civil legal services to indigent and low income residents, including consumer and disability law. Call 602-258-3434 for more information.

**David's Hope** – Provides information, advocacy, and resources for any individual dealing with legal issues or re-entering the community after serving jail or prison time. Call 602-774-4382 for more information.

**Family Advocacy Center** – 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. Call 602-534-2120 and ask for an advocate for more information.

**Family Lawyer's Assistance Project** – Offers free or reduced fee (\$35) consultation with a volunteer lawyer. Complete intake or schedule appointment by going to 201 W. Jefferson, 6<sup>th</sup> Floor. Call 602-506-7948 for more information.

**Fresh Start Women's Foundation** – Offers free consultation for legal issues (specializing in domestic relations cases), and a staffing agency on site to assist with finding temporary employment. Call 602-252-8494 for more information.

**Labor's Community Service Agency** – Serving the general welfare of our community and advocating for health and human services that meet the needs of all members of the community. Call 602-263-5741 for more information.

**Legal LEARN** – Free and reduced fee legal aid resources. Call 1-866-637-5341 for more information.



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**Lighthouse Women's Resource Center** – Strengthen women by providing a network of adequate resources and special programs. Services include: Career Empowerment Center, Daycare, Library, Community Resource Assistance, Computer Skills classes, GED classes, mentoring, legal consultant, and Abundant Life classes. Also seeking volunteers. Call 480-733-4348 for more information.

**Maricopa Bar Association Lawyer Referral Service** – Provides ½ hour consultations for \$35 in civil and criminal matters. Call 602-257-4434 for more information.

**National Association for the Advancement of Colored People** – Provides legal referrals for civil and criminal matters. Call 602-252-4064 for more information.

**Never Again** – Provides civil litigation and legal representation for surviving family members of victims of domestic violence deaths. Call 480-539-9111 for more information.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## NON-TITLE XIX RESOURCE GUIDE

### Medical Assistance –Insurance Options

The following are resources for obtaining insurance.

**AHCCCS** – 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. To apply: Visit [www.healthearizona.org](http://www.healthearizona.org), or fill out an application (found at: <http://www.azahcccs.gov/applicants/Downloads/ApplicationForms/ApplicationforAHCCCSHealthInsurance.pdf>) and mail to:

AHCCCS SSI MAO  
801 East Jefferson MD 3800  
Phoenix, AZ 85034

**AHCCCS Freedom to Work** –Group medical coverage plan for employed recipients with a disability without resource limitations. To view requirements, visit:

<http://www.azahcccs.gov/applicants/categories/workingdisabled.aspx>.

To apply: Visit [www.healthearizona.org](http://www.healthearizona.org), or fill out an application (found at <http://www.azahcccs.gov/applicants/Downloads/ApplicationForms/ApplicationforAHCCCSHealthInsurance.pdf>) and mail to:

AHCCCS Freedom to Work  
801 East Jefferson, MD 1600  
Phoenix, AZ 85034

**Arizona Self Help** – Provides a free, easy, and confidential way to find out if you may qualify for benefits and other assistance programs (child, family, financial, healthcare, employment, food, clothing, housing, utilities, senior, and disabled services) in Arizona. Call 1-800-352-8401 or visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) for more information.

**Benefits Eligibility** – There are multiple websites available to check eligibility for various federal, state, and local assistance programs. Visit [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org), [www.healthearizona.org](http://www.healthearizona.org), [www.benefitscheckup.org](http://www.benefitscheckup.org), and/or [www.azcaa.org](http://www.azcaa.org) for more information/assistance.

**CopaCare** – 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. Call 602-344-1015 for more information.

**HealthCare Connect** – Provides comprehensive coordinated health care at affordable rates for uninsured residents of Maricopa County. Enrollment fees are \$50/year for an individual or \$100/year for families of two or more, and there are no monthly premiums. Call 602-288-7564 for more information.

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**Medicare** – 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). You can apply for Medicare online at <http://www.socialsecurity.gov/medicareonly/> or call 1-800-633-4227 for more information.

**Women’s Health Coalition of Arizona** – Assists women and children in the AHCCCS application process. For more information or to schedule an appointment call 602-254-5611 x108 in **Phoenix**, 602-372-4298 in **Avondale, Buckeye, or Tolleson**, or 623-333-2703 in **Avondale**.

**Community Information and Referral** – CIR provides information and referrals for various community resources 24 hours a day/7 days a week. Call 602-263-8856 for assistance.

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## **NON-TITLE XIX RESOURCE GUIDE**

### **Medications – Getting Refills**

The following is a guide for obtaining refills on your prescriptions.

- 1. When you have five days of medication left, it is time to request a refill.**
  - a. Take your bottle to your pharmacy and request a refill; or
  - b. Call your pharmacy (the number is on your prescription bottle), and request a refill over the phone.
  
- 2. If you do not have refills available, your pharmacy will contact your doctor – You do not need to call the doctor yourself.**
  
- 3. If you requested a refill, and it is still not available after 72 hours:**
  - a. Call your pharmacy to ask about the reason your prescription is not ready.
    - i. Request they call your doctor again if they are not getting a response from the office.

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