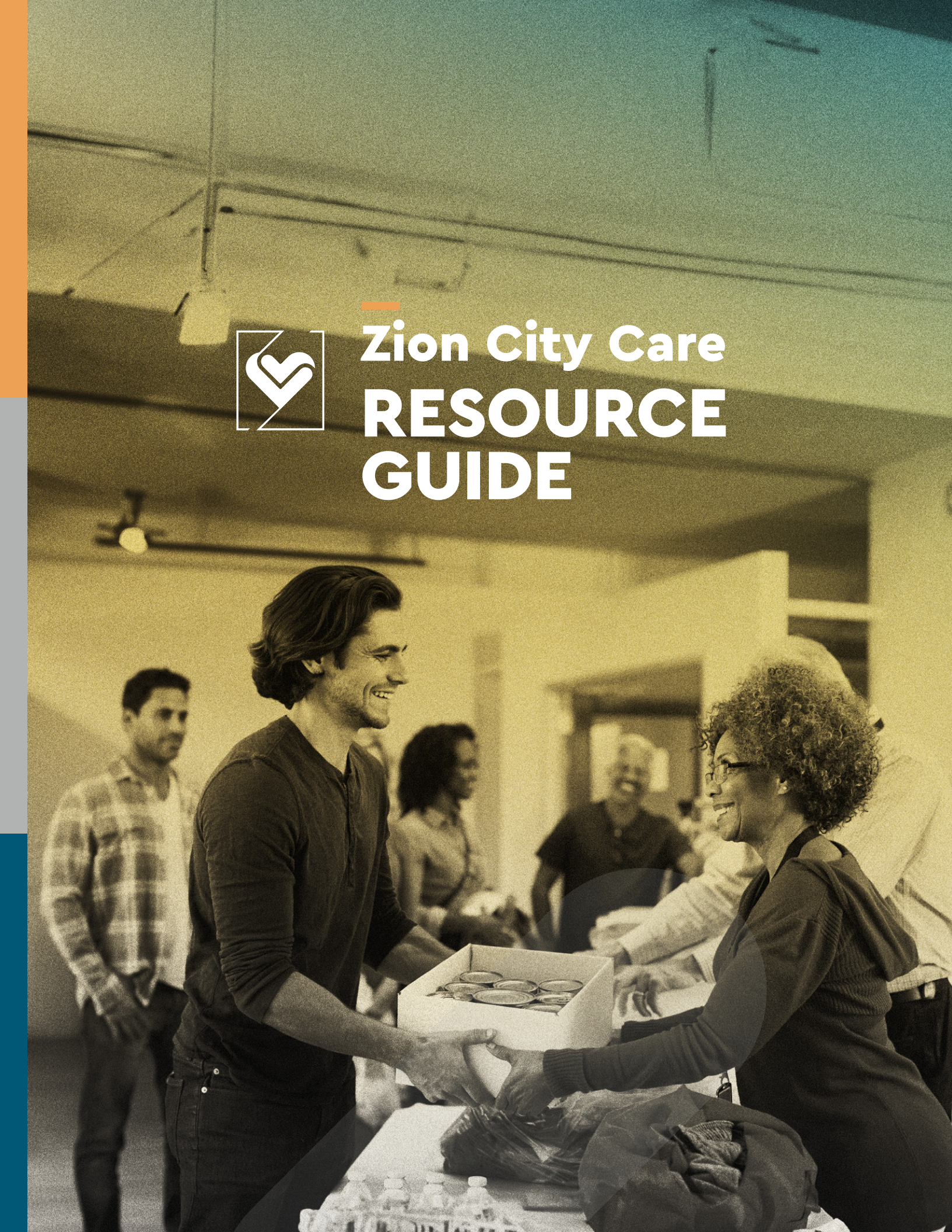




Zion City Care
**RESOURCE
GUIDE**



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COMMUNITY RESOURCES

Disclaimer: This information was gathered and updated by Zion City Care Center's medical and administration volunteers. Please use it only as a guide to start your own research. Confirm the services will meet your needs and obtain the most current information and services available for adults, children, or teens. To request an update or correction, please leave a message for the "MMU and Administrative" volunteers at: (520) 495-7888

POISON, VENOM, DRUG, CHEMICAL & MEDICATION INFORMATION

Arizona Line: (800) 222-1222

URGENT CARE & OTHER MEDICAL SERVICES

Call 911 for Emergencies

Nextcare Urgent Care

(888) 381-4851

www.nextcare.com

Carbon Health

(520) 912-4242

www.carbonhealth.com

Banner Urgent Care

(520) 694-6600

urgentcare.bannerhealth.com

Northwest Urgent Care

urgent-care-now.com/northwest-tucson

*See below for non-urgent medical services

BLOOD WORK & OTHER TESTING

Sonora Quest Laboratories

(520) 297-7526

***Has a list of discounted pricing for non-insured or low-income individuals.**

DENTAL SERVICES

St. Elizabeth Health Center

140 W Speedway Blvd #100

(520) 628-7871

El Rio Health

(520) 670-3909 or go to nearest clinic and ask for Dental Services

Pima Community College

Dental Hygiene Students

(520) 206-6090

wcdental@pima.edu

Expectant mothers, babies, and children under 5 qualify for free oral health screenings

(520) 724-7902

MENTAL HEALTH SERVICES CRISIS

For all emergencies, dial 911

Crisis Text Line

741741

Lifeline

Call 988

www.988lifeline.org

Teen Lifeline

(520) 248-8336

www.teenlifeline.org

Crisis Response Center (CRC)

2802 E District Street, Tucson, AZ, 85713

(520) 301-2400

(866) 495-6735

- Psychiatric Evaluation
- Medication Management
- Individual, Group Counseling
- Peer Support
- Crisis Services
- Co-morbid treatment for select medical conditions

- Treatment for co-occurring substance use disorders

Crisis Line for the Elderly

(520) 339-2801

Pima County Crisis Line

(520) 622-6000

National Alliance on Mental Illness (NAMI)

Call: (800) 950-6264

Text: 988

www.nami.org

Emerge Center Against Domestic Violence

2545 E Adams St, Tucson, AZ, 85716

(520) 795- 4266

(888) 428- 0101

www.emergecenter.org

- Women and children
- Domestic Violence Shelter
- Crisis Intervention
- Support Groups
- Housing Stability programs

Arizona Complete Health

(866) 495-6735

- Suicide prevention

CODAC (Referral Line)

Mental health and Substance Use

(520) 202-1786

- 24-hour crisis services
- Youth services
- Residential services
- Substance abuse programs
- Individual and group counseling
- Transitional housing

The Trevor Project

(866) 488-7386

www.thetrevorproject.com

- Suicide prevention

Veterans Crisis Line

(800) 273-8255

www.veteranocrisisline.net

- 24/7
- 4-6-week programs
- Detoxification programs
- Residential treatment
- Intensive outpatient services
- Drug substitution program
- Relapse prevention
- Marriage and family counseling

Sonora Behavioral Health

6050 N Corona Rd, Tucson, AZ, 85704

(520) 469-8700

24/7 Hotline (856) 572-3675

www.sonorabehavioral.com

- 5-years and up
- Inpatient and Outpatient
- 3-5 days for adults
- 5-7 days for youths

Palo Verde Behavioral Health (Adults and Youth)

2695 N Craycroft Rd, Tucson, AZ, 85712

(520) 322-2888

www.paloverdebh.com

- Inpatient and outpatient services
- Acute inpatient psychiatric services
- Adult substance abuse treatment
- Telehealth

Behavioral Health Pavilion

2800 E Ajo Way, Tucson, AZ, 85714

(520) 874-7500

www.bannerhealth.com

- Psychiatric and Psychological assessment and evaluation
- Medication management
- Psychotherapy services
- Psychological testing
- Evaluation and treatment of difficult to treat psychiatric conditions
- Electroconvulsive therapy (ECT)
- Transcranial Magnetic Stimulation Therapy (TMS)

- Treatment with esketamine and IV ketamine

El Dorado Springs (Cornerstone)

1400 N Wilmot Rd, Tucson, AZ, 85712

(520) 222-8268

www.eldoradospringsbh.com

- Mental Health and Substance use
- Mental Health Services
 1. Depression and anxiety
 2. PTSD
 3. Bipolar Disorder
 4. Borderline Personality Disorder
 5. Psychosis
 6. Suicidal Ideation
- Inpatient Services
 1. Evidence based therapy
 2. Holistic activities
 3. Medication management
- Outpatient Services
 1. 9-12 hours a week
 2. Individual and group therapy
 3. Education
 4. Skill building

Desert Sage Behavioral Health

3395 N Campbell Ave, Tucson, AZ, 85719

(520) 771-6782

www.desertsagebh.com

- Depression and PTSD
- OCD and Major Depressive Disorder
- Services for opioid and alcohol addiction
- Telemedicine
- Ketamine treatments

Summit Behavioral Health (Adults and Children)

6524 E Carondelet Dr, Building D, Tucson AZ, 85710

(520) 226-0900

www.summitmentalhealthaz.com

- Virtual or in-person sessions
- Psychiatric evaluations
- Medication Management
- Stress Management and Coping Skills
- Individual therapy

- Substance abuse disorders
- Eating disorders
- Addiction disorders
- Cancer supportive care

BEHAVIORAL HEALTH SERVICES (NON CRISIS)

Easterseals Blake Foundation

(520) 327-1529

www.easterseals.com/blakefoundation/

- Counseling services
- Psychiatric services
- Therapeutic Groups for children and teens
- Incredible Years Education
- Independent Living/Residential services

Community Bridges (Adults only)

(520) 618-8700

www.communitybridgesaz.org

- Services available Mon-Fri only
- Crisis mobile response team 24/7
- Men and women programs
- Individual and group therapy
- Detoxification program
- Residential program
- Outpatient programs
- Accepts AHCCCS, private insurance

Grossman and Grossman (Outpatient Services for Adolescents)

(520) 771-8571

www.grossmantherapy.com

- Adolescent outpatient services

Sin Puertas (Outpatient Services for Adolescents)

(520) 791-2711

www.thepartnership.us

- Adolescent outpatient services

Arizona Children's Association (AZCA)

(520) 318-4882

www.arizonaschildren.org

- Trauma specialty services
- Las Familias

- Outpatient services (vary on geographically, but may include
 1. Intake assessments
 2. Case management
 3. Individual/group therapy
 4. Family counseling
 5. Respite
 6. Skills training
 7. Peer support groups
 8. Family support services
 9. Behavioral management
 10. Parenting support
 11. School support
 12. Birth-5 services
 13. Psychiatric services

Amity Circle Tree Ranch (Adults)

(520) 749-5980

<https://circletreeranch.org>

- Women and men without children
- 90 days to 14-month programs
- Residential drug and alcohol treatment

Tu Nidito (Grief Counseling)

(520) 322-9155

<https://tunidito.org>

- Grief and loss counseling
- Group and individual counseling

Casa De Los Niños

(520) 624-5600

www.casadelosninos.org

- Prevention programs
- Intervention programs
- Treatment programs

CODAC

(520) 327-4505

www.CODAC.com

- 24-hour crisis services
- Youth services
- Residential services
- Substance abuse programs
- Individual and group counseling
- Transitional housing

COPE Community Services INC

(520) 792-3293

www.copecommunityservices.org

- Residential treatment programs
- Mental health services
- Outpatient programs
- Housing programs

Jewish Family and Children's Services

(520) 795-0300

<https://jftucson.org/>

- Works with disorders such as:
 1. PTSD
 2. Depression & Anxiety
 3. Eating disorders
- Trauma
- Relationships/Marriage counseling
- Domestic Violence
- Grief & Loss
- End of Life
- Substance Use
- Conflict Resolution
- Child Behavioral issues

Emerge Center (Non Emergency)

(520) 795-8001

- Women and children
- Domestic Violence Shelter
- Crisis Intervention
- Support Groups
- Housing Stability programs

Gospel Rescue Mission

(520) 740-1501

www.grmtucson.com

- 18-24-month programs
- Addiction recovery and Relapse Prevention
- Counseling
- Individual and group therapy
- Life Skills
- Shelter assistance

La Frontera (Adults and Children)

(520) 807-6040

<http://www.laronteraaaz.org/>

- Crisis Support
- Inpatient & Outpatient programs
- Housing programs/services
- Individual and group therapy

The Haven (Women and Children Only)

(520) 623-4590

www.thehaventucson.org

- Mon-Fri 8:30 AM to 5PM
- 45-day program
- Residential treatment
- Individual/family/group therapy
- Parenting classes

Hope incorporated

(520) 770-1197

www.hopetucson.org

Warm Line: (520) 770-9909

- Warm line is a confidential line where individuals can talk to others who also struggle with mental health or are in substance use treatments. They provide resources and support.
- 24/7 Crisis team
- Behavioral and Substance abuse programs
- Day programs
- Family Support
- For youth ages 14-17, music as a coping skill

Tucson Behavioral Health Services

4400 E Broadway Blvd #306, Tucson, AZ, 85711

(520) 230-8256

www.tucsonbehavioralhealthservices.com

- Depression & anxiety
- Bipolar/Mood Disorders
- Schizophrenia
- ADHD/PTSD/OCD
- Eating disorders

Pathways Counseling Services

4621 N 1st Ave Suite 7, Tucson, AZ, 85718

(520) 292-9750

www.pathwaystucson.com

- Relationship/Marriage Counseling
- Grief Counseling
- Depression & Anxiety
- Addiction
- PTSD
- Trauma therapy
- Anger management
- Christian counseling
- Teen counseling

Faith Integrated Psychiatry

4400 E Broadway Blvd, #411, Tucson AZ, 85711

(520) 505-7184

www.faithandpsychiatry.com

- Depression & Anxiety
- PTSD
- ADHD
- Bipolar Disorder
- Medication Management
- Cognitive Behavioral Therapy
- Christian Counseling

The Answer: Biblical Counseling Center

3275 W Ina Rd Suite 275, Tucson, AZ, 85741

(520) 372-8538

theansweraz@gmail.com

- Individual counseling
- Marriage counseling
- Grief and Loss counseling
- Depression & anxiety
- Emotional abuse & trauma counseling
- ADHD
- Verbal/Physical/ Sexual abuse counseling

Joshua Tree Counseling

7522 N la Cholla Blvd, Tucson, AZ, 85741

(520) 308-4999

<https://joshuatreetucson.com>

- Psychotherapy
- Trauma therapy

- Marriage counseling
- Child/Teen counseling
- Grief counseling
- Addiction counseling

Affinity Counseling Center

105 2295 W Magee Rd, Tucson, AZ, 85742
(520) 257-1168

www.affinitycounseling.org

- Depression & Anxiety
- Bipolar disorder
- Impulse control
- Personality disorders
- OCD
- PTSD & Trauma
- Chronic illness/pain

Genna's House for Women, House of Hope for Men, and the Recovery house for Women

(520) 347-6434

- Substance Addiction treatment
- Housing services

MIND Clinic (Adults and Children)

(520) 428-4834

1501 N Campbell Ave, Tucson, AZ, 85713

- Psychiatric Assessments
- Medication Management
- Depression & Anxiety
- OCD
- Bipolar
- Schizophrenia
- Substance Abuse Treatment
- Individual Therapy

Spectrum Healthcare

(877) 634-7333

1200 N Country Club Rd, Tucson, AZ, 85716

www.spectrumhg.org

- Crisis
- Psychiatry/Counseling
- Residential Treatment
- Recovery Services

Rehoboth Therapy and Wellness

(520)222-1935

www.rehobothtucson.com

- Individual therapy
- Trauma
- EMDR (Eye Movement Desensitization and Reprocessing Therapy)
- Recovery

MEDICAL DETOX FACILITIES

"ARC" America's Rehab Campuses

6944 E Tanque Verde Rd, Tucson, AZ, 85715

(833) 272-7342

www.americasrehabcampuses.com

- Medical Detox
- Inpatient Residential Rehab
 1. Individual treatment plans
 2. Cognitive Behavioral Therapy
 3. Community Reinforcement Therapy
 4. Motivational Enhancement Therapy
 5. Group Therapy
 6. 12-Step Support Groups
 7. Recreational Therapy
 8. Family Therapy
 9. Medication Management
 10. Dual Diagnosis Treatment
- Outpatient Services
 1. Group Therapy
 2. 12-Step Programs
 3. Substance Abuse Education
 4. Cognitive Behavioral Therapy
 5. Rational Emotive Behavioral Therapy
 6. Dual Diagnosis
 7. Relapse Prevention
 8. Recreational Therapy

Buena Vista

5151 E Pima Rd, Tucson AZ,
(800) 922-0095
(520) 263-8371

www.buonavistarecovery.com

- Inpatient/Outpatient
 1. Intensive Residential Rehab
 2. Relapse Prevention
 3. Individual/group therapy
 4. Trauma focused therapy
 5. Drug detection testing
 6. Cognitive Behavioral therapy
- Medical Detox
 1. 24/7 supervised withdrawal
 2. 7-30-day programs
- Evidence-based therapy
- Cognitive Behavioral therapy
- Grief therapy
- Individual and group therapy

Sonora Behavioral Health

6050 N Corona Rd, Tucson, AZ, 85704
(520) 469-8700

24/7 Hotline (856) 572-3675

www.sonorabehavioral.com

- 5-years and up
- Inpatient and Outpatient
- 3-5 days for adults
- 5-7 days for youths

Palo Verde Behavioral Health

2695 N Craycroft Rd, Tucson, AZ, 85712
(520) 322-2888

www.paloverdebh.com

- Inpatient and outpatient services
- Acute inpatient psychiatric services
- Adult substance abuse treatment
- Telehealth

El Dorado Springs (Cornerstone)

1400 N Wilmot Rd, Tucson, AZ, 85712
(520) 222-8268

www.eldoradospringsbh.com

- Inpatient Substance Abuse treatment
 1. Assessment
 2. Detoxification and therapy
- Outpatient Substance Abuse treatment
 1. Intensive outpatient programs
 2. 9-12 hours a week
 3. Individual and group therapy
 4. Education training
 5. Skill building

Desert Sage Behavioral Health

3395 N Campbell Ave, Tucson, AZ, 85719
(520) 771-6782

www.desertsagebh.com

- Depression and PTSD
- OCD and Major Depressive Disorder
- Services for opioid and alcohol addiction
- Telemedicine
- Ketamine treatments

Community Bridges (Adults only)

(520) 618-8700

www.communitybridgesaz.org

- Services available Mon-Fri only
- Crisis mobile response team 24/7
- Men and women programs
- Individual and group therapy
- Detoxification program
- Residential program
- Outpatient programs
- Accepts AHCCCS, private insurance

Cottonwood De Tucson (Adults and Youth)

(520) 743-0411

www.cottonwooddetucson.org

- Detoxification
- Rehabilitation for substance abuse, mental health, eating disorders, and other addictions

- Individual and group therapy
- 12 Step meetings

Sierra Tucson (Substance use, Adults Only)

(520) 624-4000

- Detoxification
- Inpatient treatment for addictions, mental health, chronic pain, and eating disorders

Al-Anon Family Groups (alcoholics)

(888) 425-2666

Amity Circle Tree Ranch (Adults)

(520) 749-5980

<https://circletreeranch.org>

- Women and men without children
- 90 days to 14-month programs
- Residential drug and alcohol treatment

Desert Star Addiction Recovery Center

(520) 638-6000

- Mon-Fri from 10AM to 5PM groups
- Monday, Wednesday, Thursday 12PM to 3PM
- Night groups Mon-Thurs 6PM to 9PM
- Substance abuse counseling
- 12-week outpatient programs
- Individual and group counseling
- 12 step meetings

Gospel Rescue Mission

4550 S Palo Verde Rd, Tucson, AZ, 85714

520) 740-1501

www.grmtucson.com

- 18-24 month programs
- Addiction recovery and Relapse Prevention
- Counseling
- Individual and group therapy
- Life Skills
- Shelter assistance

Teen Challenge

(520) 292-2273

<https://tcaz.org/>

- Residential program for drugs, alcohol, and other addictions
- Outreach programs

Community Health Associates (Adult and Children)

(520) 622-2273

www.chaarizona.com

- Mon-Fri 7:30 AM to 6:00 PM
- 24/7 Crisis Support
- Outpatient services for substance abuse and mental health
- Individual and group therapy
- DUI and Domestic Violence classes

The Mark (Adults and Youth)

(520) 314-8750

www.themarktucson.com

- Mon-Fri 9:00 AM to 5:00 PM
- Outpatient services
- Drug and alcohol intensive services
- 3-6 month programs

Turn Your Life Around (Adults only)

(520) 887-2643

www.tylahelps.com

- 24/7
- 12-24-week substance abuse program
- DUI assessment, education, treatment
- Domestic violence and anger management counseling

Summit Behavioral Health

6524 E Carondelet Dr, Building D, Tucson AZ, 85710

(520) 226-0900

www.summitmentalhealthaz.com

- Virtual or in-person sessions
- Psychiatric evaluations
- Medication Management
- Stress Management and Coping Skills
- Individual therapy

- Substance abuse disorders
- Eating disorders
- Addiction disorders
- Cancer supportive care

Veterans Affairs

(520) 792-1450

www.tucson.va.gov

- 24/7
- 4-6-week programs
- Detoxification programs
- Residential treatment
- Intensive outpatient services
- Drug substitution program
- Relapse prevention
- Marriage and family counseling

ASSISTANCE APPLYING FOR AHCCCS

Call **Zion City Care Center** on Tues-Thurs to request an appointment with a volunteer and list of required documentation
(520) 293-6386

El Rio Health

(520) 670-3909

LOW COST OR AHCCCS-ACCEPTED HEALTHCARE

Mobile Medical Unit at Zion City, every 4th Saturday of the Month from 9am to 12pm.

www.zioncity.me.city-care

- Vision Referral, Visual acuity test
- Physicals
- Vital signs (Blood pressure, body temperature, heart rate and respiration rate)
- Height and Weight measurements
- Blood Glucose test
- Pregnancy test, urinalysis
- Electrocardiogram (ECG)
- Education about an illness, injury, behavioral health, and wellbeing

Clinica Amistad

101 W Irvington Rd #3C

Weds-Thurs 5pm-9pm and 1st Saturday 10am-2pm
(520) 305-5107

www.clinicaamistad.org

Medical Evaluations & Treatments
Dermatology Screenings
Diabetes Management/Education
Counseling

Totshots Clinic

(520) 981-1142

- Vaccines
 1. Diphtheria, Tetanus
 2. Hepatitis A
 3. Influenza
 4. Human Papillomavirus (HPV)
 5. Meningococcal
 6. MMR
 7. Pneumococcal
 8. Polio
 9. Varicella

Pima County Health Department

(vaccines, HIV testing, expecting mothers)

3550 N 1st Ave, Tucson, AZ, 85705

(520) 724-2850

www.pima.gov/2125/services

NEWLY PREGNANT, SINGLE MOTHERS

Embrace Grace is a Christ-Centered Support Group for single pregnant mothers feeling alone
(928) 242-6616

www.embracegrace.com

or email Peggy

pegrath@hotmail.com

Head Start & Early Head Start

(520) 408-9129

Nurse Family Partnership

(520) 881-0001

www.nursefamilypartnership.org

- Free Nurse
- National Resources for families

Healthy Families

(520) 321-3754

www.childfamilyresources.org

- Hands-on educational activities
- Baby health and safety resources
- Free services
- In-home visits

Adoption Solutions of Arizona

1200 N El Dorado Pl Suite B-260, Tucson, AZ, 85715

(520) 400-4775

www.adoptionsolutionsofaz.org

- Peer Support/Counseling

City of Tucson Low-Cost Classes

900 S Randolph Way, Tucson, AZ, 85716

(520) 791-4873

www.ezeereg.com

- Free to low-cost activities in Tucson

Child & Family Resources

(520) 881-8940

www.childfamilyresources.org

- Monday-Friday 8AM-5PM
- After school programs available
- Assessment for children with developmental delays
- Teen Parenting Programs 16-21 years of age
- In-home services
- DES approved daycare list
- Diapers
- Workshops for parents and youths
- Healthy Families
- Parents as Teachers
- Prevention Programs
- Quality First
- Childcare Resources
- Early Intervention

POLICE DEPARTMENTS

For all emergencies, call 911

Pima County Sheriff's Department

7300 N Shannon Rd, Tucson, AZ, 85741

(520) 351-6311

www.pimasheriff.org

Tucson Police Department (24/7)

1100 S Alvernon Way, Tucson, AZ, 85713

(520) 791-4444

www.tucsonaz.gov/home

South Tucson Police Department

1601 S 6th Ave, Tucson, AZ, 85713

(520) 792-2424

www.southtucsonaz.gov

Marana Police Department

11555 W Civic Center Dr, Marana, AZ, 85653

(520) 382-2000

www.maranaaz.gov

Oro Valley Police Department

11000 N La Cañada Dr #7016, Tucson, AZ, 85737

(520) 229-4900

www.orovalleyaz.gov/police/

Reporting a crime Anonymously

(520) 882-7463

www.88crime.org

DOMESTIC VIOLENCE, ABUSE & NEGLECT

Call 911 during any emergency or crisis

Genna's House for Women, House of Hope for Men, and the Recovery house for Women

(520) 347-6434

- Substance Addiction treatment
- Housing services

AZ Coalition to End Sexual & Domestic Violence

2700 N Central Ave #1100, Phoenix, AZ, 85004
(602) 279-2900

www.acesdv.org

- Discusses Sexual Violence and Prevention
- Discusses Domestic Violence and Prevention
- Types of Abuse
 1. Animal Abuse
 2. Child Abuse
 3. Elder Abuse
 4. Intimate Partner Violence
 5. Intimate Partner Sexual Violence
 6. Family Violence
 7. Stalking
 8. Teen Dating Violence
 9. Human Trafficking
 10. Legal Abuse

ARC (Administration of Resources and Choices) for the Elderly

1625 N Alvernon Way Suite 101, Tucson, AZ, 85712
(520) 623-9383

Helpline: (520) 339-2801

www.arc-az.org

- Elder Protection
- Professional Crisis Intervention and Support for individuals over 50-years-old and people with disabilities
- Professional case management services
- to navigate the justice system
- Obtaining remote orders of protection
- Safety planning and help locating accessible long-term housing

Emerge Center Against Domestic Violence

2545 E Adams St, Tucson, AZ, 85716

(520) 795- 4266

(888) 428- 0101

www.emergecenter.org

- Women and children
- Domestic Violence Shelter
- Crisis Intervention
- Support Groups
- Housing Stability programs

Project Safe Place:

JFCS, Domestic Violence & Sexual Abuse

4301 E 5th Street, Tucson, AZ, 85711

(520) 795-0300

www.jfcstucson.org/services/counseling/counseling-for-victims-of-crimes/

- For all ages
- Victims of crimes
- Victims of traumatic loss
- Cancer support group
- Victims of Domestic Violence

Southern Arizona Against Sexual Assault

1600 N Country Club Rd, Tucson, AZ, 85716

(520) 327-1171

www.sacasa.org

- Therapy groups
- Victim's Rights
- Restraining Orders, Injunctions & Safety Planning

Southern Arizona Aids Foundation: Anti-Violence in the LGBTQ+ Community

375 S Euclid Ave, Tucson, AZ, 85719

(800) 367-8939

www.saaaf.org

- 24/7
- Care, support, and housing
- Prevention and education
- Suicide Prevention
- Substance Abuse Prevention
- Healthy Relationship Building

Casa Court Appointed Special Advocates

2225 E Ajo Way, Tucson, AZ, 85713

(520) 724-2060

www.casaofpimacounty.org

- Abused or neglected children involved in the child welfare system

LEGAL

AZ Court Help

www.AzCourtHelp.com

- Court forms
- Legal talk clinics
- Legal Guidance in
 1. Types of representation
 2. Law for seniors
 3. Law for children
 4. Law for veterans
 5. Free legal answers

The Pima County Bar Association

177 N Church Ave #101, Tucson, AZ, 85701

(520) 623-8258

www.pimacountybar.org

- Affordable clinics
- Referrals

Southern Arizona Legal Aide

2343 E Broadway Blvd #200, Tucson, AZ, 85719

(520) 623-9465

www.sazlegalaid.org

- Family Law
- Consumer Protection
- Eviction Prevention/Unsafe housing /Home loss
- Restorative benefits
- Public benefits
- Immigrations
- Native American practice

IMMIGRATION

Chicanos Por La Causa

1525 N Oracle Rd, Tucson, AZ, 85705

(520) 882-0018

www.cplc.org/immigration

- Health and Human Services
- Housing
- Education
- Economic Development
- Advocacy

Arizona Justice for Our Neighbors

(520) 488-3201

www.azjfon.org

- Legal Services
 1. Low-cost
 2. Family-Based Immigration
 3. Humanitarian Immigration
 4. Bi-Monthly Legal Clinics
 5. U-Visa/T-Visa/VAWA Petition for legal representation
- Advocacy
- Community Education

Pima Community College

(520) 206-3737

(520) 206-7330

adulted@pima.edu

- Free Citizenship Classes

INCARCERATION

Water Walkers 520

Facebook group that helps individuals reintegrate back into society from jail or prison

(520) 433-1109

www.facebook.com/WaterWalkers520/

- Thursdays from 6 PM to 8 PM

Old Pueblo Community Services

2323 S Park Ave, Tucson, AZ, 85713

(520) 546-0122

www.helptucson.org/services/reentry-recovery-communities/

- Housing
- Individualized case management
- 24/7 guidance
- Substance abuse counseling and recovery support
- Trauma therapy
- Employability skills training
- Employment placement
- Life Skills groups
- Family reunification
- Assistance with obtaining benefits

Adult Reentry Program (Goodwill)

3725 E Fort Lowell Rd, Tucson, AZ, 85705

(520) 628-1883

www.goodwillsouthernaz.org/adult-reentry-program/

- Monday-Friday 9 AM to 4 PM
- Ages 25 and up and was released from jail or prison within 180 days of enrollment
- Individual career and financial planning
- Soft skills training
- Job placement, Apprenticeship
- Certification training

TRANSPORTATION

Suntran (City Bus)

Number for people with disabilities:

(520) 792-9222

www.suntran.com/how-to-ride/mobility-paratransit

SENIOR SERVICES

Senior Support alliance

(520) 314-1011

www.seniorsupportalliance.org

- Legal
- Real estate sales
- Senior living arrangement
- End of life services

ARC (Administration of Resources and Choices) for the Elderly

1625 N Alvernon Way Suite 101, Tucson, AZ, 85712

(520) 623-9383

Helpline: (520) 339-2801

www.arc-az.org

- Elder Protection
- Professional Crisis Intervention and Support for individuals over 50-years-old and people with disabilities
- Professional case management services to navigate the justice system
- Obtaining remote orders of protection
- Safety planning and help locating accessible long-term housing

Pima Counsel on Aging (PCOA)

(520) 790-7262

www.pcoa.org

Offers many types of services and partnerships

- In-home support
- Healthcare
- Aging Well
- Caregiving
- Money, legal, planning

Arizona Grandparent Ambassadors

(520) 312-8067

www.azga.org

Statewide support for grandparents raising grandchildren to keep them out of foster care

- Medical
- Legal
- Respite
- Support groups, therapy, parenting
- Teen Resources

Amory Park Senior Center

220 S 5th Ave, Tucson, AZ, 85701

(520) 795-4266

www.tucsonaz.gov

- AARP Income Tax Assistance (TBD)
- Attorney General's Office (TBD)
- Pima County Library Bookbike
- PCOA Elder Rights and Benefits (TBD)
- Senior Meal Program
- Health, Wellnes, and Fitness

Interfaith Community Services

(520) 297-6049

www.icstucson.org

- Emergency Financial Assistance
- Free Produce Giveaways
- Food Bank/Mobile Food Bank
- Employment Assistance
- ICS Help at home
- Transportation

Marshall Home for Men

3314 S 16th Ave, Tucson, AZ, 85713

(520) 624-5193

www.marshallhomeformen.org

- Housing
- 24/7 Supervision
- Visits from a nurse practitioner
- Three meals
- Daily housekeeping
- Weekly laundry
- Supervision of medications
- Transportation
- Planned physical and recreational activities

The Salvation Army

(520) 792-1111

www.salvationarmytucson.org

- Multiple addresses
- Rent, mortgage and utility assistance
- Food Pantries
- Homeless Shelters
- Disaster Relief
- Help for Domestic Abuse
- Rehabilitation
- Spiritual and Worship Services
- Job Training
- olutions to Human Trafficking
- Veteran Services
- Services for Aging
- Grassroots Services
- Life Skills to Escape Poverty
- Summer Camps
- After-School Programs

RECOVERY FOR HOMELESSNESS

GAP Ministries (Miracle Center Ministries)

2025 W Hwy Dr, Tucson, AZ, 85705

(520) 887-8077

www.gapmin.com

- Homelessness
- Addiction
- Abusive Relationships
- Holistic Residential Care
- Career Training
- Long-term follow up support
- Life Management Coaching
- Master's level counseling
- Character Development Courses
- Corporate level training
- Bible education

Our Family Services

2590 N Alvernon Way, Tucson, AZ, 85712

(520) 323-1708

www.ourfamilyservices.org

- Homeless Families
- Homeless Youth
- Tools for self-sufficiency
- Education
- Employment
- Independent living skills
- Physical and behavioral health care
- Parenting classes
- Legal Services

Emerge Center

2545 E Adams St, Tucson, AZ, 85716

(520) 795- 4266

(888) 428- 0101

www.emergecenter.org

- Women and children
- Domestic Violence Shelter
- Crisis Intervention
- Support Groups
- Housing Stability programs

Genna's House for Women, House of Hope for Men and the Recovery House for Women

520) 347-6434

- Substance Addiction treatment
- Housing services

Center of Opportunity & Gospel Rescue Mission

4550 S Palo Verde Rd, Tucson, AZ, 85714

520) 740-1501

www.grmtucson.com

- 18-24 month programs
- Addiction recovery and Relapse Prevention
- Counseling
- Individual and group therapy
- Life Skills
- Shelter assistance

Teen Challenge

(520) 292-2273

<https://tcaz.org/>

- Residential program for drugs, alcohol, and other addictions
- Outreach programs

Victory Outreach

3999 S Mission Rd, Tucson, AZ, 85746

(520) 623-7270

www.votucson.com

Youth on Their Own

2525 N Country Club Rd, Tucson, AZ, 85716

(520) 293-1136

www.yoto.org

- Financial assistance
- Basic human needs
- Guidance
- Housing Referrals
- Personal Counseling
- One-on-One Success Coaching
- Medical, Dental, and Vision Care
- Employment Opportunities and Community Involvement Activities

Tucson Pima Collaboration to End Homelessness

4575 E Broadway Blvd, Tucson, AZ, 85711

(520) 784-5328

www.tpch.net

- Housing services begin with a 30 minute assessment
- Referrals are based on an individual's unique needs
- Accessible for people with disabilities

GENERAL EDUCATION FOR ADULTS

City of Tucson Low-Cost Classes

900 S Randolph Way, Tucson, AZ, 85716

(520) 791-4873

www.ezeereg.com

- Free to low-cost activities in Tucson

Pima Community College (Adult Basic Education)

(520) 206-3737

(520) 206-7330

adulsted@pima.edu

- Adult basic education: reading, writing, and math
- High School Education (HSE) preparation and testing
- English Language Acquisition for Adults (ELAA)

Literacy Connects

200 E Yavapai Rd, Tucson, AZ, 85705

(520) 882-8006

www.literacyconnects.org

- English Language Classes
- Basic Literacy
- GED in English and Spanish
- Computer Basics
- Workforce Development
- Free reading workshops for children and parents

Pima County (Free Wi-Fi Connections)

www.pima.gov/connect-pima

- Low-income residents
- Rural
- Indigenous
- Older Residents
- People with disabilities
- People experiencing homelessness

GENERAL EDUCATION FOR CHILDREN

Amphi Foundation

(520) 696-5147

www.amphifoundation.org/

- Students must be enrolled with the Amphi School District
- College scholarships for Amphi seniors
- Athletic fees waiver through school in the Amphi district
- Summer programs

Duffy Family and Community Center (TUSD)

(520) 232-7058

www.tusd1.org/Departments/family-community-outreach

- District information and resources
- Referrals to community resources
- Classes and workshops for parents, guardians, and other adult caregivers
- Information about District programs
- Access to computers and internet
- Support for School Choice applications
- Clothing bank and food pantry services

Thornsdale Resource Center (MUSD)

(520) 682-3243

www.maranausd.org/domain/149

- Case management support services
- Community resource referrals and information
- Parents as Teachers, an early learning support program for families with children prenatal to 5-years-old
- Counseling services by appointments
- A food and clothing bank
- Parenting/Adult Education
- Health Services Information
- Social Services
- Coordination of Student Programing
- Increased emphasis on parent involvement
- Volunteer Opportunities
- Diapers

Child & Family Resources

(520) 881-8940

www.childfamilyresources.org

- Monday-Friday 8AM-5PM
- After school programs available
- Assessment for children with developmental delays
- Teen Parenting Programs 16-21 years of age
- In-home services
- DES approved daycare list
- Diapers
- Workshops for parents and youths
- Healthy Families
- Parents as Teachers
- Prevention Programs
- Quality First
- Childcare Resources
- Early Intervention

PARENTING CLASSES

Mentoring Tucson Kids

Triple P (Positive Parenting Program)

www.positiveparentingaz.org

- Engages, encourages, and empowers parents
- Builds necessary confidence and skills to raise competent, healthy children and teenagers
- Manage misbehavior and prevent behavioral problems
- Builds on parents' existing strengths and teaches them practical strategies based on their values, beliefs and needs

Arizona's Children Association

(520) 318-4882

www.arizonaschildren.org

- Trauma specialty services
- Las Familias
- Outpatient services (vary on geographically, but may include)
 1. Intake assessments
 2. Case management
 3. Individual/group therapy
 4. Family counseling
 5. Respite
 6. Skills training
 7. Peer support groups
 8. Family support services
 9. Behavioral management
 10. Parenting support
 11. School support
 12. Birth-5 services
 13. Psychiatric services

Interfaith Community Services

(520) 297-6049

www.icstucson.org

- Emergency Financial Assistance
- Free Produce Giveaways
- Food Bank/Mobile Food Bank
- Employment Assistance
- ICS Help at home
- Transportation

Helpline parenting children birth to 5 years of age

(877) 705-5437

Read on Arizona

(480) 948-5853

www.readonarizona.org

- Move on When Reading
- Case Studies
- Publications
- Smart Talk (English and Spanish)
- Chronic Absence

CODAC

(520) 327-4505

www.CODAC.com

- 24-hour crisis services
- Youth services
- Residential services
- Substance abuse programs
- Individual and group counseling
- Transitional housing
- Family assistance

La Frontera

(520) 807-6040

<http://www.laronteraaz.org/>

- Crisis Support
- Inpatient & Outpatient programs
- Housing programs/services
- Individual and group therapy
- Family Assistance

FOOD AND NUTRITION

Zion City Care

2561 Ruthrauff Rd, Tucson, AZ, 85705

(520) 495-7888

www.zioncity.me.city-care/

Call for hours

Food Banks Near By

(602) 528-3434

www.azfoodbanks.org

Meals Delivered to Seniors (PCOA)

(520) 790-7262

www.pcoa.org

Offers many types of services and partnerships

- In-home support
- Meals
- Healthcare
- Aging Well
- Caregiving
- Money, legal, planning

Interfaith Community Services

(520) 297-6049

www.icstucson.org

- Emergency Financial Assistance
- Free Produce Giveaways
- Food Bank/Mobile Food Bank
- Employment Assistance
- ICS Help at home
- Transportation

Catholic Community Services

268 W Adams St, Tucson, AZ, 85705

(520) 623-0344

www.ccs-soaz.org/services

- Food boxes
- Transitional housing
- Senior housing for elders with low income
- Children and elderly education
- Clothing and houseware
- Financial education

Society of St. Vincent De Paul, Tucson Council

829 S 6th Ave, Tucson, AZ, 85701

(520) 628-7837

www.svdptucson.org/

- Rent and utility assistance
- Food
- Clothing
- Other household items

CLOTHING

Zion City Care

2561 Ruthrauff Rd, Tucson, AZ, 85705

(520) 495-7888

www.zioncity.me.city-care/

- Call for hours

Catholic Community Services

268 W Adams St, Tucson, AZ, 85705
(520) 623-0344

www.ccs-soaz.org/services

- Food boxes
- Transitional housing
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- Children and elderly education
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Society of St. Vincent De Paul, Tucson Council

829 S 6th Ave, Tucson, AZ, 85701
(520) 628-7837

www.svdptucson.org/

- Rent and utility assistance
- Food
- Clothing
- Other household items

Diaper Bank of Southern Arizona

1050 S Plumer Ave, Tucson, AZ, 85719
(520) 325-1400

www.diaperbank.org/

- Multiple locations

TMM Family Services

1550 N Country Club Rd, Tucson, AZ, 85716
(520) 322-9557

www.tmmfs.org/

- Affordable housing
- Vouchers for clothing and bedding
- Transitional housing for single mothers (up to 2 years)
- Home repair and restoration
- Housing for Seniors

Tucson Urban League

3425 E Grant Rd, Tucson, AZ, 85716
(520) 791-9522

www.tucsonurbanleague.org/

- Monday-Friday 8AM-5PM
- Meals for Seniors
- Utility and rent assistance
- Employment assistance for youth with families with low income
- Diapers available on Thursdays

Kare Center

220 E Speedway Blvd, Tucson, AZ, 86705
(520) 323-4476

www.arizonakinship.org/

www.casey.org/kare

- Diapers
- Gun locks
- Educational forums and court processes
- Referrals to community providers
- Prevention and permanency services

HOUSING ASSISTANCE

Society of St. Vincent De Paul, Tucson Council

829 S 6th Ave, Tucson, AZ, 85701
(520) 628-7837

www.svdptucson.org/

- Rent and utility assistance
- Food
- Clothing
- Other household items

TMM Family Services

1550 N Country Club Rd, Tucson, AZ, 85716
(520) 322-9557

www.tmmfs.org/

- Affordable housing
- Vouchers for clothing and bedding
- Transitional housing for single mothers (up to 2 years)
- Home repair and restoration
- Housing for Seniors

Tucson Urban League

3425 E Grant Rd, Tucson, AZ, 85716
(520) 791-9522

www.tucsonurbanleague.org/

- Monday-Friday 8AM-5PM
- Meals for Seniors
- Utility and rent assistance
- Employment assistance for youth with families with low income
- Diapers available on Thursdays

Section 8

(520) 791-5840

www.housing-waitlist-cotgis.com/

Interfaith Community Services

(520) 297-6049

www.icstucson.org

- Emergency Financial Assistance
- Free Produce Giveaways
- Food Bank/Mobile Food Bank
- Employment Assistance
- ICS Help at home
- Transportation

JOB ASSISTANCE/DES

Lifeline Free Cell Phone Service

(888) 641-8722

www.freegovernmentcellphones.net

Goodwill

2907 N First Ave, Tucson, AZ,

(520) 206-0333

www.goodwillsouthernaz.org

- Monday-Friday 9 AM to 4 PM
- Individual career and financial planning
- Soft skills training
- Job placement, Apprenticeship
- Certification training

CODAC

(520) 327-4505

www.CODAC.com

- 24-hour crisis services
- Youth services
- Residential services
- Substance abuse programs
- Individual and group counseling
- Transitional housing
- Family assistance
- Employment assistance

La Frontera

(520) 807-6040

<http://www.laronteraz.org/>

- Crisis Support
- Inpatient & Outpatient programs
- Housing programs/services
- Individual and group therapy
- Family Assistance
- Employment assistance

How to start a business

(520) 791-4010

www.library.pima.gov/ignite

Interfaith Community Services

(520) 297-6049

www.icstucson.org

- Emergency Financial Assistance
- Free Produce Giveaways
- Food Bank/Mobile Food Bank
- Employment Assistance
- ICS Help at home
- Transportation

Beacon Group

308 W Glenn St, Tucson, AZ, 85705

(520) 622-4874

www.beacongroupp.org

- Employment related opportunities to those with disabilities

Center for Training & Development (Pima College)

(520) 206-5100

www.pima.edu

DK Advocates

1502 E Broadway Blvd, Tucson, AZ, 85719

(520) 790-7677

www.dkajobs.com

- Hands-on training
- Employment Assistance
- Personalized classes

Primavera Works

151 W 40th St, Tucson, AZ, 85713

(520) 882-9668

www.primaveraworks.org

- Above-minimum wages
- Transportation
- Worker supplies
- Job readiness workshops and skill development
- Job coaching
- Employment retention
- Financial empowerment
- Opportunities to obtain temp-to-hire positions through partnerships with local employers
- Support services

Department of Economic Security (DES)

Multiple numbers and locations

Disability Determination: (800) 362-6383

Child Care Resources & Referral: (800) 308-9000

Child Support Services: (602) 252-4045

Arizona Early Intervention Program (AzEIP):

(602) 532-9960

Employment Services: (602) 542-4910



**ZION CITY
CARE CENTER**