Emergency Food, Clothing & Other Services in Three Points

New Building Is Under Construction To House My Friends Closet and the Food Bank



16150 W Ajo Hwy Tucson, AZ 85735

On the same property as the Robles Ranch Community Center

Our Store Hours

Wednesday, 11:00 a.m. - 6:00 p.m.



Serenity Baptist Church Food Ministry

15501 W Ajo Hwy, Tucson,

Thursday morning from 8-9:30 AM is our Food Ministry. (Except Holidays) This is a drive thru ministry. We prepare the boxes inside & deliver to the front of the parking lot.

Office hours are M-F. 9 am-1 pm. If you have questions or a need, please call 520-822-2026. Leave your name, phone # and a brief message and you will be called as quickly as possible.

Three Points Food Bank

16150 W Ajo Hwy Tucson, AZ 85735

On the same property as the Robles Ranch Community Center

Our Hours

Tuesdays: 10:00 a.m. - 3:00 p.m. Wednesdays: 3:00 p.m. -6:00 p.m. Fridays: 10:00 a.m. - 3:00 p.m.



Pima County Parenting Coalition

https://pimaparenting.org/

They Offer Classes, Workshops & Events

This is where you will find the classes & workshops held at the **Family Resource Center at Robles Elementary School** as well as at other Family Resources Centers.

For children 5 years of age and under. Open All Summer

In Home Family Support

If you would like us to help you find the best program for your needs, please fill out our referral form and we will match you with a program that best fits your needs.

Programs for prenatal first time mothers to families with very young children

Other Emergency Food & Clothing



3003 S Country Club Rd Tucson, AZ 85713 520.622.0525

Our mission is to change lives in the communities we serve by feeding the hungry today, and building a healthy, hunger-free tomorrow.				
Caridad Community Kitchen 845 N Main Ave, Tucson, AZ 85705	Child Nutrition Program			
Offers free community meals for anyone in need. Our culinary training program offers individuals with barriers to employment the chance to learn new skills, gain confidence, and succeed.	Our Child Nutrition Programs focus on providing the most nutritious food possible to local kids and families. We work with schools, libraries, and other community hubs to make healthy, kid-friendly food accessible. No child should have to wonder where their next meal will come from.			
Garden Program				
Our Farm & Garden programs provide community spaces, education, and resources for anyone who wants to start growing. Gardening should be accessible to everyone!				



https://diaperbank.org/

If you need assistance please go to the website and submit a request.



17750 S. La Cañada Drive Sahuarita, AZ 85629 (520) 777-7675

https://www.sahuaritafoodbank.org/

We're so much more than a food bank! Visit our website to see classes and events available.



https://www.impactsoaz.org/

Monday - Friday 8:00-4:30 520-825-0009

Main Office & Food Bank

3535 E. Hawser Street Tucson AZ 85739 Just north of the Basha's Shopping Center

Loving Threads Clothing Bank 15920 N Oracle Rd Catalina, AZ 85739

Health



Clínica Amistad El Pueblo Neighborhood Center

Clinica Amsitad is Tucson's only completely free health clinic. Its mission is to provide free integrative healthcare to the poor and uninsured in the Tucson region.

101 W Irvington Road, Building 3-C, Tucson, AZ 85714

Hours: Every Wednesday and Thursday: 5-9 PM
First Saturday of every month:
10 AM - 2 PM (Closed Holidays)
520 305-5107

Website https://www.clinicaamistad.org/



Building a healthy Arizona with people who use drugs

Sonoran Prevention Works was founded by and for people who use drugs. We started with a singular focus: everyone should have access to the knowledge, tools, and community they need to be safe and healthy. Today we're committed to making that a reality at the micro, mezzo, and macro levels through street-based outreach, organizational capacity building, and state-wide advocacy work.

1 0001	Outroach	Specialist	Inakia	Dritain
LOCAL	Coureach	Specialist	Jackie	DHIMIN

C 928-215-3249	O 480-442-7086
https://spwaz.org/	jbrittain@spwaz.org

Community Outreach Program for the Deaf

Catholic Community Services of Southern

Arizona, Inc

101 W Irvington Road, Building 3-C, Tucson, AZ 85714

Community Outreach Program for the Deaf (COPD) provides services throughout Arizona to persons with a hearing loss.

COPD is considered a grassroots organization partnering with Deaf, Hard of Hearing, and Deaf-Blind persons and organizations in establishing services and providing a "one-stop" center for persons with a hearing loss.

request@copdaz.org

COPD Phone: (520) 792-1906

Interpreter Requests: (520) 792-1906 ext 7346 and VP

(520) 300-9236 COPD Fax: (520) 770-8544

Hours: **Every Wednesday and Thursday**: 5-9 PM **First Saturday of every month**:

10 AM - 2 PM (Closed Holidays) 520 305-5107

Website. https://www.copdaz.org/

SQQVi services for the blind	Services For The Blind. Children, Youth & Transition, Seniors
https://saavi.us/	Please email getsaavi@saavi.us or call 520-795-1331.

Suicide or Mental Health Help



Are you in a crisis?
Call or text 988
or text
TALK to 741741

The Arizona chapter of the American Foundation for Suicide Prevention (AFSP) is a nonprofit organization dedicated to providing education, resources, and support to individuals and families affected by suicide.

Use their GET HELP tab on the website to access how to talk to someone or know the signs..

https://afsp.org/



988
Suicide & Crisis
Lifeline

We Can All Prevent Suicide

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

For More Info Go To Website

https://988lifeline.org

National Alliance on Mental Illness Southern Arizona	National Alliance on Mental Illness Southern AZ https://www.namisa.org					
Need Help Now						
#1 Talk Now 1	Call Community Crisis Line 520-622-6000 or 988 Suicide Prevention Life Line	#2 Walk In Walk-in is available 24 hours a day 7 days a week	Crisis Response Center 2802 E District St. Tucson, AZ 85714 (south of AJo Way and Country Club)			
#3 Call for help from other crisis facilities						
Banner University Medical Center	Call (520) 694-0111 University Medical Center 501 N Campbell Ave Tucson, AZ 85724	St. Joseph's Hospital	Call (520) 873-3884 350 N Wilmot Rd Tucson, AZ 85711			
Banner University Medical Center (South Campus)	Call (520) 874-2000 University Medical Center (South Campus) 2800 E Ajo Way Tucson, AZ 85713	St. Mary's Hospital Behavioral Health	(520) 872-4910 1601 W St Mary's Rd Tucson, AZ 85745			
Sonora Behavioral Health (Northwest Hospital)	Call (520) 469-8700 or 1 (800) 349-0083 6050 N Corona Rd Tucson, AZ 85704	Veterans Affairs Medical Center	Call (520) 792-1450 3601 S 6th Ave Tucson, AZ 85713			

Welcome to a very special organization! NAMI Southern Arizona is an affiliate of the National Alliance on Mental Illness (NAMI). NAMI has hundreds of affiliates in all 50 states. We are a non-profit, grassroots organization providing no-cost advocacy, education, and support to all those affected by mental illnesses. Since 1983, NAMI of Southern Arizona has been helping individuals with mental illness and their families.

Many of our programs, services and literature are also available in Spanish

Youth & Parenting Services



Las Familias Program Support 800.944.7611

Located in all 15 Arizona counties, we provide a variety of programs and services to meet the needs of nearly 30,000 children, youth and families each year. Our programs target the type of future we all want to see: a future where every child has a safe and loving home and families are supported through difficult and trying circumstances.

Child Welfare

Foster Care & Adoption **Young Adult Services** Family Education & Support Kinship Support

Behavioral Health

Behavioral Health & Trauma/ Crisis Response Neurosequential Model of **Therapeutics**

https://www.arizonaschildren.org/



Happy Families

888-241-5002

Healthy, happy families are key to any community. At Child & Family Resources, we strive to provide Arizona households with the resources they need to welcome a new baby into the world and foster a healthy environment. Our clients enjoy free, in-home services that help navigate the waters of parenthood. We have locations all over Arizona, and our team prides itself on easily accessible services. Contact our nearest location to become a client of Healthy Families!

https://www.childfamilyresources.org/healthy-families/



(520) 327-2288

customercare@girlscoutssoaz.org

https://www.girlscoutssoaz.org/



3922 North Mountain Ave Tucson, AZ 85719

Phone: 520-322-9155

Tu Nidito is a Safe Place...

where children, teens, young adults and families find comfort, hope and support while they are grieving the diagnosis of a serious medical condition or the death of a loved one. All programs are offered in English and Spanish, at no cost to children and families.

https://tunidito.org/

info@tunidito.org



2525 N Country Club Rd Tucson, AZ 85716

Youth On Their Own (YOTO) is a dropout prevention program that supports the high school graduation and continued success of youth experiencing homelessness in Pima County.

https://yoto.org/

Phone: 520.293.1136



Economic Security

https://des.az.gov/ddd

Developmental Disabilities

Office Hours:

Monday - Friday, 8:00 a.m. -5:00 p.m. (Arizona Time)

Toll Free (844) 770-9500 option 1

DDDCustomerServiceCenter@azdes.gov

The Division of Developmental Disabilities empowers individuals with developmental disabilities to lead selfdirected, healthy and meaningful lives. DDD provides supports and services for eligible Arizonans. DDD provides supports and services to individuals diagnosed with one of the following developmental disabilities:

- Autism:
- Cerebral palsy;
- Epilepsy;
- Cognitive / Intellectual Disability;
- Developmental Disability
- Down Syndrome; or
- Are under the age of six and at risk of having a **Developmental Disability**

Organizations That Offer Multiple Categories Of Help



Community & Workforce Development

The Community and Workforce Development (CWD) department connects individuals, families, neighborhoods, businesses, and community-based organizations to a network of resources, supports, and services essential for learning, working, living, and thriving in Pima County.

https://www.pima.gov/804/Community-Workforce-Development

Help begins with One-Stop

Local One Stop Resource Navigator is Anna Camarillo.She can help you find the service or Resource you need.

520-345-2095

ana.camarillo2@pima.gov

Personal Care Assistance

Food Assistance

Medical Resources

Money Management

Employment Assistance

Hiring Events & Job Fairs

One-Stop Job Center

Training and Workshops

Veteran Job Services

Youth Employment Center

Business Services

Summer Youth Employment

Educational Resources

Las Artes Program

Pima Early Education

Program (PEEPS)

Pima Vocational High School

Pima County Public Library

Career Online High School

Assistance & Services

Rental Assistance & Eviction Prevention

Emergency Eviction Legal Services

Pre-School

Homeless Services

Prescription Assistance

Transportation

Utility Assistance

Foreclosure Prevention

Community Development & Resources

Community Development

Educational Services

Faith Based & Community Initiatives

Ending Poverty Now

The Prosperity Initiative

Housing Services

Affordable Housing

Home Repair

Home Buyer/Owner Resources

Mortgage/Rent Assistance

Rental Resources

Special Needs Resources



More Info Community & Workforce Development

Here are other phone numbers

Employment assistance/job training

- Pima County One-Stop, <u>724-7700</u> or <u>724-7650</u>

Veteran Job Services

- Kino Veterans Workforce Center, 724-2646

<u>Home Repair Assistance</u> – Home Repair Program, <u>724-2460</u>

Utility Assistance -

Community Assistance Division, <u>724-2667</u> (call between 8 am – noon to 1 pm – 5 pm, Monday through Friday)

<u>Unemployment insurance</u> – Department of Economic Security



1002 N. Main Avenue, Tucson, AZ 85705 520.795.9671

https://www.salvationarmytucson.org/

Office Hours MONDAY-FRIDAY 8am - 4.30pm

Adult Rehabilitation Centers
After School Programs
Hospitality House Shelter
Operation Chill Out
Tucson Social Services

Salvation Army Summer Camp All Nations Corps Community Center

Amphi Corps Community Center Emergency Disaster Services



info@icstucson.org +1 (520) 297-6049

https://www.icstucson.org/

Emergency Assistance

Emergency Financial Assistance Food Bank

Senior Services

ICS Help at Home Mobile Meals Senior food boxes Transportation

Self- Sufficiency Programs

Employment Assistance
Bridges Financial
Management Course
Getting Ahead Workshops
SIngle Mom Scholars
Tax Prep Assistance



Southern Arizona Aids Foundation

LGBTQ+ Anti-Violence Support Line 1-800-553-9387

Monday-Friday: 8am – 7pm

https://saaf.org/

520-628-SAAF (7223)

OUR PROGRAMS AND SERVICES

- Our case management team provides safe and comfortable support and provides access to resources.
- The housing team helps individuals with housing opportunities and rental assistance.
- Food For Life provides individuals with food through our pantry and cooked meals for those in need.
- In our clinic, SAAF Health, our nurse practitioners provide safe and comfortable care to individuals of all walks of life.
- The Travis Wright Memorial Buyers' Club provides the community with discounted vitamins and over-thecounter medications.
- PrEP & PEP are medications SAAF can provide to help stop the spread of HIV/AIDS and keep individuals safe and protected.
- Our Syringe Access Program (SAP) provides the community with new syringes in exchange for used ones.
- SAAF provides education about HIV/AIDS and LGBTQ+ to anyone in the community willing to learn.
- With our Anti-Violence Project, team members will provide support and emergency services to those threatened with violence.
- The Thornhill Lopez Center on 4th provides individuals aged 13-24 with an array of services including our Eon youth lounge, a place for LGBTQ+ youth to spend their time with individuals like them, suicide prevention training, substance abuse prevention and relationship support.
- EON Youth Lounge offers Tucson's LGBTQ+ youth community a safe youth-driven space to access services and programming.
- ALLY (Arizona Life Links for Youth) Suicide is a leading cause of death in young people ages 15-24 in Arizona, with Lesbian, Gay, Bisexual, Transgender, Queer, and more (LGBTQ+) youth being up to 6x more likely to attempt suicide than their heterosexual peers. ALLY targets LGBTQ+ and allied youth between the ages of 13 and 24 and builds their skills through two evidence-based interventions (1) the Sources of Strength curriculum for youth and (2) Question, Persuade, & Refer training for the community.



Jewish Family & Children's Services of Southern Arizona

JFCS of Southern Arizona provides counseling and community services to all.

https://jfcstucson.org/

(520) 795-0300

· Counseling

JFCS is here to provide therapeutic support online or by phone to anyone who needs it.

Older Adult Services

Our Older Adult Services provide a range of services to those in need.

Emergency Financial Assistance

We can help individuals and families in our community who are experiencing financial struggles and crisis.

Abuse & Neglect Prevention Services for Families

Supporting families and providing resources to help each family achieve their goals.

Divorce Recovery

Divorce Recovery provides support to local Tucsonans going through a divorce or separation.

HoME

The HoME Durable Medical Equipment (HoME DME) program improves the quality of life for eligible low-income Pima County residents by providing new durable medical equipment, at no cost, to keep people safe and healthy in their homes. Durable medical equipment includes wheelchairs, walkers, canes, commodes, grab bars, nebulizers, blood pressure and oxygen monitors, shower chairs, etc

Project Safe Place

Project Safe Place (PSP) has provided trauma-informed behavioral health services to individuals who are witness to or victims of crime for over twenty years.

Elder & Homeless Services



Pima Council on Aging

Mailing Address: 8467 E Broadway, Tucson, AZ 85710

https://pcoa.org/

Helpline (520) 790-7262

Caregiving

In-Home Support

- Become a Direct Care Worker
- Caregiver Training Institute (CGTI)

Senior Medicare Patrol (SMP)

- PimaCare at Home (PCAH)
- Neighbors Care Alliance (NCA)
- **Emergency Alert Systems**
- Pima Meals on Wheels
- Help at Home

Medicare

Healthcare

Home Repair & Adaptation

- **Aging Well**
 - **Memory Cafés**
 - Dementia Capable Southern Arizona
 - **EnhanceFitness**
 - Katie Dusenberry Healthy **Aging Center**
 - Visibility Matters
 - Falls Free Pima
 - Aging Mastery Program
 - **Housing**
 - **Transportation**
 - **Healthy Living Classes**
 - Community Lunch Program

- Caregiver Resources
- Long-Term Care
- Caregiver Support Groups
- **Caregiver Training**
- Time Away (Respite)
- **Grandparents Raising** Grandchildren
- One-on-One Caregiver Consultation

Money & Legal

- **FreeWill**
- Rights and Benefits
- **Utility Discounts**
- **Budgeting Assistance**
- Abuse & Exploitation
- Legal Assistance
- Long-Term Care Ombudsman
- End of Life Care Planning



SOUTHERN ARIZONA Administrative Offices

1625 N. Alvernon Way Suite 101 Tucson, AZ 85712

ARC strives to create family stabilization by securing housing for underserved populations through the provision of resources for new homebuyers and distressed homeowners and renters, and serving the critical needs of neglected elderly in need of safety, care assistance, and housing stability.

ARC's Elder Shelter Coordination & Placement

Program has supported seniors in crisis for 30 years, who need care, helping them locate safe and affordable assisted living in collaboration with medical and care management providers.

ELDER CRISIS HOTLINE

(520) 339-2801 - 24/7

Email: info@arc-az.org

(520) 623-9383



1050 S Park Ave. Tucson, AZ 85719 520-909-3905

Sister José Women's Center is a Tucson-based 501(c)(3) nonprofit organization that exists to aid and transform the lives of women who are unhoused.

https://sisterjose.org/

Catholic Community Services Meals On Wheels

(520) 624-1562 5009 E. 29th Street Tucson, AZ 85711

Home-bound seniors get a well-rounded meal that helps them live independently in their homes and offers vitally important nutrition. CCS - Tucson's Home-Delivered Meals program delivers twice weekly. During each visit, our drivers check on the well-being of the seniors. Five meals are provided each week.

As of June 10, 2024 there is a 6 mo wait list

Kara Melton

karam@ccs-soaz.org



2590 N. Alvernon Way, Tucson, AZ 85712 I (520) 323-1708

Our Family's Emergency Shelter Services. When a family is experiencing homelessness, Our Family Services is a point of entry for them to launch their fresh start. We partner with 30 other community programs to get families housed. One of Our Family's strengths is that we don't just get a family housed, we keep them housed.

The Common Unity Program (CUP) provides transitional housing for pregnant and parenting homeless young women ages 18-21 and their children.

For a Safe Place call:(520) 320-5122

https://www.ourfamilyservices.org/

Arizona Rental Assistance

Arizona Department of Economic Security (DES) has launched the Arizona Rental Assistance program for eligible low-income seniors and families with children. This is not a Pima County program. For more information visit the DES portal at era.azdes.gov or 1 (833) 912-0878.

If you are facing eviction, please visit <u>Emergency Eviction Legal Services</u> or cal 1620) 724-3357. Our Emergency Eviction Legal Services team can connect eligible tenants with legal services, help litigants navigate the eviction process, and connect individuals with other resources like job assistance.



The Primavera Foundation
Administrative Offices:

(520) 882-5383

Monday-Friday, 8 a.m.-5 p.m. Closed Saturday and Sunday

The Primavera Foundation is co-creating pathways out of poverty through housing, workforce development, homeownership and financial education, and community building and engagement.

Emergency Services:

(520) 623-5111 | FAX: (520) 623-6434 702 S. 6th Ave, Tucson, AZ, 85701 Open 9 a.m.-12:30 p.m., Monday, Wednesday, Thursday and Friday Closed Tuesday, Saturday and Sunday

Miscellaneous





EVOLVE RESALE STORE AND JOB TRAINING PROGRAM

The Evolve Resale Store & Job Training program (Evolve), is a 6-week program that builds employment opportunities for adults who are in recovery from mental illness and/or substance misuse.

COPE Community Services, Inc.

1477 W. Commerce Court Tucson, AZ 85746 Phone: (520)792-3293 Fax: (520)792-4336

communications@copecommunityservices.org



Center for Community Mediation and Facilitation

In 1979, the Community Mediation Project launched to provide Tucsonans with a safe and accessible process for resolving conflict. Community Mediation and Facilitation, a 501(c)(3) drawing upon decades of experience and a passion for helping community members communicate thoughtfully and effectively.

center@centercmf.org

Website. https://centercmf.org/



Community Home Repair Projects of Arizona

Community Home Repair is a non-profit agency dedicated to assisting low income homeowners in Tucson and Pima County. We provide emergency home repairs as well as adaptive and safety modifications for people with disabilities.

Community Home Repair Projects of Arizona ® PO Box 26215 Tucson, AZ 85726-6215 ROC#259591

Website. http://www.chrpaz.org/

520-745-2055



14505 N 75th Ave Peoria, Arizona 85381 623-218-648

Helping combat-veterans and Arizona homeless dogs

https://soldiersbestfriend.org/



YWCA Southern Arizona 525 N. Bonita Ave. Tucson, AZ 85745

YWCA has been leading the fight for social and economic justice in Southern Arizona since 1917.

Today, although our programs focus on increasing economic security for women and families, YWCA is open to all people, and it has not been a religious organization for more than fifty years.

YWCA has many programs for women.

https://www.ywcatucson.org/

Phone: 520-884-7810 Email: info@ywcatucson.org

Domestic Abuse Support



AT EMERGE WE BELIEVE...

Together, we can build a community where every individual lives free from abuse.

For immediate help, call our **multilingual** hotline to get started. Hotline specialists are ready to take your call **24/7**:

520-795-4266 or 1-888-428-0101.

Our hotline acts as a gateway to all of Emerge's services.

Family, friends and community members who are worried for a loved one can call for support too.

https://emergecenter.org/

ARC Elder Crime Victim Services

1625 N Alvernon Way Ste 101 Tucson, AZ 85712-3370 (520) 339-2801

http://www.arc-az.org

Mon-Thu 9am-5pm, Fri 9am-4pm administration; 24-hours crisis line (520) 339-2801

Provides free individual and group support for older victims of later life domestic violence, elder abuse, neglect, or financial exploitation. Includes assistance with orders of protection, court accompaniment, victim compensation, housing, and other needed services. Also provides advocacy and education.

Legal Help



520-488-3201

Arizona Justice for Our Neighbors (Arizona JFON) welcomes immigrants by providing affordable, high-quality immigration legal services to low-income immigrants, engaging in advocacy for immigrant rights, and offering education to communities of faith and to the public about immigration. Free and low-cost immigration services including workshops on access to asylum.

https://www.azjfon.org/

info@AZJFON.org



Southern Arizona Legal Aid, Inc

SALA's Homeowner and Tenant Protection Program is designed to ensure the maximum number of people are helped by utilizing a tiered level of services which are: first level—legal advice and counseling; second level—brief services; and third level—advanced services up to representation in court or administrative hearings such as Section 8 Voucher hearings. Potential clients can access SALA's service by applying online, by phone, or in person.

https://www.sazlegalaid.org/connect-with-us/

520-623-9461