

****Click Blue Links Below for Resources****

56th Fighter Wing Agencies

- [Community Support Coordinator \(CSC\)](#).....623-856-2716
- [Chaplain](#).....623-856-6211
100% Confidential Counseling. On Call 24/7/365 contact CC Post after hours at 856-5600
- [Employee Assistance Program \(EAP\)](#).....866-580-9078
- [Diversity and Inclusion Team](#).....623-856-4519
- [Sexual Assault Prevention and Response \(SAPR\)](#).....623-856-4878
- [Violence Prevention Integrator \(VPI\)](#).....623-856-3602

56th Medical Group Agencies

- [MDG Webpage / Facebook](#).....623-856-2273 (appt line)
- [Alcohol Drug Abuse Prevention & Treatment Prgm \(ADAPT\)](#).....623-856-7579
Active duty assessment, education and treatment for substance misuse and/or abuse
- [Primary Care Behavioral Health \(PCBH\)](#).....623-356-2273
Short-term, non-medical counseling services located in the Med Group Primary Care clinic.
- [Family Advocacy Program \(FAP\)](#).....623-856-4183/2110
Family based program with primary focus of family preservations. Couples and family services.
- [Mental Health Clinic](#).....623-856-7579
Medical based treatment for Active Duty.
- [Nurse Advice Line](#).....800-874-2273, Option 1

56th Force Support Squadron (FSS)

- [www.LukeEvents.org / Facebook / The Bolt Magazine](#)
- [Airmen & Family Readiness Center \(A&FRC\) / Facebook](#).....623-856-6550
Financial readiness, mil to civ employment resources
- [Child Development Center \(CDC\)](#).....623-856-6338
- [Youth Center \(YC\)](#).....623-856-7470
School age programs, camps and clubs
- [Legal Assistance](#).....623-856-6701
Wills, POA, general legal questions, ADC
- [Equal Opportunity \(EO\)](#).....623-856-7113/7711
- [School Liaison Officer / Facebook](#).....623-856-6378
- [Key Spouses Group](#)

944th Fighter Wing Agencies

- Chaplain.....623-856-5303
- Psychological Health.....623-856-2289
- A&FRC.....623-856-8324

Additional Resources

- [Exceptional Family Member Program \(EFMP\) / Website](#)
- [Military & Family Life Consultant \(MFLC\)](#) Non-Medical Counseling
Adult.....623-759-0094 / Adult Embedded in MXG.....623-680-0174
- [Military One Source](#).....800-342-9647
24/7 online resources and non-medical counseling services
- Military Crisis Line.....800-273-8255, Option 1
- [Real Warriors Live Chat-A Real Voice with Real Answers](#)

**Assisting Airman in
Distress**

CC's Resource Menu

**Local Community
Resource Guide**



Luke Helping Agencies



Scan & download full resource to your phone



Community Support Coordinator (CSC)

Ms. Sharon Kozak sharon.kozak@us.af.mil

Building 465

DSN: 896-2716

Purpose: Comprehensive Airmen Fitness (CAF) is a holistic approach to building and developing resilience. CAF is a cultural shift in how we view and integrate total fitness into a more comprehensive manner and enables Airmen to hold each other accountable against Air Force Core Values

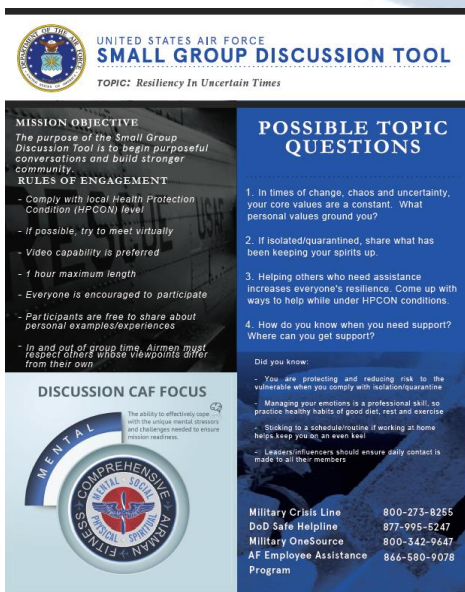
The Air Force cares about you as a **whole person**. Being **balance** in four areas: **mental, physical, social and spiritual fitness** is crucial to being a fit, **resilient** and ready force to meet our nation's calling.

CAF key to a resilient capable military. It emphasizes the Wingman concept of Airmen and families taking care of themselves and each other, and empowers Airmen to hold each other accountable through Air Force core values. It's an integrated framework to build a ready force. It encompasses many cross-functional education activities and programs such as mental and physical wellness.

****Seeking Resilience Training Assistants (RTA) and Master Resilience Trainers****
Individuals who are **looking to self-nominate** connect with local leaders and the **CSC**

Please contact the CSC for additional resources

- List of Unit RTA's and MRTs
- [Comprehensive Resiliency Briefs](#)
- Self-Guided Spiritual Retreat / Spiritually Resiliency Challenge
- COVID-19 Strategic Prayer Points
- Comprehensive Airmen Fitness Facebook Page Luke AFB Comprehensive Airmen Fitness
www.facebook.com/LUKECSC



UNITED STATES AIR FORCE
SMALL GROUP DISCUSSION TOOL
TOPIC: Resiliency In Uncertain Times

MISSION OBJECTIVE
The purpose of the Small Group Discussion Tool is to begin purposeful conversations and build stronger community.

RULES OF ENGAGEMENT

- Comply with local Health Protection Condition (HPCON) level
- If possible, try to meet virtually
- Video capability is preferred
- 1 hour maximum length
- Everyone is encouraged to participate
- Participants are free to share about personal examples/experiences
- In and out of group time, Airmen must respect others' viewpoints and not speak from their own

POSSIBLE TOPIC QUESTIONS

1. In times of change, chaos and uncertainty, your core values are a constant. What personal values ground you?
2. If isolated/quarantined, share what has been keeping your spirits up.
3. Helping others who need assistance increases everyone's resilience. Come up with ways to help while under HPCON conditions.
4. How do you know when you need support? Where can you get support?

DISCUSSION CAF FOCUS

The ability to effectively cope with the unique mental stresses and challenges needed to ensure mission readiness.

MENTAL

PHYSICAL

SOCIAL

SPIRITUAL

CAF

Do you know:

- You are protecting and reducing risk to the vulnerable when you comply with isolation/quarantine
- Managing your emotions is a professional skill, so practice healthy habits of good diet, rest and exercise
- Sticking to a schedule/routine if working at home helps keep you on an even keel
- Leaders/Influencers should ensure daily contact is made to all their members

Military Crisis Line 800-273-8255
DoD Safe Helpline 877-995-5247
Military OneSource 800-342-9647
AF Employee Assistance Program 866-580-9078

Take the 3rd Spiritual Resilience Challenge!
4 times a day, take time to consider one of these 3s

- | | |
|------------------------------|--|
| ✓ When I first wake up | ✓ 3 parts of my life I am grateful for |
| ✓ When I sit down for lunch | ✓ 3 people I am concerned about |
| ✓ When I sit down for dinner | ✓ 3 people I can count on |
| ✓ Before I go to bed. | ✓ 3 things I do well |
| | ✓ 3 things I need to work on |
| | ✓ 3 places I can get help if I need it |

You've got this! We've got you!
3 x 3 x 3 x 3 = 81

Violence Prevention Integrator (VPI)

Mr. Jarmel Bell Jarmel.bell@us.af.mil

Building 465

DSN: 896-3602

Purpose: The primary purpose of this position is to serve as the Violence Prevention Integrator at an Air Force installation. Provides violence-related primary prevention education and training for the total base population and for those at heightened risk for violence. Collaborates and integrates violence-related primary prevention, such as sexual assault, family violence, etc.

Responsibilities:

- * Serves as the VPI managing all aspects of a complex violence-related primary prevention program for the installation.
- * Represents violence-related primary prevention issues as a member of the Integrated Delivery System (IDS) team and other relevant local boards.
- * Serves as the installation liaison for local military and civilian agencies to promote timely information exchange, coordinate collaborative violence related primary prevention efforts, and establish resources links and community partnerships.
- * Responsible for developing and overseeing social norm activities and communications campaign.

4 Pillars:

Suicide Prevention

Domestic Violence

Sexual Assault

Child Abuse

Classes:

Stress Management- Just Breathe

Anger Management- Just Vent

Contact for Annual: Suicide and Sexual Assault Mandatory Training



Team Members

- SMSgt Antonio Washington
- MSgt Nicholas Jackson
- Maj Brian Dudley
- Ms. Sharon Kozak
- NCO: Vacant

Location: Building 461 (VPs old office)

BG Kreuder: "Racial equality, minority perspectives, and ongoing discriminatory practices have been historically difficult for us to talk about, but we as Airmen have the responsibility to lean into this and strive for positive change. There are no bystanders here- we all must work together to ensure our entire installation is free from bias and that all our Airmen are treated with the dignity and respect they deserve, regardless of race, ethnicity, age, religion, gender or sexual orientation."

Diversity & Inclusion Team

623-856-4591

56FW.Diversity_Inclusion.TF@us.af.mil

Did You Know?

- Sexual assault services are available to both male and female, are culturally competent and recovery oriented
- Retaliation and Reprisal can result in punishment
- If the alleged subject is the commander or in the victim's chain, the victim can go outside the chain of command to report the offense
- A Military Protective Order is an option for victims who file an unrestricted report
- Allegations of sexual harassment can be filed with a Military Equal Opportunity representative

Victims' Bill of Rights

DoD Victims' Bill of Rights resembles the Federal Crime Victims' Bill of Rights. DoD law enforcement and legal personnel directly engaged in the detection, investigation, or prosecution of crimes are responsible for ensuring that victims of military-related crime are accorded the following rights:

- To be treated with fairness
- To be treated with respect for your dignity and privacy
- To be reasonably protected from the accused offender
- To be notified of court proceedings
- To be present at all public court proceedings related to the offense unless otherwise determined by the court
- To confer with the attorney for the government in the case
- To receive available restitution
- To be provided with information about the conviction, sentencing, imprisonment, and release of the offender

Available Services

SARC—Single point of contact to coordinate sexual assault victim care

SAPR Victim Advocate—Provides non-clinical essential support and care and resource options to victims

Confidential Communication—Process to report or disclose sexual assault in a confidential manner

Special Victim's Counsel—Legal representation for victims

Medical Support—Comprehensive medical evaluation, medical forensic examination and treatment of injuries and reproductive risk exposures and infections

Mental Health Support—Providers trained to support survivors of trauma

Expedited Transfer—Option to PCS or PCA for unrestricted reports

50 Year Document Retention—Allows for use in VA benefit applications

DoD Safe Helpline 24/7—Provides confidential one-on-one support from a sexual assault professional. Contact them at [1-877-995-5247](tel:1-877-995-5247) or safehelpline.org

UCMJ Punishable Violations

Article 80 – attempts to commit a crime

Article 120 - rape or sexual assault upon adults or children

Article 125 – forcible sodomy

Accountability – minimum mandatory sentence of dismissal or dishonorable discharge for persons found guilty

Core Values

- ⇒ INTEGRITY FIRST
- ⇒ SERVICE BEFORE SELF
- ⇒ EXCELLENCE IN ALL WE DO

Sexual Assault Prevention & Response Office
Program Manager
Evelyn Perez
evelyn.perez@us.af.mil

SAPR-VA
Lattice G. Porter
lattice.porter@us.af.mil

56 FW/CVK
7383 No Litchfield Road
(Bldg. 1150, Suite 1052-Block House)
Luke AFB AZ 85309-1540
DSN: 896-4878 /Com: 623-856-4878
**SARC 24/7 Hot Lines - 623 856-4878,
623 363-6590 or 623-229-3691**

DoD Safe Helpline

*"Protecting Our People,
Protects Our Mission"*

Sexual Assault Prevention and Response

Reference Guide



AF SAPR Mission

Educate, advocate, and collaborate to respond to and stop sexual assault and its harmful effects on the Air Force.

Definitions for Reference

Consent: Words or overt acts indicating a freely given agreement to the sexual conduct at issue by a competent person.

Expedited Transfer: Provides victims who file an unrestricted report the option of a temporary or permanent change of assignment (PCA) or permanent change of station (PCS) to a location that assists with the immediate and future welfare of the victim, while also allowing them to move to locations that can offer additional support to assist with healing, recovery, and rehabilitation.

Military Protective Order: Short-term order issued by a commander barring active duty members from having contact with a specified individual(s) against whom they are alleged, or are confirmed to have committed an offense; MPO's can safeguard victims and maintain good order and discipline.

Military Rule of Evidence 514: A victim can refuse to disclose communications with a victim advocate for purposes of facilitating advice or supportive assistance and others can refuse to disclose these conversations on behalf of the victim

Reprisal: Taking or threatening to take an unfavorable personnel action, or withholding or threatening to withhold a favorable personnel action, for making, preparing to make, or being perceived as making or preparing to make a protected communication.

Reporting Options:

Restricted Report: A process used to report or disclose that he or she is a victim of sexual assault to specified officials on a requested confidential basis. Under these circumstances the victim's report and any details provided to the SARC, Healthcare Personnel, or a VA will not be reported to law enforcement to initiate an official investigation unless the victim consents or an established exception is exercised under DoDD 6495.01.

Unrestricted Report: A process that an individual uses to disclose, without requesting confidentiality or restricted reporting, that he or she is the victim of a sexual assault. Under these circumstances, the victim's report and any details provided to the SARC,

Healthcare Personnel, a VA, command authorities, or other persons are reported to law enforcement and may be used to initiate the official investigation process.

Retaliation: Taking or threatening to take an adverse personnel action, or withholding or threatening to withhold a favorable personnel action, with respect to a military member because the member reported a criminal offense. This also includes:

Ostracism: Excluding a military member from social acceptance, privilege or friendship with the intent to discourage reporting of a criminal offense or otherwise discourage the due administration of justice or.

Maltreatment of a military member, to include treatment by peers or by other persons that is abusive or otherwise unnecessary, and results in physical or mental harm or suffering.

SAFE Kit: Sexual assault forensic evidence collection kit used by medical personnel for gathering and preserving physical evidence following a sexual assault. Kits are retained for 5 years in both reporting options.

Sexual Assault: Intentional sexual contact by use of force, threats, intimidation, or abuse of authority, or when the victim does not or cannot consent.

SF 86 - Questionnaire for National Security Positions, Question 21: States victims of sexual assault that have received or intend to receive mental health counseling strictly related to the sexual assault are directed to answer NO on Question 21

Special Victim's Counsel: Attorneys assigned to provide legal advice and representation to individuals who make a restricted or unrestricted report of sexual assault.

Primary Care Behavioral Health (PCMH)

Family Health Clinic, Luke AFB, AZ

Phone: 623-856-2273

What is PCBH?

The Primary Care Behavioral Health is available to patients within the Family Medicine Clinic as part of overall good health care.

The purpose of this program is to offer assistance when habits, behaviors, or emotional concerns begin to interfere with your daily life. It is also provided to help patients who are starting or continuing on medications prescribed by the PCM for management of depression, anxiety, and/or PTSD.

BHOP does not provide traditional psychotherapy. This is considered a specialty function, and you may request more information about a mental health referral if that is what you are looking for.

Your appointment (in-person or phone call) will generally last 20 to 30 minutes. You can expect the BHOP to provide brief, solution-focused assessments to help you improve your target area.

As with all health care providers, communication with the IBHC or BHCF may not be entirely confidential. For Active Duty patients, they are obligated to report the disclosure of any information that may detrimentally impact the mission.

Behavioral Health Care Facilitator (BHCF)

This position is usually a registered nurse with specialty training in the Care Management Model. The BHCF will contact you by phone to check in on how you are doing with your medication for either depression, anxiety, or PTSD symptoms.

SUPPORT PATIENTS VIA REGULARY SCHEDULED PHONE CONTACTS

DEPRESSION, ANXIETY & PTSD

- Referred by PCMs when you are prescribed medication for the above conditions
- Receive information about your chief concern and treatments
- Become motivated to be a proactive member of your treatment team
- Receive recommendations or suggestions to overcome treatment barriers
- Address any medication side effects
- Develop self-management goals with you

Internal Behavioral Health Consultant (IBHC)

This is a clinical psychologist or social worker with specialty training in Primary Care Behavioral Health who works as a member of the primary care team. The IBHC focuses on symptoms that may be interfering with your current functioning, and help you develop a plan to address those symptoms and improve your quality of life.

CONSULTATION EDUCATION SELF-MANAGEMENT STRATEGIES

- Alcohol Use/Abuse
- Anger
- Anxiety/Panic Disorder
- Bereavement
- Chronic conditions—depression, diabetes, eating disorders, headaches, PTSD, hypertension, IBS, insomnia, chronic pain
- Children—ADHD, parenting interventions
- Behavioral/Cognitive Strategies
- Goal-setting and relapse prevention
- Relationships
- Communication
- Sexual Problems
- Stress and Relaxation
- Smoking Cessation
- Weight loss/management


EFMP

 Exceptional
Family Member
Program

THE EXCEPTIONAL FAMILY MEMBER PROGRAM HAS MORE THAN JUST ONE CONNECTION POINT FOR FAMILIES.


IDENTIFICATION & ENROLLMENT

ASSIGNMENT COORDINATION

FAMILY SUPPORT

- ☐ Enrollment and Disenrollment based on DoD criteria.
- ☐ Family Member Travel Screening
- ☐ Annual Contacts
- ☐ Service Availability

- ☐ Special Assignment Consideration
- ☐ Applies Q-codes
- ☐ Humanitarian and Reassignment

**EFMP Installation Orientation
Held Quarterly at A&FRC**

- ☐ Family Needs Assessment
- ☐ Information & Referral
- ☐ Community Resources
- ☐ Education and Outreach
- ☐ Respite Care


EFMP

 Exceptional
Family Member
Program

EFMP- Identification & Enrollment

Rose Urbano-Spencer, Special Needs Coordinator (SNC)

SSgt Katelynn Winkelman, Family Member Relocation Clearance Coordinator (FMRCC)

Located on the 3rd Floor of 56th Medical Group

623-856-4164/9706

Monday-Thursday: 0730-1630

EFMP-Assignment Coordination

Outbound Assignments

Located Military Personnel Flight (Block House)

623-856-2205

Monday/Tuesday/Thursday/Friday: 0800-1500

Wednesday: 0800-1100

EFMP-Family Support

Senaida Larson, Exceptional Family Member Program Coordinator


Sonya Perou, Exceptional Family Member Program Coordinator

Located at the Airman & Family Readiness Center (Bldg.1113)

623-856-6426/6840

Monday-Friday: 0730-1630

AIRMAN & FAMILY READINESS CENTER

CONTACT INFORMATION	REFERRAL POLICY
<p>Location: 7282 N. 137th Ave, Bldg 1113 Hours of Operation: Monday-Friday, 0730-1630 *Closed Federal Holidays, Family Days, and third Thursday of each month for training Commercial Phone: 623-856-6550 DSN Phone: 896-6550</p> <p>Facebook: Luke A&FRC Luke A&FRC Employment Hub</p> 	<p>No referral is necessary. Individual assistance is provided in all programs listed below by appointment, telephone or on a walk-in basis. Educational classes in Financial Management, Relocation, Family Life, Readiness, Transition, EFMP-FS, and Employment are offered regularly and are advertised in our monthly calendar. Information & Referral to services to on- and off-base resources are available. Web based resources are also available.</p> <p><i>** See our Monthly Luke A&FRC calendar for schedule of classes and workshops.**</i></p>
SERVICES	PROGRAMS
<p>Luke Airman & Family Readiness Center offers a variety of programs and services to meet the needs of members, civilians and their family members.</p> <p><u>Unit Consultation:</u> Consultants work with leadership to determine and build on unit strengths and to identify and address concerns or issues. Consultants work with community partners to implement leadership initiated action plans and monitor and evaluate programs and services. Educational classes in any area described in this section can be brought to the individual unit based on the needs of the unit. Formal assessment tools are available to leadership through their assigned consultant.</p> <p><u>Readiness:</u> Unit Deployment Managers can work directly with the Readiness Program Manager to ensure large groups of deployers' or those returning receive the required pre-deployment and reintegration support and services.</p> <p><u>Crisis Response:</u> Emergency Family Assistance Crisis Center (EFAC) In the event of an emergency or natural disaster, the Wing Commander can activate the EFAC. The EFAC is a 24-hour walk-in or phone-in operation, open to the base community. The EFAC serves as the central hub for timely and accurate information, referral and services.</p> <p><u>Key Spouse Program:</u> A&FRC provides orientation and quarterly enhancement training for commander appointed unit Key Spouses. Key spouses serve as unit volunteers to execute the key spouse program as outlined by their unit commander.</p> <p><u>Casualty Assistance & Survivor Benefits Program:</u> Assisting active duty, retired and dependents in the areas of causality benefits and Survivor Benefits Program (SBP).</p> <p><u>Military and Family Life Counselor Program</u> Confidential and private non-medical short-term, situational problem-solving counseling to Service members and family members, 12 visits per issue.</p>	<p>Air Force Aid Society</p> <ul style="list-style-type: none"> • Emergency Financial Assistance • Childcare PCS & Give Parents a Break Child Care Programs • Car Care Because We Care Program • Bundles for Babies • Spouse Employment Program <p>Air Force Families Forever</p> <ul style="list-style-type: none"> • Support to Gold Star Families • Outreach to Air Force Family Survivors <p>Employment Assistance/Volunteer Resource</p> <ul style="list-style-type: none"> • Resume & Interview Skills (Individual appointment or group classes) • Federal Employment • Job Bank of local and national employment opportunities • Computer Resource Room <p>Personal and Family Readiness</p> <ul style="list-style-type: none"> • Family Readiness Briefing • Return & Reunion (Reintegration Briefing) • Operation Kids • Monthly Deployed Family Events & Dinner (Hearts Apart) <p>Personal Financial Readiness</p> <ul style="list-style-type: none"> • Budgeting and Debt Reduction (Individual appointment or group) • FTAC/ Personal Finance <p>Personal Work Life</p> <ul style="list-style-type: none"> • Interpersonal Skills Development/Team Building • Key Spouse Program • Heart Link <p>Relocation Assistance</p> <ul style="list-style-type: none"> • Wing Orientation • Plan My Move • Sponsorship • Loan Locker <p>Transition Assistance</p> <ul style="list-style-type: none"> • Mandatory 5 Day TAP • Pre-separation Counseling & Individual Counseling • Capstone • Career Technical Track • Boots to Business • AMVETS Assistance/ VA Assistance <p>Exceptional Family Member Program (EFMP) - Family Support</p> <ul style="list-style-type: none"> • On and Off base Community Resources • Workshops / Support Groups / Special Events <p>Voting Assistance</p> <ul style="list-style-type: none"> • Tools and resources to vote from anywhere in the world

Mental Health Clinic

Location: 56th Medical Group, 7219 N. Litchfield Road, Bldg 1130, 2nd Fl

Hours of Operation: 0730 - 1630 Mon, Tue, Thu & Fri and 0930-1600 Wednesdays

The Mental Health Flight is comprised of three different elements: **Mental Health Clinic, Alcohol and Drug Abuse Prevention and Treatment Program (ADAPT)** and the **Family Advocacy Clinic (FAP)**.

Mental Health Clinic

623-856-7579

Services offered in the Mental Health Element include individual, group, and psychoeducational treatment for stress, anxiety, depression, adjustment difficulties and other psychological concerns. Military evaluations for special clearances or duty are arranged as required by AF Instruction or policy. Currently, Mental Health services are only offered to Active Duty members and Guard and Reserve members on active orders.

Program Materials

[Command Directed Evaluation \(CDE\) & Limited Privilege Suicide Prevention \(LPSP\) Brochure](#)
TriWest Community Mental Health Services - <https://www.tricare-west.com/>

Alcohol and Drug Abuse Prevention and Treatment (ADAPT)

623-856-7579

The Air Force recognizes alcoholism as a preventable, progressive, treatable, and non-compensable disease that affects the entire family. The ADAPT Clinic provides prevention services, substance abuse evaluation and outpatient treatment for active duty, referrals for medical detoxification and rehabilitation at local civilian hospitals and individualized education via Alcohol Brief Counseling (ABC) sessions.

Program Materials

[ADAPT Brochure for Commanders, First Sergeants and Supervisors](#)

Family Advocacy Program (FAP)

623-856-3417

FAP is designed to identify, assess, and treat family maltreatment by providing clinical intervention for family members. Other programs within Family Advocacy include family maltreatment evaluation and intervention, outreach and prevention classes, New Parents Support Program (NPSP) services, individual and family Prevention Counseling and 24 Hour Domestic Abuse Victim Advocacy ([302-789-3355](tel:302-789-3355))

Program Materials

[Family Advocacy Program Brochure](#)

[Domestic Abuse Victim Advocate \(DAVA\) Brochure](#)

[New Parent Support Program Brochure](#) (Program's goal to provide education and support to parents during the pregnancy, birth and up through the first 36 months of childhood).

Luke AFB

Airmen Against Drunk Driving (AADD): 623-856-2233

Airmen & Family Readiness Ctr: 623-856-6550

Alcohol Drug Abuse Prevention & Treatment (ADAPT): 623-856-4433

Behavioral Health Optimization Program (BHOP): 623-856-2273

Chapel: 623-856-6211

Family Advocacy Program (FAP): 623-856-4433

In-Transition: 800-424-7877

Mental Health Clinic: 623-856-7579 Walk-In Hrs 0730-1600 - If crisis occurs after hrs, please escort member to ER or call 911. On call MPH is available for CC/CCF consultation.

Military & Family Life Consultant (MFLC): 623-258-4123

National Suicide Prevention Lifeline: 800-273-TALK (8255)

Sexual Assault Response (SARC): 623-856-4878



Ask your wingman

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your wingman

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your wingman

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

Luke Air Force Base Mental Health Clinic

COMM: 623-856-7579
DSN: 896-7579



Mental Health Command Directed Evaluation (CDE) & Limited Privilege Suicide Prevention (LPSP) Program



CDE

EMERGENCY CDEs

If you believe one of your members is experiencing active suicidal or homicidal thoughts you should proceed with the following steps:

- Strongly encourage the member to be seen immediately at the Mental Health Clinic (MHC) (or closest hospital if after duty hours/weekend). If the member is willing to be seen voluntarily, Commanders (CC) should ensure the member is escorted to the evaluation.
- If the member refuses to seek treatment, consult with MHC. A Mental Health Provider (MHP) will determine if the situation warrants an emergency CDE.
- If the member is not willing to present to the clinic or a civilian hospital, please call 911 or Security Forces in order to ensure that s/he will be taken to a civilian hospital for evaluation.

A CC, a supervisor, or a senior enlisted member (designated by the commander) can order an emergency CDE. A supervisor is a officer within or out of a member's official chain of command, or civilian employee in a grade level comparable to a officer, who: exercises supervisory authority over the member owing to the member's current or temporary duty assignment or other circumstances of the member's duty assignment; and is authorized due to the impracticality of involving an actual commanding officer in the member's chain of command to direct an CDE IAW DODI 6490.04.

Once the evaluation is complete, you will receive same day verbal feedback and next day written feedback from the MHP regarding safety concerns.

A CC cannot order a member into a MH inpatient facility; only a MHP or physician with admitting privileges can involuntary commit.

ROUTINE CDEs

A routine CDE is useful when commanders have a military need to know of member's mental status.

Things commanders should consider before initiating a CDE:

- Is there documentation of work related/impacting problems?
- Has disciplinary action been initiated?
- Are you considering administrative separation?

Typical questions that can be answered by conducting a CDE:

- Is this person suffering from a mental disorder which renders him/her unfit or unsuited for continued military service?
- Is this person suffering from a condition which makes him/her unreliable or have questionable judgment for special levels of clearance (i.e. flying duty, carrying weapons, top secret security clearance, PRP, etc.)?
- Is mission effectiveness compromised by this person's mental disorder?
- Is this person suffering from a condition which would explain his/her unreliable/inappropriate behavior?
- What is the likelihood that this person could function effectively if treatment was given?

If you have this situation and would like to pursue a routine CDE, you should proceed with the following steps:

- Consult with the MHC to determine if a CDE is appropriate.
- The MHC will provide an appointment date and time, typically within 7 days.
- CCs will advise the member that s/he is command directing them for an evaluation and provide them with date and time of their appointment.

LPSP

What is LPSP? The LPSP program is designed to assist members who because of the stress of impending disciplinary action under the UCMJ, pose a genuine risk of suicide. It provides limited protection with regards to information revealed in or generated by their clinical relationship with MHPs. While in this program, such information cannot be used in the existing or any future UCMJ action or when deciding characterization of service in a separation.

What does this mean? Once placed on LPSP, communications with the MHC are protected. In other words, legal investigative agencies including OSI, SFS, and JAG cannot use anything discussed with the MHC against the member in current or future UCMJ action/characterization for discharge. The intent of AF 44-109 is that this added privacy will allow members who are under investigation and/or UCMJ action and who pose a risk for suicide to feel safe and confident with their MHP to talk about legal problems and any other related issues.

What are the limits to the privilege? This does not apply to other purposes authorized by law. Commanders or other AF investigators may access MH records to help decide appropriateness for security clearance, PRP program eligibility, etc. There are other exceptions. The MHP will report certain information to appropriate agencies or take action to ensure your safety or the safety of others.

These exceptions to privilege include: communications of child or spouse abuse or neglect

- Threat/intent of harm to self of others
- intent to commit a future crime
- hazardous behavior patterns that can impact mission and safety/security of military personnel, property, or classified information

ADAPT Completion and Program Failure Requirements

What is successful completion of ADAPT?

- Return to World Wide Qualified Status
- Improved family and work dynamics

What is an ADAPT Program failure?

- IAW AFI 44-121, paragraph 3.23.2, the Treatment Team determines that a member has failed the ADAPT program when he or she has demonstrated a pattern of unacceptable behavior, to include the following:
 - The member displays an inability or unwillingness to comply with his or her treatment plan
 - The member is involved in alcohol and/or drug related incidents after receiving initial treatment
 - The determination that a member has failed treatment is based on the member's repeated failure to meet and maintain Air Force standards (behavior), rather than solely on the use of alcohol

What happens when a member fails the ADAPT Program?

- Members determined to have failed the ADAPT program are considered for administrative separation by the commander IAW AFI 36-3207 and AFI 36-3208.

Profiles

All members diagnosed with a substance use disorder receive a profile:

- A profile is entered into the ASIMS system, using AF Form 469 Duty Limiting Condition report, indicating the member is not worldwide qualified
- Profiles will not be released to allow for deployment, TDY, or PCS
- If the commander believes mission requirement overrides the medical needs of the member and deployment is necessary, the ADAPT Program Manager will advise the commander of the risks involved
- Profiles are reviewed monthly by the ADAPT Program Manager to determine the appropriateness for continuation or termination (IAW AFI 48-123)

Prevention Briefings

- First Term Airman & Key Leader briefings
- Health Fairs
- Commander's Calls

Luke Air Force Base ADAPT Program

COMM: 623-856-7579
DSN: 896-7579

The Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program

WHAT COMMANDERS, FIRST SERGEANTS, & SUPERVISORS NEED TO KNOW



U.S. AIR FORCE

7219 N. Litchfield Rd/Bldg 1130
COMM: 623-856-7579
DSN: 896-7579

Purpose

- To promote readiness, health, and wellness through the prevention and treatment of substance abuse
- To minimize the negative consequences of substance related mishaps to the individual, family, and organization
- To provide comprehensive education and treatment to individuals who experience problems attributed to substance abuse
- To return substance abuse patients to world wide qualified status or assist them in their transition to civilian life

Referrals

Self-Identification:

- Members are encouraged to seek assistance from the Unit Commander, First Sergeant, Substance Abuse Counselor, or a military medical professional
- Self identification for assistance minimizes the potential for adverse administrative action

Commander's Identification & Responsibilities:

- Commanders WILL refer all service members for assessment when substance use is suspected to be a contributing factor in any incident, or when notified by medical personnel (IAW AFI 44-121)

Assessment for Civil Service Employees:

- Management can request an assessment/medical evaluation to be performed by ADAPT to determine if employee has a substance abuse problem
- Community information and referral re-

Active Duty Treatment

Alcohol Brief Counseling (ABC):

- Comprised of education and prevention services and an individualized change plan
- ABC provided by an ADAPT technician or Certified Alcohol and Drug Addictions Counselor (CADC)
- All active duty members enrolled in ADAPT receive ABC, unless the treatment manager determines it is not warranted

Level I Treatment:

- Individualized case management, treatment planning, and counseling services
- Group psychoeducational services
- Encouragement and recommendation to participate in 12-step recovery groups
- The length of treatment varies based upon individual needs, the member's response to treatment, and progress toward treatment goals

Completion of Level I Treatment:

- Members continue to be encouraged to participate in 12-step recovery groups
- The member will be transitioned into the ADAPT Aftercare Program based upon the member's history and risk factors, clinical diagnoses, psychological and/or physiological health considerations

Level II Treatment and higher:

- Luke AFB does not offer treatment beyond Level I
- Members needing more intensive services are referred to an off-base network program
- Upon discharge from that program, members enter the ADAPT Aftercare program, unless the treatment manager determines continued active care is necessary to finish meeting initial goals
- Participation in 12-step recovery groups is recommended

Available Services

For Active Duty:

- Substance abuse assessment and education
- Level I outpatient treatment
- Flight medicine/primary care consultation, referral to inpatient detoxification services, or referral to intensive outpatient treatment/partial hospitalization
- Aftercare outpatient counseling

DOD civilian employees receive one initial assessment and referral service without cost

Retirees and dependents receive services off-base, as authorized in their insurance plan

Treatment Team Meetings (TTM)

TTM members: Commander and/or First Sgt, Supervisor, ADAPT Staff, and consultation with primary care managers to guide the clinical course of treatment

TTMs are held: At each transition in level of care, quarterly, and at program completion or failure

Commanders often wear "two hats," one is supportive and the other administrative

New Parent Support Program (NPSP): Mission Readiness is Enhanced by Family Readiness

NPSP has a mission: to assist Service Member families through transitions by providing education, support, resources and referrals to expectant and new parents throughout pregnancy, birth and up to the first three years of childhood.



Family Advocacy Program/
New Parent Support Program
Bldg. 1130/56 MDG
Mental Health Flight
Glendale, AZ

Phone: 623-856-2110/
623-856-4183
Fax: 623-856-4433

New Parent Support Program (NPSP)



Working for the health of our
Service Members
and their families.

623-856-2110/ 623-856-4183

NPSP: HOW WE HELP



WHO CAN BENEFIT FROM SERVICES?

- ♦ Active Duty Families
- ♦ Single parents (Active Duty)
- ♦ Limited local support or local family
- ♦ Difficult to parent baby or toddler
- ♦ Expectant or new parents
- ♦ Stressed out due to financial or marital stressors
- ♦ Desires more knowledge/ experience on care of babies or children
- ♦ Colicky, fussy or high needs baby
- ♦ Discipline concerns

SERVICES INCLUDE:

- Home visits by Family Advocacy Nurse or Social Worker
- Education on pregnancy & all aspects of baby and toddler care
- Literature & DVDs
- Sibling classes
- Parenting skills building classes
- Prenatal classes
- Breastfeeding education
- Referrals to community resources
- Couples & family therapy
- Stress Management Training
- Anger Management Training



HOW TO GET SERVICES:

For additional information or to schedule an appointment, call or stop by!

Family Advocacy Program
(623) 856-2110



Family Advocacy Program
Bldg. 1130/56 MDG
Mental Health Flight
Glendale, AZ

Family Advocacy

- ♦ We offer Family Advocacy Strengths-based Therapy (F.A.S.T.) to prevent escalation of relationship and family issues.
- ♦ We offer the New Parent Support Program (N.P.S.P.) to assist expecting parents or parents of infants and children up to 3 years of age.
- ♦ We offer classes for parenting and relationship skills-building, as well as assist with stress-coping and anger management.
- ♦ If you become involved in a situation that meets criteria for maltreatment, the FAP team will work with you and your family to get things back on track.

OTHER COMMUNITY RESOURCES

Airman & Family	
Readiness Center.....	623-856-6550
American Red Cross.....	602-336-6660
Chaplains.....	623-856-6211
Military Family	
Life Consultant.....	623-759-0094
Dept of Child Safety.....	383-767-2445
Domestic Abuse Victim	
Advocate Emergency Line.....	602-739-3335
Crisis Hotline.....	602-222-9444 or 800-631-1314
Mental Health Clinic.....	623-856-7379
Military One Source.....	1-800-707-9734
Sexual Assault	
Response Coordinator.....	623-336-4373
TriCare Nurse Line.....	1-800-974-2273
WIC.....	377-809-5092

Support for you and your family's needs

F.A.S.T.
N.P.S.P.

Relationship Classes
Parenting Classes
Emotional Management Classes
Support in Maltreatment Cases

Luke Family Advocacy Program

Bldg. 1130 56 Med Group
Behavioral Health Flight(2nd Floor)

Phone: 623-856-4183 623-856-2110
Fax: 623-856-4433
DSN: 896-4183 896-2110

Family Advocacy Program Staff:

Capt. Becerra: Family Advocacy Officer
Kimberly Montore: Treatment Manager
Jennifer Gurski: Treatment Manager
Beyna Levert: New Parent Support Program Nurse
Catherine Brooks: New Parent Support Program Nurse
Lien Huynh: Intervention Specialist
James Gamble: Intervention Specialist
Summer: Domestic Abuse Victim Advocate
Elizabeth Meshkoff: Program Assistant

AIR FORCE FAMILY ADVOCACY PROGRAM (FAP)



SUPPORTING THE HEALTH OF MILITARY FAMILIES



Family Advocacy Strengths-based Therapy (F.A.S.T.)

- ♦ **SHORT-TERM:** No commitment! Some people need two sessions, some people need more. The length of service is up to what you and your partner need and want.
- ♦ **GOAL-DIRECTED:** We work with the purpose of building healthier relationships and stronger families. We work with the goals that you and your partner agree on to manage difficult situations and skill-build in your relationship family.
- ♦ **NO COMMAND INVOLVEMENT** (except in cases where further referrals are required, but you will know what these are in advance): You may personally request FAST services for yourself and/or family. Referrals may also come from unit leadership, medical providers, and personnel from other agencies.

FAST services are voluntary, are NOT an open maltreatment case, and NO identification of services will be kept in your official medical record.



New Parent Support Program (N.P.S.P.)



Parenting support for
healthy babies & families!

- ♦ **SERVICES OCCUR AT YOUR HOME OR AT THE CLINIC:** You can choose which setting is more comfortable for you!
- ♦ **EDUCATION:** Information and skills training to help with pregnancy, baby and toddler care, breastfeeding, and other parenting questions and concerns.
- ♦ **REFERRALS:** Provides information and referral to other agencies on base or in the community to connect you to what you need.

The goal of NPSP is to ease the transition of a new addition to the family by providing education and support to expectant and new parents throughout pregnancy, birth and up through the first three years of childhood.

Maltreatment Case Support

- ♦ **ASSESSMENTS:** Family assessments with Treatment Manager to help determine needs and concerns.
- ♦ **COLLABORATIVE TREATMENT PLANNING:** We will work together to form a plan that will get your family back on track.
- ♦ **COUNSELING:** We will help you gain needed insights and build up skills so you may enhance your relationships and improve your quality of life.
- ♦ **CRB SUPPORT:** We will walk you through the Central Registry Board (CRB) process and notify you of CRB determination. We will provide information about next steps, whether for treatment or for prevention services.

Your privacy is important to us. FAP maltreatment services are recorded in your outpatient medical record, though the details are kept separately in our clinic. Additionally, your CC or OCF will be involved to help provide safety and care for you and your family.



What is a DAVA?

Domestic Abuse Victim Advocate



The DAVA is the domestic abuse victim advocate for military installations. The DAVA can provide services to any victim of domestic abuse or anyone who wants more information about domestic abuse.

The DAVA is a part of the Family Advocacy Program, which is located in the Mental Health Clinic on Luke AFB.

The role of the DAVA varies depending on your needs but generally the DAVA is there to support you 24/7.

Some Services Include:

- Crisis Intervention
- Safety Planning
- Domestic Abuse Education
- Needs Assessment
- Risk Assessment
- Assistance with Protection Orders
- Accompaniment to court
- Accompaniment to appointments
- Resources and Referrals

**A DAVA IS AVAILABLE 24/7
602-789-3355**

Anyone can call the DAVA!

**If you get voicemail please leave a call back number, hotlines do not have caller ID*

Resources

On-Base Resources

Family Advocacy Program (DAVA)
602-789-3355

Mental Health Clinic
623-856-7579

Chaplain
623-856-6211

Sexual Assault Response Coordinator
623-856-4878

Command Post
623-856-5600

Security Forces
623-856-5970

Office of Special Investigation
623-856-6821

Off-Base Resources

Eve's Place
1-844-301-7908
www.evesplace.org

Glendale Police Department
623-930-3000

Maricopa County Sheriff's Office
602-876-1865

Department of Child Safety
1-888-767-2445

National Domestic Violence Hotline
1-800-799-7233
www.thehotline.org

ADC Office of Victim Services
1-866-787-7233 | 602-542-1853
azvictims@azadc.gov

DAVA

The Domestic Abuse
Victim Advocate



Luke AFB
DAVA

Office: 623-856-3417
24/7 Crisis Line: 602-789-3355



What are my options for reporting domestic abuse?

Airmen and family members who experience domestic abuse are encouraged to report the incident to a DAVA to access the full range of supportive services, including:

Restricted Reporting – Allows adult victims the option to report an incident to specified individuals, such as FAP, DAVA, and Medical Providers without initiating the investigative process or notifying the offender's Chain-of-Command. The victim will receive medical treatment, advocacy and counseling, and DAVA services. The victim maintains control of how services are received and it allows for time to make an informed decision. The victim can change restricted reporting to unrestricted at any time.

Unrestricted Reporting – Allows adult victims to receive the full range of advocacy services. A victim who desires an official investigation into an incident of domestic abuse should make an unrestricted report using the appropriate reporting channels, including the chain-of-command, FAP, or law enforcement. Upon notification of a reported domestic abuse incident, DAVA services and FAP intervention services are offered. In addition, with an unrestricted report, a victim can request a forensic medical examination with a health-care provider in coordination with a criminal investigation. This option allows the widest range of rights and protections to the victim.

Am I Eligible for Restricted Reporting?

The Domestic Abuse Restricted Reporting Option is available to Airmen, family member spouses, and intimate partners who are eligible for a military-issued identification card and eligible to receive military medical treatment.



Your Reporting Options

If you want to make a report of domestic abuse, you have two reporting options. Before you report anything to anyone, learn about the reporting options and who is allowed to take restricted reports.

Restricted Reporting

Who Can Take the Report?
Only specified individuals. May include: any medical professional, DAVA, Family Advocacy, SARC, Chaplains. <i>If reported to other military or civilian personnel, an unrestricted report may be automatically made due to mandated reporting requirements.</i>
Can Engage with Family Advocacy?
Yes
Chain-of-Command Involvement?
No
Legal Investigation?
No
Can Change the Type of Report?
Yes <i>Can change to an Unrestricted Report at any time.</i>
Can Ask for a Military Protection Order?
No
Can Receive Medical Treatment, Advocacy, Counseling, and Other Services?
Yes
Exceptions to Reporting Option
Reports of risk of harm/death, child abuse, criminal activity, or PRP status. If command or leadership already know of situation, report is automatically unrestricted.

Unrestricted Reporting

Who Can Take the Report?
Any Military Member
Can Engage with Family Advocacy?
Yes
Chain-of-Command Involvement?
Yes
Legal Investigation?
Yes
Can Change the Type of Report?
No <i>Once a report is Unrestricted, it cannot go to Restricted.</i>
Can Ask for a Military Protection Order?
Yes
Can Receive Medical Treatment, Advocacy, Counseling, and Other Services?
Yes
Exceptions to Reporting Option
None



MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- » Provides short-term, non-medical counseling services to service members and their families at no cost
- » Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- » Augments existing military support services
- » Offers flexible service delivery
- » Can provide services on or off of military installations
- » Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- » Masters or Doctorate-level licensed counselors
- » Work with families, individuals, couples and children
- » Work with existing military and family support programs to complement services provided

NON-MEDICAL COUNSELING SERVICES

Life skills

- » Anger management
- » Communication
- » Relationship issues
- » Conflict resolution
- » Parenting
- » Decision-making skills

Military lifestyle

- » Deployment stress
- » Coping skills
- » Homesickness
- » Relocation adjustment
- » Reintegration
- » Separation
- » Building resiliency
- » Sadness, grief and loss

MFLC
623-680-0174 / 0094



WHO ARE CYB-MFLCs AND WHAT DO THEY DO?

CYB-MFLCs are

- » Masters or Doctorate-level licensed counselors specializing in child and youth behavioral issues
- » Available at no cost to assist children and youth, parents, family members and staff of child and youth programs
- » Available to provide short-term, non-medical counseling support

Services are private and confidential with the exception of child abuse/neglect, domestic abuse and other duty-to-warn situations.

HOW DO CYB-MFLCs MAKE A DIFFERENCE?

CYB-MFLCs provide a wide range of support to military children and youth, family members and staff who work with children by

- » Engaging in activities with children and youth
- » Providing behavioral interventions in classrooms, at camps and in Child Development Centers to assist staff in setting and managing boundaries
- » Modeling behavioral techniques and providing feedback to staff
- » Being available to parents and staff to discuss interactions with children and other concerns
- » Facilitating psycho-educational groups

ISSUES ADDRESSED BY CYB-MFLCs

- » School adjustment
- » Deployment and separation
- » Reunion adjustment
- » Sibling and parent-child communication
- » Behavioral concerns
- » Fear, grief and loss



Commander's Menu

The following workshops below can be delivered at the unit level, in location of your selection, during unit Wingman Day events or at any time to address unit concerns. Please contact the POC indicated next to each workshop description to arrange for the briefing to be held for your organization. Contact POC a minimum of two weeks prior to requested date to ensure availability of presenter; unless otherwise indicated.

Wing Resources

- * [Community Support Coordinator \(CCS\)](#)
- * [Violence Prevention and Integrators \(VPI\)](#)
- * [Diversity and Inclusion](#)

Helping Agency Workshops

- * [Health and Wellness](#)
- * [Stress and Change Management](#)
- * [Communication](#)
- * [Relationships \(Personal & Workplace\)](#)
- * [Parenting](#)
- * [Resiliency](#)

***Performance Nutrition:** fueling your body for performance. This brief teaches nutrition for energy management that enables participants to optimize metabolism and ensure peak performance. This is an interactive class and we ask that you have a minimum of 25 Members attending the brief, along with access to Power Point and an area for teaching props. [Health Promotions 623-856-3830](#)

***Tobacco Cessation:** tobacco/vaping use, the reasons that it can be so hard to QUIT and how it affects a Units Mission Readiness. An overview of local free options and tools to be long term successful QUITTING will be presented along with a discussion of available Tobacco Cessation Medications Side effects and availability. [Health Promotions 623-856-3830](#)

***Alcohol 101: Tolerance, Myths/Facts, Basic Education-** Learn how to minimize the negative consequences of substance related mishaps to the individual, family, and organization. Contact ADAPT 623-856-7979.

***Dynamics of Addiction:** Addiction is often associated with substance abuse, but many behaviors can also be addictive, including shopping, working, and computer use, to name a few. This brief looks at a range of addictive behaviors, the differences between a habit and an addiction, and steps to change behavior. *Contact ADAPT 623-856-7579.*

***Anger Happens/management:** Anger can lead to behaviors we regret, and it can also affect our health. This presentation focuses on understanding what happens to us when anger is triggered, and ways to address our strong reactions. Contact FAP 623-856-3417 or MFLC 623-856-0565.

***Depression: What It Is and How to Help** -The primary focus of this seminar is to educate participants about the warning signs and dangers of depression, and how it can be treated. Contact MHC 623-856-7579.

***Domestic Violence: Effects on the Workplace.** Domestic violence affects the individual employee, and has an impact on the workplace as well. This presentation identifies those potential effects, and suggests approaches that colleagues and agencies can take to address the issue. Contact FAP 623-856-3417.

***Survivor's Guilt:** This presentation will teach audience how to comfort the bereaved. Topics include the stages of grief, physical and emotional reactions to grief, the characteristics and effects of survivor's guilt, tips for helping grieving people, and special considerations for when the bereaved is a long distance away. *Contact MFLC 623-856-0565.*

***How to Improve Sleep-** Learn sleep hygiene techniques needed to obtain a deep, restorative night's rest. Contact MHC 623-856-7979.

Stress & Change Management

***Occupational Stress-**Learn how to better identify your sources of stress and learn new, more productive skills for stress management. Includes emotional management, environmental factors, communication, and goal setting. Contact MHC 623-856-7979.

***Stress Management** -Learn relaxation techniques, ways to challenge your thinking, and problem solving skills to lead to a greater stress tolerance level and improved self-care. Contact MHC 623-856-7979.

***Balancing Work and Personal Life** -A hectic, unbalanced lifestyle can prevent enjoyment of personal relationships, interfere with productivity at work and harm our health. This seminar helps participants assess how their numerous roles can be managed to create an integrated life. Contact FAP 623-856-3417 or MHC 623-856-7979

***Burnout and Stress Management** -When someone experiences stress, or when stress lasts too long, it can be harmful; burnout is one possible outcome. This seminar addresses ways to prevent burnout. Contact MHC 623-856-7979.

***Contending with Change** -The seminar is designed to help participants understand the effects of change, assess their own attitudes about change, and learn practical techniques for dealing with change. Contact MHC 623-856-7979.

***Ups and Downs of the Holiday Season** -During the holiday, expectations about the "way it should be" and reality often collide. This seminar explores how to cope with the pressures of the holiday season, and offers strategies to reduce stress. Contact MHC 623-856-7979.





Communication

***Four Lenses:** Learn about your unique temperament and the temperaments of others. This assessment will also help you understand others in your organization. There is a cost associated to conduct this workshop due to the cost of the books, which the units requesting the training would need to purchase. This training would need to be requested and prearranged at least 30 days prior to workshop. Contact AFRC 623-856-6550.

***Three Cs of Communication:** Improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration, and commitment). Contact MFLC 623-856-6550

***Communication Training:** Provides participants with communication strategies and guidelines. Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, typical roadblocks to effective communication, and the importance of being assertive. Contact MFLC 623-856-6550

Relationships

***Healthy Relationship Skills for Singles:** This presentation teaches single people how to prepare for a relationship. Objectives include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship. Contact MFLC 623-853-0565.

***How Not to Fall For a Jerk(ette):** Highlights the characteristics of what not to look for in a partner and focuses on two tools that will allow for healthy relationship development. Contact FAP 623-856-3417.

***Relationship Strength: Know the Communication:** Quick overview about communication tips that will make or break a relationship. Gives pointers on how to recognize those styles that will sabotage intimacy. Contact FAP 623-856-3417.

***Building a Healthy Marriage:** Reviews how to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries. Contact MFLC 623-853-0565.

***Mission Based Marriages:** Objectives include defining the beliefs and values that give meaning and direction to marriage, understanding what the family does and where it's going, knowing the steps required to achieving goals for the family, utilizing strategies for strengthening and protecting the marriage, and practicing effective problem-solving techniques as a couple. Contact MFLC 623-853-0565.

***Matri-Money: Money and Marriage:** The purpose of this presentation is to address financial concerns that may present challenges to married couples. Objectives include exploring emotional connections to financial matters, utilizing goal setting strategies, and practicing effective communication. Contact MFLC 623-853-0565.

***Challenges Faced by Dual Military Couples:** This presentation highlights the positive aspects of being a dual military couple, the challenges that the couple may face, and the various ways in which they can cope with those challenges. Contact MFLC 623-238-0565.

***Recovering from Divorce:** This brief covers the definition of divorce, the stages of grief/loss, possible physical and emotional reactions, coping strategies, tips for discussing a divorce with outside parties, techniques for discussing divorce with children, and recommendations for navigating divorce in a healthy way. Contact MFLC 623-853-0565.

Parenting

****A Humorous Look at Parenting:** Focuses on challenges and triggers that will cause parents to lose their cool while offering ways to remain in control. Provides tips for practical skills that can be used immediately for more effective parenting. Contact FAP 623-856-3417.

***From Couplehood to Parenthood:** Preparing for transition to parenthood. Topics include ways parents can expect their lives to change after the arrival of a child, possible causes of conflict between new parents, techniques for avoiding conflict before it escalates, tips for making a smooth transition, and strategies for dealing with the deployment of a new father. Contact MFLC 623-856-6550

Air Force Resilience Training- is designed to sustain a thriving resilient Air Force Community that fosters mental, physical, social, and spiritual fitness. Air Force resilience training modules can be delivered by your unit Resilience Training Assistant (RTA). You can also request unit/audience tailored resilience training to be delivered by an installation Master Resilience Trainer (MRT). See below for current list of Resilience Skill sets and goal of each lesson. *For a current list of RTAs or to arrange for a guest MRT and unit tailored training please contact the CSC at 623-856-2716.*

***Counting Blessings-**The goal of Counting Blessings is to build positive thinking, help you cope with the daily hassles and stress, and improve quality of life.

***ABC-**The goal of ABC is to examine how your thoughts contributed to your Reactions. ABC can help assess if you thoughts were helpful in the particular situation and can help you think about how to approach future similar situations.

***Balance Your Thinking-**Sometimes our thoughts can bias our viewpoint, leading to patterns of reactions that are unproductive. Balance Your Thinking allows you to examine the evidence and determine if you are missing critical information.

***Check Your Playbook-**The goal of Check your Playbook is to discover patterns in your thoughts or reactions that might interfere with your goals or productivity.

***Good Listening and Active Constructive Responding-**The goal of Active Constructive Responding is to express involvement, excitement, or enthusiasm about another person's positive event. The goal of Good Listening is to make someone feel safe in speaking to you as a confidante.

***Interpersonal Problem Solving-**The goal of Interpersonal Problem Solving is to help confront problems in manner that still shows respect for the relationship. It lowers the intensity and makes it easier for two people to find a resolution to the problem or come to an understanding or compromise they can each live with.

***Accomplishing Goals-**Accomplishing Goals gives us a sense of purpose and a feeling of control over our lives.

***Acceptance-**The goal of Acceptance is to acknowledge that sometimes there are negative aspects of events you can't control. Rather than avoiding, acknowledge the discomfort so you focus on taking action.

***Spiritual Resilience-**The goal of Spiritual Resilience is to promote an understanding of spiritual resilience and provide an opportunity for students to strengthen their spiritual fitness.

***Physical Foundation: Fuel for Resilience-**Our physical well-being is strongly linked to our resilience and emotional well-being. The Physical Foundation of Resilience focuses on healthy nutrition and sleep management to ensure optimal performance.

For additional information, check out <http://wingmantoolkit.org>

Community Resources

Click links below to access direct resources

- Community Guides
 - [Goodyear](#)
 - [Peoria](#)
 - [Surprise](#)
- [Basic Needs/Multiple Service Offerings](#)
- [Behavioral/Substance Abuse](#)
- [Employment/Training Resources](#)
- [Family Services](#)
- [Food/Meals Assistance](#)
- [Health and Welfare/Medical Assistance](#)
- [Housing Rehabilitation](#)
- [Housing Assistance](#)
- [Legal/Financial Services](#)
- [Miscellaneous Services](#)
- [Referral Services](#)
- [Senior Services](#)
- [Services for Persons with Disabilities](#)
- [Shelters-Emergency/Domestic Violence/Homeless](#)
- [Transportation Services](#)
- [Utility Assistance/Discount Programs](#)
- [Veterans Services](#)
- [Volunteer Opportunities](#)
- [Teen/Youth Programs](#)



GOODYEAR MUNICIPAL COURT RESOURCES

14455 W. Van Buren St., Suite B101 Goodyear, AZ 85338 Phone: 623-882-7200 Fax: 623-932-6936

<ul style="list-style-type: none"> Arizona Judicial Branch Supreme Court State of Arizona Administrative Office of the Courts www.azcourts.gov 	<ul style="list-style-type: none"> Juvenile Courts Durango: (602) 506-4533 Southeast: (602) 506-2544
<ul style="list-style-type: none"> Counseling Agencies Western Judicial Services (623) 936-8828 www.westernjudicial.com Estrella Counseling Services (623) 925-8420 www.estrellacounseling.com 	<ul style="list-style-type: none"> MCSO/ Maricopa County Sheriff's Office (602) 876-0322 Confinement Information 4th Avenue Jail: (602) 876-1239 Durango: (602) 876-3555 Estrella: (602) 876-1222 Lower Buckeye: (602) 876-1236 Tent City: (602) 876-1679 www.mcso.org
<ul style="list-style-type: none"> Case Search/Court Cases (Public Access) Public Access to Court Case Information, a valuable online service providing a resource for information about court cases from 153 out of 180 counties in Arizona. http://apps.supremecourt.az.gov/publicaccess 	<ul style="list-style-type: none"> MVD (602) 255-0072 www.azdot.gov/mvd Out of State Drivers License Reinstatement: 1-877-301-8093
<ul style="list-style-type: none"> Defensive Driving School 1-888-334-5565 or online at www.azdrive.com 	<ul style="list-style-type: none"> Orders of Protection & Injunctions Against Harassment Available at any Municipal Court (phone list below) Visit these websites for Locations & phone #'s www.justicecourts.maricopa.gov www.superiorcourt.maricopa.gov
<ul style="list-style-type: none"> F.A.R.E (Fines/Fees And Restitution Enforcement) Suspended License and Vehicle Registration Renewal Hold (602) 452-3519 www.azcourtpay.com (online payments) 	<ul style="list-style-type: none"> Prosecutors Office (623) 882-7201 (623) 932-0184 FAX www.goodyearaz.gov/legal
<ul style="list-style-type: none"> Goodyear Police Non-Emergency: (623) 932-1220 Records: (623) 882-7670 Impound Line: (623) 882-7400 Crisis Unit/Victim Advocate: (623) 882-7677 www.goodyearaz.gov/police 	<ul style="list-style-type: none"> Superior Court www.superiorcourt.maricopa.gov Phoenix: (602) 506-3204 Surprise: (602) 372-940 Southeast (Mesa): (602) 506-2020 Superior Court Self Service Center (24 hr info.): (602) 506-7353
<ul style="list-style-type: none"> Jury Duty Jury line: (623) 882-7272 Jury Commission: (602) 506-5879 www.superiorcourt.maricopa.gov/JuryServices 	
<ul style="list-style-type: none"> Justice Courts Maricopa Justice Courts www.justicecourts.maricopa.gov 	

Municipal Courts		P.D. – Other Jurisdictions		Local Shelters	Domestic Violence Services
Avondale	623-333-5800	Avondale P.D.	623-333-7000	For Local Shelter call 602-263-8900 or 1-800-799-7739	Adult Protective Services: 1-877-SOS-ADULT
Buckeye	623-386-7840	Buckeye P.D.	623-349-6400	CONTACTS Shelter hotline (24 hrs): 1-800-799-7739	DV Support Groups Senior Help Line: (602) 264-4357
Chandler	480-782-4700	Chandler P.D.	480-782-4100	Autumn House- Prehab of AZ: 480-835-5555	AZ Coalition Against DV Legal Advocacy Hotline: 602-279-2900
El Mirage	623-815-2186	El Mirage P.D.	623-433-9500	CASS-Vista Colina Emergency Family Shelter: 602-870-1705	AZ Voice for Crime Victims: 602-258-1812
Fountain Hills	480-816-5103	Fountain Hills	480-837-2047	Chrysalis Shelter- Phoenix: 602-944-4999	Child Crisis Center: 480-969-2308
Gila Bend	928-683-2781	Gila Bend (MCSO)	602-876-1870	De Colores (CPLC)(24 hrs): 602-269-1515	Child Protective Services: 24 hrs 1-888-SOS-CHILD
Gilbert	480-635-7800	Gilbert P.D.	480-503-6500	Elim House- Salvation Army: 602-267-4111	Community Information & Referral: 602-263-8856
Glendale	623-930-2400	Glendale P.D.	623-930-3000	Faith House Shelter: 623-939-6798	Community Legal Services: 602-258-3434
Goodyear	623-882-7200	Goodyear P.D.	623-932-1220	My Sister's Place- Catholic Social Service: 480-821-1024	Crisis Nursery (24 hr): 602-273-7363
Gnadalupe	480-730-3085	Gnadalupe P.D.	480-730-3085	New Life Center (24 hrs.): 623-932-4404	EMPACT Crisis Line: 1-800-656-HOPE(4673)
Litchfield Park	623-935-7091	Litchfield Park(MCSO)	602-876-1011	Organization for Non-Violence Education: 623-934-0696	National Domestic Violence Hotline: 1-800-799-SAFE(7233)
Mesa	480-644-2255	Mesa P.D.	480-644-2211	Shelter Without Walls: 602-452-4640	Women's Resource Center: 602-252-8494
Paradise Valley	480-948-7620	Paradise Valley P.D.	480-948-7410	Sojourner Shelter: 602-244-0089	
Peoria	623-773-7400	Peoria P.D.	623-773-8311		
Phoenix	602-262-6421	Phoenix P.D.	602-262-7626		
Scottsdale	480-312-2442	Scottsdale P.D.	480-312-5000		
Surprise	623-222-4800	Surprise P.D.	623-222-4000		
Tempe	480-350-8271	Tempe P.D.	480-350-8311		
Tolleson	623-474-4975	Tolleson P.D.	623-936-7186		
Wickenburg	928-684-5451	Wickenburg P.D.	928-684-5411		
Yountgown	623-972-8226	Yountgown (MCSO)	602-876-1011		
Department of Public Safety (DPS) Highway Patrol Switchboard: 602-223-2000					

City of Peoria Programs

www.peoriaaz.gov

www.facebook.com/CityofPeoriaAz

Peoria Community Assistance Division .623-773-7070

<https://www.peoriaaz.gov/communityassistance>

Emergency Home Repair Program 623-773-5140

(must be an income qualified Peoria homeowner)

HOA contact information and registration..... 623-773-5140

Human Services.....623-773-7070

Neighborhood Grant Program.....623-773-5140

Tool Lending Program *(must be a Peoria resident)*.....623-773-7514

Water Payment Assistance Program 623-773-5140

(must be an income qualified Peoria resident)

Peoria Attorney's Victim Assistance Unit 623-773-7414

Provides support services to crime victims

Peoria Community Center 623-773-7436

www.peoriaaz.gov/communitycenter

Active Adult Program: classes, trips, health and fitness, special events, educational courses and lunches served daily M-F.

Adaptive Recreation: DES/DDD services (DTA, DTT, DTS, GSE), Special Olympics, bowling, weekly dance, special events, trips and various classes.

Food programs: Various food programs for youth, teens and families distributed throughout the week. Call for details.

Youth Programs: weekly activities, tournaments and special events.

Peoria Community Services 623-773-7137

www.peoriaaz.gov/recreation

Before/after school care, preschool, teens, sports, summer programs and reduced fees for qualifying youth. Programs at Rio Vista for all ages (reduced rates for qualifying families/persons).

Peoria Dial-A-Ride/Dial-A-Ride Plus 623-773-7435

www.peoriaaz.gov/dialaride

After Hours: 623-693-1043

Leave message to reserve an ADA trip.

ADA Service Hrs: M - F 4:30am– 9pm, Sa, Su & Holidays 6 am– 10pm

Provides curb-to-curb, advance reservation transportation of Peoria residents. Vehicles available that are wheelchair accessible. Trips can be reserved between 1 and 14 days in advance.

Peoria Rio Vista Recreation Center 623-773-8600

www.peoriaaz.gov/riovista

Silver Sneakers and health programs available.

Peoria Fire-Medical Administration Non-Emergency 623-773-7279

www.peoriaaz.gov/fire www.facebook.com/PeoriaFireMedicalDepartment

Peoria Fire-Medical Services 623-773-7919

Lock box program, smoke detector help, home safety visits, car seat inspections, cpr classes and safety education.

Peoria Police Non-Emergency 623-773-8311

www.peoriaaz.gov/police www.facebook.com/PeoriaPoliceDepartmentArizona

Peoria Police Victim Assistance 623-773-7019

Domestic Violence support and meetings.

City of Surprise Programs

www.surpriseaz.gov

Surprise Human Services & Community Vitality www.surpriseaz.gov/3320/Human-Service-Community-Vitality www.facebook.com/suprisecares

Neighborhood Services 623-222-3238

Emergency Home Repair Program 623-222-3240

Neighborhood Grant Program 623-222-3239

Water Payment Assistance Program 623-222-4673

City of Surprise Resource Center 623-222-1600

Resource Center (CAP Office) 623-222-HOPE (4673)

www.surpriseaz.gov/3588/Surprise-Resource-Center

Eviction prevention, utility assistance, Medicare benefits counseling, Veteran job club, Veteran homeless services and Veteran employment.

Surprise Senior Center 623-222-1500

www.surpriseaz.gov/Senior-Services 15832 N. Hollyhock St. Surprise, AZ 85378

Active adult program: Congregate Meal Program, classes, trips health and fitness, Silver Sneakers, special events and educational courses.

Surprise Community Recreation Services 623-222-2000

www.surpriseaz.gov/17/Community-Recreation-Services

Provides adaptive recreation: Special Olympics, bowling and weekly classes, camp, Tot time and summer camps.

Youth and Teen programming 623-222-2251

Provides Weekly activities, tournaments and special events.

Aquatics Center 623-222-2500

Countryside Recreation Center 623-222-2626

Sierra Montana Recreation Center 623-222-2600

Surprise Fire-Medical Administration Non-Emergency 623-222-5000

www.surpriseaz.gov/8/Fire-Medical-Department

Surprise Police Non-emergency 623-222-4000

www.surpriseaz.gov/882/Police-Department

Surprise Youth Services 623-222-8336

Surprise City Court 623-222-4800

www.surpriseaz.gov/238/City-Court

Basic Needs/Multiple Service Offerings

Catholic Charities Community Services 602-285-1999

www.CatholicCharitiesAz.org www.facebook.com/CatholicCharitiesAZ 4747 N. 7th Ave., Phoenix, AZ 85013

Programs include domestic violence, foster care, youth programs, parenting, immigration and Westside Head Start.

Community Action Program (CAP) www.azdes.gov www.facebook.com/OfficialArizonaDES

Peoria 8335 W Jefferson St, Peoria 85345 623-979-3911

Surprise 623.222.HOPE(4673)

Offers assistance with: Utilities, rent, food, referral to senior services and case management.

Department of Economic Security (DES)
602-542-4791
www.azdes.gov <https://www.facebook.com/OfficialArizonaDES/> **Services Contact Numbers:**

Office of Community Engagement (1789 W Jefferson St., Phoenix) 602-542-2274

Aging and Adult Services (DAAS) 602-542-4446

Adult Protective Services 877-SOS-ADULT (877-767-2385)

AZ Early Intervention Program (AZEIP) 602-532-9960

Benefits and Medical Eligibility (DBME)) 855-777-8590

Child Care Assistance 602-542-4248

Child Support Services (DCSS) 602-252-4045

Developmental Disabilities (DDD) 602-542-0419

Employment Services 602-542-4910

Medical Assistance 855-432-7587

Ombudsman 602-364-2860

Rehabilitation Services 602-542-3332

Tribal Relations 602-542-1290

Volunteer Engagement 602-542-1991

DES Child Care Administration (Peoria Local Office) 602-771-0014

Peoria Location: 8990 W. Peoria Ave., Peoria, AZ 85345

Hours: M-F 8am – 5pm

Child Care Assistance 602-771-0014

Dept. of Child Services 602-771-0013

Dept. of Developmental Disabilities 602-771-0012

Family Assistance Administration 602-771-0011

Dysart Community Center 623-249-3812
www.dysartcommunitycenter.org
Hours 10:00 - 8:00 Monday through Thursday -GED, ESL, Adult Citizenship classes After School Program ages 4 - 18, Hours: Mon 1-7, Tue - Thurs 3-7
First Saturday Mobile Pantry. Hours 9:00 – 11:00
Educational programs for disadvantaged children, teens and adults, offering tools and skills to help them improve their lives and build self-sufficiency. Full training and support provided, hours to suit volunteer.
Native American Connections (Administrative Office) 602-254-3247
www.nativeconnections.org
Improves the lives of individuals and families through Native American culturally appropriate behavioral health, affordable housing, and community development services.

Outpatient & Assessment 602-424-2060

Housing Rental & Office Leasing Center 602-2543247

Salvation Army Sun City 623-977-1084
suncities.salvationarmy.org www.facebook.com/thesalvationarmy.suncitieswestvalleycorps www.needhelppayingbills.com

17420 N Avenue of the Arts, Surprise, AZ 85378 Hours: M-F 9am-4pm; closed 12pm-1pm for lunch

Food box assistance line 623-977-1084

Offers assistance with an emergency food program, utilities and is a hydration station. Provides services to the following cities: Peoria, Youngtown, Sun City, Sun City West, Waddell, El Mirage, Surprise and Wittmann.
St Vincent de Paul.....602-266-HOPE (4673)
www.stvincentdepaul.net/programs www.facebook.com/StVincentdePaulPhx

Food Box Assistance Line/ Financial Assistance 602-266-4673

Medical/Dental 602-261-6868

Shelter/Clothing 602-261-6883

Medical Equipment Loan 602-261-6896

Housing Assistance/Utility Assistance/through 211 877-211-8661

Zuri's Circle480-779-ZURI (9874)
www.zuriscircle.org <https://www.facebook.com/ZurisCircle/>
Provides temporary assistance during unforeseen hardship to individuals, families and the homeless. Supporting the need of food boxes, hygiene bags, clothing and furniture.
Behavioral Health/Substance Abuse
Abraham Low Self - Help Systems (Christian Church) 623-974-0566
www.recoveryinternational.org/meetings
Weekly group meetings for people with mental health challenges (depression, anxiety, etc) using a self-help method.
Not-for-Profit organization exclusively dedicated to preventing suicide.

Addiction Haven 480-277-3408

www.addictionhaven.com

Works with families, adolescents, adults and community stakeholders who have been impacted by substance use through community events, one on one peer support, outreach and support meetings.

American Foundation for Suicide Prevention.....888-333-AFSP (2377)

Crisis Line (24/7) 800-273-TALK (8255)

www.afsp.org

www.facebook.com/AFSPnational

AZ Youth & Family Services

602-277-4833

www.azyfs.org

Community mental health agency serving children, adolescents and families.

Community Bridges

623-643-9678

www.communitybridgesaz.org www.facebook.com/communitybridgesaz 24/7 Access to care line

Services: Patient-centered medical home, inpatient, outpatient, access point, transition point, crisis mobile teams, stabilization, and recovery unit, opioid treatment and residential treatment.

Crystal Meth Anonymous.....602-235-0955/800-877-METH

www.CMAAZ.org

A fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others recover from addiction to crystal meth.

Family Involvement Center 602 288-0155 / 877-568-8468

www.familyinvolvementcenter.org www.facebook.com/FollowFIC

Support & resources for parents who are navigating behavioral and physical health, schools, developmental disabilities, juvenile justice, child welfare and other systems to meet their child's and family's needs.

Marc Community Resources

480-994-4407

www.marccr.com/arizona-mental-behavioral-health-information-resources/

Provides information and resources. Helping people navigate the often confusing world of the Arizona mental health system, locating the professionals and organizations best able to assist the individuals.

Mercy Maricopa Integrated Care 24/7 602-586-1841/ 800-564-5465

www.mercymaricopa.org www.facebook.com/MercyMaricopa

Helping connect residents in Maricopa County and parts of Pinal County to behavioral health, substance use and crisis care services.

MIKID (Mentally Ill Kids in Distress) 602-253-1240

www.mikid.org www.facebook.com/MIKIDarizona Hours: M-F 8am - 4pm

Provides: case management, individual/group respite, living skills individual/group, youth peer support, family support, chronic disease self-management, SafeTALK and signs of suicide training, mental health first aid program and cultural competency training.

Mental Health America of Arizona480 994-4407 x10

www.mhaarizona.org www.facebook.com/mentalhealthamericaofarizona

Promotes mental health and well-being for all Arizonans through education, advocacy and the shaping of public policy.

NAMI Valley of the Sun Office

602 244-8166

www.namivalleyofthesun.org

5025 East Washington Street, Suite 112, Phoenix, AZ 85034

NAMI advocates for access to services, treatment, support and research. Committed to raising awareness and building a community of hope. Also, provides education programs at no cost throughout Maricopa County to qualified individuals.

Partners in Recovery

623-583-0232

www.partnersinrecovery.us.com/WestValley/WestValleyHome.htm

Out-patient mental health provider that assists individuals in becoming healthy and stable as well as achieving personal goals and dreams. A tool on your pathway to recovery.

Recovery Empowerment Network

602-248-0368

www.renaz.org www.facebook.com/renaz.org

Provides adult behavioral health services.

RI International 866-481-5361

www.riinternational.com

Peoria Recovery Response Center (RRC)

602-650-1212

Fax: 623-972-6173

11361 N. 99th Avenue, Suite 402, Peoria, AZ 85345

Crisis Respite 602-636-4380

11361 N. 99th Avenue, Suite 107, Peoria, AZ 85345

Serving those with mental illness and/or substance abuse through our Crisis Observation and Stabilization Unit, inpatient hospitalization, crisis respite services, as well as out-patient and peer support/educational services for those transitioning back into the community after hospitalization or incarceration.

Southwest Behavioral & Health Services

602-265-8338

www.sbhservices.org

www.facebook.com/SBHServices/?ref=ts

Providing integrated behavioral & health services to children, adolescents and adults.

STAR (Stand Together and Recover) 623-882-8463

www.thestarcenters.org

Hours: M – Th 7:30am - 7:30pm, F 7:30am - 3:30pm, Sa 7:30am - 2:00pm

Mission is to empower adults diagnosed with a mental illness by providing non- clinical peer-run support services.

Terros Health 602-685-6000

www.terros.org

Hours: M – F 8am - 5pm

Provides culturally responsive, integrated and evidence-based primary care services, addiction and mental health treatment, mobile psychiatric crisis services, and community prevention and education.

Touchstone Behavioral Health 866-207-3882

www.touchstonehs.org www.facebook.com/touchstoneaz

Integrated health providing mental, behavioral health and pediatric medicine for children and youth-birth to 17 years old.

Employment/Training Resources

Adult Education Services/Dysart Community Center 623-249-3812

www.dysartcommunitycenter.org

Hours: M-Th 10:00am – 8:00pm

Provides GED, ESL, and citizenship classes for adult learners

Arizona@Work: Maricopa County 602-372-4200

www.arizonaatwork.gov <https://www.facebook.com/azatworkmaricopa>

West Valley Career Center: 1840 N 95th Ave, Suite 160, Phx, AZ

602-372-4200

Youth Hub: 8335 W Jefferson St, Peoria, AZ serves ages 16-24

623-878-0416

Provides services including job placement, skills assessments, job training, career counseling and resume development.

Arizona Training & Evaluation 623-412-2888

www.aztec1.org <https://www.facebook.com/aztec1.org>

7400 W. Olive Avenue, Suite 24, Peoria, AZ 85345 Hours: M-F, 8:00am – 4:30pm

Provides day activity, educational, home and community based employment and residential services and support. AZTEC's programs are provided in the West Valley.

AWEE Advancing Arizona's Workforce 602-601-7200

www.awee.org www.facebook.com/aweeworks

4520 N Central Ave, Phoenix, AZ 85006 Hours: M-F 9am - 12pm holiday hours vary

Provides workforce development strategy and offers tools for change, independence, self-reliance, and community revitalization to advance Arizona's Workforce.

Goodwill of Central & Northern Arizona

602-535-4444

MyCareerAdvisor.com

Career Center: 6750 W Peoria, AZ 623-486-4400

Hours: M-Th 9am - 3pm, F 9am - 1pm (Additional centers listed on the website) *From resume and interview skills development to digital trainings and on-site hiring events, the Career Services at goodwill of Central and Northern are here, free of charge, to help you land a job.*

Hope Women's Center 623-875-4549

www.hopewomenscenter.org/west-valley-center/

Hours: W-Th 9am-2pm

West Valley Center: 12101 Grand Ave, El Mirage, AZ 85335

Serves women and teen girls facing any difficult life situation such as domestic violence, abuse, poverty, mental health, family conflict, single parenting, job readiness, substance abuse recovery, etc, to move them through crisis and teach the tools needed for long term positive life changes.

Jobs for Arizona Graduates 602-216-9503

www.jagaz.org <https://www.facebook.com/JagArizona/>

Assists youth to remain in school and acquire the academic, personal and leadership skills required for success after graduation.

Literacy Volunteers of Maricopa County

www.literacyvolunteers-maricopa.org

1616 E Indian School Rd, Suite 200, Phoenix 85016 602-274-3430

Office Hours: M-F 8am - 4pm

Class hours: M-Th, 8am - 8pm; F 8am - 4pm

729 E Hatcher Rd, Phoenix 85020 602-943-7332

Office Hours: M-Th, 8am - 4pm

Class hours: M-Th, 8am - 8pm; F 8am - 4pm

Improve adult reading, writing and mathematical skills to prepare for the GED; English language acquisition classes for adults.

Phoenix Job Corps 602-254-5921

<https://phoenix.jobcorps.gov/> <https://www.facebook.com/doljobcorps>

Helps young people ages 16 through 24 improve the quality of their lives through vocational and academic training.

St. Joseph the Worker 602-417-9854

www.sjwjobs.org

Removes employment barriers by providing the resources necessary to gain and maintain employment.

Mobile Employment Specialist 602-223-3469

St. Mary's Food Bank Alliance's Community Kitchen 602-343-3183

www.firstfoodbank.org/learn/programs/community-kitchen/

Life skills and food service training for those with barriers to employment. Info sessions are held every Wednesday at 10:00am and are mandatory to proceed to the next step in the enrollment process.

Family Services

AASK – Aid to adoption of Special Kids 602-254-2275

www.aask-az.org <https://www.facebook.com/AidtoAdoptionofSpecialKids/>

Aid to adoption of special kids by strengthening families for the children in Arizona's foster care system. "Ensuring every child has someone who cares!"

Arizona Facts of Life 602-254-2704

www.azfactsoflife.org <https://www.facebook.com/AzFactsOfLife>

Provide and nourish an environment where youth and families discover healthy solutions to life situations.

Billy's Place 623-414-9838

www.billysplace.me

<https://www.facebook.com/billysplaceme/>

Grief support groups for Children ages 3 to 30 and their families.

Catholic Charities

Head Start and Early Head Start 623-486-9868

Westside Head Start 623-932-3517

www.catholiccharitiesaz.org/all-locations/youth-development www.azheadstart.org

7400 W. Olive Ave. Suite 10, Peoria, AZ 85345

Early Head Start serves children from pregnancy to 3 years and Head Start for children 3 to 5 years. Services available in Peoria, El Mirage, Surprise, Glendale, Tolleson, Avondale, Buckeye and Palo Verde

Pregnancy, Parenting, & Adoption Counseling Hotline 888-818-4445

www.catholiccharitiesaz.org/all-locations/pregnancy-counseling

Free counseling for women and men experiencing an unexpected pregnancy who need help, please call or text.

Child Care Resources (PAT Home Visitation Program) 602-234-3941

www.childfamilyresources.org/

Home visitation program for families with children up to 48 months of age in the West Valley; providing parent support, child development skills, and connection to resources. The program is free, confidential, voluntary, and the quality services are provided by early childhood professionals.

Child & Family Resources (Main line) 800-308-9000

www.azccrr.com

A statewide program that can assist you in locating child care that meets your family's individual needs at no cost to you.

Family Bridges 877-412-7434

www.familybridgesusa.com <https://www.facebook.com/familybridges>

Provides resources, workshops and events to strengthen marriages and families.

Family Services/Dysart Community Center 623-249-3812

www.dysartcommunitycenter.org

After School Program, ages 4-18

Hours: Monday 1:00pm – 7:00pm; Tues-Thurs 3:00pm – 7:00pm

First Things First 602-771-5100

www.firstthingsfirst.org

<https://www.facebook.com/AZFirstThingsFirst/>

First Things First is a voter-created organization dedicated to helping Arizona kids five and younger receive the quality early learning, healthcare and family support they need to arrive at kindergarten healthy and ready to succeed.

Helping Families in Need 800-298-4346

www.hfinaz.com <https://www.facebook.com/Hfinaz/>

Program which seeks to improve early education and health services for children.

Jewish Family & Children's Service (JFCS)

602-279-7655

www.jfcsaz.org <https://www.facebook.com/JFCSAZ>

Provides behavioral health services for children, youth and adults; services for victims of domestic violence; foster care youth transitioning to adulthood; older adult case management and counseling and services for the Jewish Community. Services are provided with a goal of improving coping skills and emotional health while encouraging self-determination, independence and resiliency.

Peoria Unified School District Family Resource Center 623-773-6679

www.peoriaunified.org/Page/490

[email: PUSDFamilyResourceCE@pusd11.net](mailto:PUSDFamilyResourceCE@pusd11.net)

Sky View Elementary School, 8624 W. Sweetwater Avenue, Peoria, AZ 85381 Hours: M-F 8am - 4pm

Helps families with children 0-5 years identify available resources to support children in their earliest years.

Literacy Volunteers of Maricopa County

www.literacyvolunteers-maricopa.org

1616 E Indian School Rd, Suite 200, Phoenix 85016

602-274-3430

Office Hours: M-F 8am - 4pm

Class hours: M-Th, 8am - 8pm; F 8am - 4pm

729 E Hatcher Rd, Phoenix 85020

602-943-7332

Office Hours: M-Th, 8am - 4pm

Class hours: M-Th, 8am - 8pm; F 8am - 4pm

Improve adult reading, writing and mathematical skills to prepare for the GED; English language acquisition classes for adults.

Southwest Human Development

Birth to Five Helpline 877-705-KIDS (5437) call or text

www.birthtofivehelpline.org www.swhd.org/helpline www.facebook.com/SouthwestHumanDevelopment Hours: M-F 8am - 8pm

Assist with questions or concerns about children birth to five years of age.

Teen Challenge 800-346-7859

www.tcaz.org <https://www.facebook.com/TeenChallengeArizona>

Faith-based solutions for youth, adults and families struggling with life controlling problems.

Hope Community Services 623-848-8863

<https://hcs-az.org> <https://www.facebook.com/HopeCommunityServicesAZ/>

Provides counseling services, supervised visitation of minors that are court ordered in addition to foster care and adoption services.

Food/Meals Assistance

Animals in Disasters, Empty Bowl Pet Food Pantry 602-909-7153

www.emptybowlpetfoodpantry.org <https://www.facebook.com/emptybowlpetfoodpantry/>

Helps owners facing financial challenges and disaster victims by providing pet food and supplies.

Association of Arizona Food Banks 602-528-3434

www.azfoodbanks.org <https://www.facebook.com/azfoodbanks>

Online resource to find a food bank closest to you by zip code, city or title.

Community Hope Center at Fresh Start Church

623-979-4392

www.freshstartaz.com <https://www.facebook.com/freshstartchurchaz>

Food boxes and utility assistance on Wednesday at 10am. Mobile food pantry is the 2nd Thursday each month at 8am, closed during holiday weeks.

Food Services/Dysart Community Center

623-249-3812

www.dysartcommunitycenter.org

First Saturday Mobile Pantry offered 9:00am – 11:00am

Harvest Compassion Center 602-788-2444

www.harvestcompassioncenter.org <https://www.facebook.com/MitchellSwabackCharities> 4744 E Thunderbird Rd, Suite 9, Phoenix 85032 Hours: M, W, & Sat 9am – 11:30am

Harvest Compassion Maryvale 623-247-0039

Harvest Compassion Chandler 480-686-8408

Bring 2 forms of ID. Local food and clothing bank to serve families in need

Guests may visit once every 30 days for free groceries, hygiene, baby and clothing items.

Hope for Hunger Food Bank 602-773-4344

www.hopeforhungerfb.org <https://www.facebook.com/hopeforhunger> 5605 N 55th Ave, Glendale 85301

Hours: M–Th; 8am - 12pm

Committed to feeding families.

ICM Food & Clothing Bank 602-254-7450

www.icmaz.org <https://www.facebook.com/ICMFoodandClothingBank> Hours: M-Sa 9am – 11am

Services: Food boxes, clothing, toiletries and household goods. Mission: Providing an immediate response to basic human need.

Operation Care Food Bank 602-866-0135

www.operationcarefoodbank.org 1827 W Grovers, Phoenix 85023 Hours: Tu&Th 9am - 11:30am

Food and clothing to help those in need.

St Charles Borromeo 623-979-8059

<https://scbpeoria.org/> <https://www.facebook.com/scbpeoria/?fref=ts> 8615 W Peoria Ave, Peoria, AZ

Hours: Open to serve the community Tu&Th; 6pm-8pm

Food box assistance - Serves zip codes: 85345, 85351 and 85381. Located in St. John's Room at St. Charles Borromeo Church.

St Mary's Food Bank Alliance602-242-FOOD (3663)

www.firstfoodbank.org <https://www.facebook.com/firstfoodbank>

Programs designed to help those in need receive food and other types of assistance and offer opportunities for individuals and organizations to get involved, make financial donations, and volunteer their time, effort and resources.

St Vincent de Paul

www.stvincentdepaul.net <https://www.facebook.com/StVincentdePaulPhx>

Provides food via charitable dining rooms and a food bank to those who need help.

El Mirage Dining Room 602-850-6746

14013 N Verbena St, El Mirage 85335 Hours: M-F 10am - 11:30am

Sunnyslope Dining Room 602-944-0139

9227 N 10th Ave, Phoenix 85021

Hours: M-F 11am - 12:30pm, 4:30pm - 5:30pm, Sa-Sun 4:30pm - 5:30pm

Family Dining Room 602-254-3338

420 W Watkins Rd, Phoenix 85003

Hours: M-F 4:45pm - 6pm, activities and tutoring are available after dinner. Free shuttle is available.

Human Services Campus Dining Room 602-850-6746

1075 W Jackson St, Phoenix 85007

Hours: Weekdays 7am-8am, 11am-12:45pm; open weekends 11am-12:45pm

United Food Bank 480-926-4897

www.unitedfoodbank.org <https://www.facebook.com/UnitedFoodBank>

Food distribution warehouse serving almost 200 agencies in a five county service area. Direct client service providing emergency food boxes and other services to those in need

Valley View Food Bank 623-933-3358

www.yourfoodbank.org <https://www.facebook.com/YourFoodBank> 12321 NW Grand Ave, El Mirage, AZ 85335 Hours: M–F; 9am - 1pm

Vineyard Church 623-934-4000

www.vineyardnorthphoenix.com/foodbank <https://www.facebook.com/vineyardnorthphoenix/> 6250 W Peoria Ave, Glendale, AZ 85302

Hours: Sa, Su & W 9am; M, Tu, & Th 7pm; F closed

Provides clothing and food boxes.

West Valley Community Food Pantry 623-848-8278

www.stjchurchaz.org <https://www.facebook.com/stjchurchaz> 7205 N 51st Ave, Glendale 85301 Hours: M, W, Th 9am - 12:00pm

Emergency food pantry, providing up to 5 boxes per year to each household. Accepting appointments for possible utility assistance: Call 480-654-4539

Health and Welfare/Medical Assistance

Adelante Healthcare 877-809-5092

www.adelantehealthcare.com www.facebook.com/AdelanteHealthcare/ Peoria Location: 15525 N 83rd Ave #104 Hours: M-F 8am – 5pm, closed during lunch

Offers primary medical care for the whole family, including family and internal medicine, pediatrics, on-site lab, WIC/nutrition and help applying for AHCCCS and other assistance. Additional locations may also provide dental.

American Cancer Society 800-227-2345

www.cancer.org www.facebook.com/AmericanCancerSociety

Tender Loving Care (publication offering affordable hair loss and mastectomy products and advice on how to use them): 800-850-9445

Provides personalized cancer information, wigs, head coverings, support groups and community resource referrals to cope with cancer. Assists cancer patients, their caregivers and/or their family members at no cost.

Prescription Assistance Program (PAP) provided through Safeway and CVS/Pharmacy

<https://www.arizonarxcard.com/>

As a resident of Arizona, you and your family have access to a statewide Prescription Assistance Program (PAP). Create and print your FREE discount prescription drug card from the website listed above.

Arizona Department of Child Safety (DCS) Abuse Hotline 888-767-2445

Local number for general information 602-255-2500

dcs.az.gov/

www.facebook.com/arizonadcs

AZ Dept. of Public Health Services 602-542-1025

www.azdhs.gov www.facebook.com/azdhs

To promote, protect and improve health and wellness of individuals and communities in Arizona.

Arizona Division of Problem Gambling 602-542-8998

Helpline .. 800-Next Step (639-8783)

www.problemgambling.az.gov

www.facebook.com/Arizona-Office-of-Problem-Gambling-431670023533035 *Provide and support effective problem gambling prevention, treatment and education programs.*

AZ Health Care Cost Containment System (AHCCCS) 855-432-7587

www.azahcccs.gov

Hours: M-F 8am - 5pm

Arizona's Medicaid agency offering health care programs to serve Arizona residents.

Barrow Neurological Foundation (Dignity Health) 602-271-9961

www.BarrowNeuro.org/prevention

Provides medical education, clinical programs and support groups for those facing devastating neurological trauma or disease at Barrow Neurological Institute.

Boys and Girls Club Dental Clinic 602-271-9961

www.bgcamp.org/programs/bgcamp-dental-clinic <https://www.facebook.com/BGCMP>

1601 W Sherman St, Phoenix 85007. Hours: Tu- F 7am - 6pm

Full-service facility for children 5-18 who lack dental insurance and do not qualify for state assistance.

Brain Injury Alliance 602-508-8024

www.biaaz.org

Provides support, resource and referrals to children, adults and families with any type of brain injury.

Cancer Support Community Arizona 602-712-1006

www.cscaz.org www.facebook.com/CSCArizona

Provides psychosocial support and services to people diagnosed with cancer and their friends and families in Arizona.

Services include: support services, healthy lifestyle activities, educational seminars, social connections and resources and referrals.

Care 1st Resource Center 623-333-2703

www.avondaleaz.gov/government/departments/neighborhood-family-services/family-services/resource-center

328 W Western Ave, Avondale 85323 Hours: M-Th 8am - 7pm; F 9am - 5pm *Offers a variety of human services; from programs for parents with children 0-5, to assistance with applying for AHCCCS.*

Family Assistance Administration (FAA) 602-771-0011

des.az.gov/services/basic-needs/family-assistance

www.facebook.com/OfficialArizonaDES

Peoria Location: 8990 W Peoria Hours: M-F 8am - 5pm

Family assistance – possible nutrition, cash and/or medical assistance benefits.

First Teeth First see various locations below

www.maricopa.gov/publichealth/programs/oral/FTF/default.aspx

Glendale WIC 5141 W. Lamar Rd 623-939-0989
 St. Mary's WIC 3003 W. Thomas Rd., Phoenix 602-278-3201
 Sunnyslope WIC 8828 N. Central Ave., #100, Phoenix 602-331-8311
 Thunderbird WIC 5422 W. Thunderbird Rd., #6, Glendale 602-993-5010
 Constitution WIC 18440 N 15th Ave, Phoenix 602-482-7174

Maricopa County Office of Oral Health provides dental screenings, parent education, fluoride varnish and referrals for children five years of age and younger.

Health-e-Arizona 855-432-7587 /855-HEAPlus

www.healthearizonaplus.gov

Single on-line application for medical and nutrition assistance.

Statewide Fax Queue: 602-257-7031

inHarmony (Native Health) 602-279-5262

www.nativehealthphoenix.org

4041 North Central Ave., Building C, Phoenix 85012

Provides HIV testing and a circle of care for those in need.

Maricopa County Dept of Public Health (MCDPH)(cont) 602-506-6900

Immunization Clinic 602-506-8815

1645 E Roosevelt St, Phoenix 85006

Other locations in Maricopa County 602-839-2289

Provides free immunizations to children age 0-18 years old. Educates parents, guardians, day care and school staff to reduce/eliminate the transmission of vaccine preventable diseases.

Nurse-Family Partnership program..... 602 224-1740 / 602-359-7083

Provides a nurse to visit you in your home throughout your 1st pregnancy and until your child is 2 years of age. Working together to have a healthy pregnancy and child, become a better parent, make your home a safe place, get referrals to support services and set goals for your future.

Maricopa Integrated Health System Family Health Centers (MIHS)

www.mihs.org/family-health-center www.facebook.com/mihs.az

Avondale Family Health Center 950 E Van Buren 623-344-6800

Hours: M-F 8am - 6pm; Sa 8am - 12pm

Adult Dental 623-344-6809

Hours: 7:30am - 4:00pm

Glendale Family Health Center 623-344-6700

5141 W. Lamar Glendale, AZ 85301 Hours: M-F 7am - 5pm

Adult Dental 623-344-6789

Hours: 7:30am - 4pm

Pendergast Family Health Center 602-344-2520

10550 W Mariposa St, Ste 1, Phoenix, AZ 85037 Hours: M-F 7am - 6pm,

Pediatric Dental 602-344-2522

Hours: 7:30am - 4:30pm

Routine exams and cleanings, oral hygiene, instruction for young patients and parents, digital x-rays, fluoride treatments, restorative treatments and emergency (pain relief) treatments, Family Medicine and lab services.

Mobile Dentistry of Arizona 480-313-3310

www.mobiledentistryofaz.com

Provides full dental services for people of all ages, including individuals with physical and cognitive constraints that make it difficult to get to the dentist. This service is provided at your home.

Mountain Park Health Center 602-243-7277

www.mountainparkhealth.org www.facebook.com/MountainParkHealthCenter 6601 W Thomas Rd, Phoenix 85033

Hours: M-F 8am - 8pm; Sa 7:30am - 4:30pm

Can schedule appointments 24/7

Provides Women's Healthcare, Pediatrics, Internal/Family Medicine, Dental, Labs, Pharmacy, WIC and more!

Medical Lending Center (Youngtown Community Fund) 623-977-4661

www.youngtowncommunityfund.com Short-term loan of medical equipment.

Maricopa County Dept of Public Health (MCDPH)
602-506-6900
www.WeArePublicHealth.org (English) www.SomosSaludPublica.org (Spanish) Facebook.com/MCDPH (English)

Main Number 602-506-6767

West Valley Immunization Clinic 623-474-2290

1850 N 95th Ave, Suite 184, Phoenix 85037

Hours: M-F 8am - 4:30pm (closed 12pm-1pm and every fourth Wednesday morning of the month, to reopen at 1 p.m. that day)

Maricopa County Dept of Public Health (MCDPH)(cont) 602-506-6900

Immunization Clinic 602-506-8815

1645 E Roosevelt St, Phoenix 85006

Other locations in Maricopa County 602-839-2289

Provides free immunizations to children age 0-18 years old. Educates parents, guardians, day care and school staff to reduce/eliminate the transmission of vaccine preventable diseases.

Nurse-Family Partnership program 602 224-1740 / 602-359-7083

Provides a nurse to visit you in your home throughout your 1st pregnancy and until your child is 2 years of age. Working together to have a healthy pregnancy and child, become a better parent, make your home a safe place, get referrals to support services and set goals for your future.
Maricopa Integrated Health System Family Health Centers (MIHS)
www.mihs.org/family-health-center www.facebook.com/mihs.az

Avondale Family Health Center 950 E Van Buren 623-344-6800

Hours: M-F 8am - 6pm; Sa 8am - 12pm

Adult Dental 623-344-6809

Hours: 7:30am - 4:00pm

Glendale Family Health Center 623-344-6700

5141 W. Lamar Glendale, AZ 85301

Hours: M-F 7am - 5pm

Adult Dental 623-344-6789

Hours: 7:30am - 4pm

Pendergast Family Health Center 602-344-2520

10550 W Mariposa St, Ste 1, Phoenix, AZ 85037 Hours: M-F 7am - 6pm,

Pediatric Dental 602-344-2522

Hours: 7:30am - 4:30pm

Routine exams and cleanings, oral hygiene, instruction for young patients and parents, digital x-rays, fluoride treatments, restorative treatments and emergency (pain relief) treatments, Family Medicine and lab services.
Mobile Dentistry of Arizona 480-313-3310
www.mobiledentistryofaz.com
Provides full dental services for people of all ages, including individuals with physical and cognitive constraints that make it difficult to get to the dentist. This service is provided at your home.
Mountain Park Health Center 602-243-7277
www.mountainparkhealth.org www.facebook.com/MountainParkHealthCenter 6601 W Thomas Rd, Phoenix 85033

Hours: M-F 8am - 8pm; Sa 7:30am - 4:30pm

Can schedule appointments 24/7
Provides Women's Healthcare, Pediatrics, Internal/Family Medicine, Dental, Labs, Pharmacy, WIC and more!
Medical Lending Center (Youngtown Community Fund) 623-977-4661
www.youngtowncommunityfund.com Short-term loan of medical equipment.

Mission of Mercy (602) 861-2233
www.amissionofmercy.org/arizona (Other locations listed on website) www.facebook.com/missionofmercyaz/

Avondale Appointment Line 623-932-2723

Appointment Line Hours Tu & Th; 9am - 2pm.

First Southern Baptist Church, 1001 N. Central Ave, Avondale Clinic open on Mondays, 8am-2pm

Maryvale & Central Phoenix Appointment Line 602-486-7798

Appointment Line Hours Tu 1pm-6pm and Th 9am - 2pm. Maryvale - Church of the Nazarene, 3201 N. 51st Ave, Phoenix, AZ Clinic open on 1st & 3rd Tuesdays, 8am - 2pm

Murphy Education & Health Center, 3140 W Buckeye Rd. Phoenix, AZ Clinic open on 2nd and 4th Friday

Central Phoenix -Shepherd of the Valley Lutheran Church, 1500 W Maryland Clinic open on Wednesdays, 8am - 2pm

All locations provide free healthcare and free prescription medications to the uninsured, underinsured and those who "fall through the cracks" of the healthcare system. Appointment lines and locations also offer bi-lingual assistance.

Native Health Centers

afterHours:602-787-3352

www.nativehealthphoenix.org www.facebook.com/nativehealthphoenix

4041 N Central Ave Building C, Phoenix 602-279-5262

Hours: M – F 7am - 6pm

2423 W Dunlap Ave, Suite 140, Phoenix 602-279-5351

Hours: M – F 8am - 7pm

Full medical and dental services, WIC, HIV testing and AHCCCS enrollment assistance. Free transportation may be available.

Neighborhood Outreach Access to Health (NOAH)

Central scheduling phone number for all locations

480-882-4545

www.Noahhelps.org

Copperwood Center: 11815 N. 51st Ave., Ste. B110, Glendale, AZ 85304 Hours: M–Th 7am - 7pm; F 7am-5pm

Desert Mission Community Health Center: 9201 N 5th St, Phoenix, AZ 85020 Hours: M–F 8am - 5 pm

Sierra Health Center: 6206 W Bell Rd, Glendale, AZ 85308 Hours: M-F 8am - 5pm

Venado Health Center: 20440 N. 27th Avenue, Phoenix, AZ 85027

Medical, dental, pediatric, behavioral health and psychiatric, nutrition services, prenatal and community resources.

Additional locations listed online.

Nutritional Services (WIC)

800-252-5942

www.azdhs.gov/prevention/azwic/families/index.php www.facebook.com/azdhs/

Peoria Mobile (WIC) through Adelante Healthcare

623-236-4622

8335 W Jefferson St, Peoria Hours: Tu & W 8am - 5pm

Supplemental nutrition program for low income women.

Phoenix College Dental Clinic

602-285-7323

<http://www.phoenixcollege.edu/community/community-services/dental-clinic>

3144 N 7th Ave, Phoenix, AZ 85013

Hours: M-Th 8:30am - 4:30pm; F 8:30am - 3:30pm (by appointment only)

Dental hygiene services offered include cleanings, deep scaling, x-rays, sealants and fluoride. \$35 for adults, \$25 for kids (ages 3 to 15) and \$10 per sealant.

Smiles by Delivery ..623-584 GRIN (4746)

www.SmilesByDelivery.com

Mobile dental practice in Arizona providing cutting-edge technology in a patients home at rates up to 30 percent lower than traditional dental practices.

Social Security 800-772-1213

www.ssa.gov www.facebook.com/socialsecurity

Official Social Security website online services and retirement estimator.

Solecito Services 623-876-5331

Medical equipment rental.

Southwest Lending Closet

623-932-1016

www.southwestlendingcloset.org www.facebook.com/SouthwestLendingCloset

Lends durable medical equipment for up to 90 days.

Young Adult Transitional Insurance (YATI)

623-977-4661

www.healthearizonaplus.gov

Signup through Phoenix Day HealthLinks Program (602) 252-4911, ext. 104

Provides health insurance for youth formerly in foster care.

Housing Rehabilitation

Ability360

main office 602-256-2245

www.ability360.org www.facebook.com/Ability360

Maricopa County Housing Programs 602-506-5911

www.maricopa.gov/faq.aspx?qid=254

Provides weatherization for homes owned by low-income persons, particularly elderly, disabled and persons with minor children. The goal of weatherization is to increase energy efficiency by reducing energy usage and improving the health and safety of the home. Inquiry form at www.maricopa.gov/4119

Housing Assistance

Administration of Resources and Choices (ARC)

602-374-2226

www.arc-az.org/housing-counseling/

HUD Certified agency providing a path to successful home ownership through Mortgage Readiness Review and Assistance, Also, providing foreclosure prevention counseling for principal reduction, monthly mortgage subsidy assistance to qualified Arizona homeowners, Reverse Mortgage Counseling, assisting homeowners 62 or older.

Arizona Attorney General

602-542-5025

Consumer Information and Complaints 602-542-5763

Task Force Against Senior Abuse (TASA)

602-542-2124

www.azag.gov/seniors/TASA

Resources for Seniors

www.azag.gov/seniors

Arizona Department of Housing (ADOH)
602-771-1000
www.housing.az.gov www.facebook.com/azhousing/

Programs include: Foreclosure and homeless assistance, fair housing, affordable housing, Section 8, rentals and housing counseling.

Save Our Home AZ (foreclosure assistance)

602-771-1000

Housing Counselor 877-448-1211

Offers principal reduction assistance, monthly mortgage subsidy assistance for underemployed and unemployed Arizonans, second lien elimination and short sale assistance to qualified Arizona homeowners.

Arizona Fair Housing Center
602-548-1599
www.azfairhousing.net
www.facebook.com/pg/Arizona-Fair-Housing-Center-265710680205759/

Mission is to eliminate housing discrimination and fair housing/civil rights complaints. Individuals who believe they are victims of discrimination should submit a complaint.

Catholic Charities Affordable Housing 602-285-1999

www.housingforhopeaz.org
www.CatholicCharitiesAz.org

Phoenix (2 locations) 602 840-0898 and 602-290-0459

Glendale 623-934-7579

Offers affordable housing for qualifying families in three housing communities throughout the Valley.

Habitat for Humanity Central Arizona 623-583-2417

www.habitatcaz.org www.facebook.com/HabitatCAZ

Peoria Location: 9133 NW Grand Ave, Suite 1, Peoria, AZ 85345

New home construction, home repairs, neighborhood revitalization and contract services for public and nonprofit industries.

Homeless I.D. Project

www.AZHomeless.org

Phoenix: 206 S 12th Ave

602-223-3527

Hours: M-F 7:30am – 10am

Helping homeless people rebuild their lives beginning with identification retrieval assistance.

Housing Authority of Maricopa County

www.maricopahousing.org/programs/

Peoria Property: 10950 N 87th Ave 602-744-4590

Hours: M-F 8am - 5pm

Providing HUD affordable housing for low-income eligible families and/or single persons.

Housing Choice Voucher-Section 8 602-744-4500

Location: 8910 N 78th Ave, Building D, Peoria Hours: M-F 8am - 5pm

Provides rent subsidy to income eligible individuals and families.

Save the Family www.savethefamily.org www.facebook.com/SavetheFamilyAZ

Affordable Rental Movement 480 898-0228 ext 100

Transitional housing and supportive services for homeless families with children.

Trellis 602-258-1659

www.trellisaz.org www.facebook.com/TrellisAZ1

Pre and post-purchase, reverse mortgage housing counseling; financial coaching, money management and budget workshops; homebuyer education; down payment assistance and flexible lending products; and affordable single-family homes.

Legal/Financial Services

ACESDV 602-279-2900

Toll-free 800-782-6400

www.acesdv.org www.facebook.com/ACESDV

Information, publications and resources related to legal issues and areas of State and Federal law.

Arizona Center for Disability Law 602-274-6287

www.azdisabilitylaw.org

www.facebook.com/Arizona-Center-for-Disability-Law-134193483284046 *Protect and advocate for individuals with disabilities.*

CASA of Arizona 602-506-4083

www.azcourts.gov/casa www.facebook.com/CASAofArizona

Court appointed special advocates; adult volunteers appointed by judge to advocate for abused and neglected children in court.

Catholic Charities Community Services, Familias Unidas Legal Services, Immigration and Family Reunification 602-749-4415

www.catholiccharitiesaz.org/all-locations/immigration

Provides various legal services including immigration and family reunification. NOTE: Leave a message and someone will return your call.

NOTA: Deje mensaje y alguien le regresara su llamada.

Community Legal Services 602 258-3434 x 2150

www.clsaz.org

www.facebook.com/communitylegalservicesarizona

Arizona law firm providing legal services to program eligible residents living with lower incomes and experiencing legal problems with our practice areas: Family Law, Housing Law, Consumer Law, Farm Worker, Employment & Tax Law, and Health and Economic Stability. Works to ensure access to justice for all.

Internal Revenue Service (IRS) Volunteer Income Tax Assistance (VITA)

www.irs.gov

Offers free tax help.

Lawyer Referral Service 602-257-4434

www.maricopalawyers.org/about-us/

Services meeting the legal needs of our community.

Maricopa County Attorney

www.maricopacountyattorney.org/serving-victims/brochures-forms-information

Maricopa County Victim Compensation 602-506-4955

Assists victims and their families dealing with the financial harm caused by crime.

Take Charge America 866-750-9612

Additional toll free number listed on website 866-528-0588

www.takechargeamerica.org www.facebook.com/TakeChargeAmerica

Guidance with credit, bankruptcy, housing, student loans and debt management. HUD certified.

VITA through A New Leaf

<https://www.turnanewleaf.org/services/vita.html>

The Volunteer Income Tax Assistance program offers free tax help.

Miscellaneous Services

Bureau of Vital Records 602-364-1300

www.azdhs.gov/licensing/vital-records (only Arizona)

www.Vitalchek.com (paid service for most states and some international agencies)

Homeless ID Project 211 or 877-211-8661

www.azhomeless.org

email: info@azhomeless.org

206 S 12th Avenue, Phoenix, AZ 85007

Cross Streets: 12th Avenue and Madison Street

Hours: M-F 7:30am – 9:00am (20 individuals will be served at each sign up time and on a first come, first serve basis)

Provides help to men, women, and children experiencing homelessness to rebuild their lives by obtaining their identification.

Safelink Wireless Service through TracFone ..800-Safelink (723-3546)

www.safelinkwireless.com/Enrollment/Safelink/en/NewPublic/index.html

Technical Support ONLY: 800-378-1684

Provides households a wireless phone, eligibility requirements must be met, which are set by each State where the service is provided. This service is limited to one person per household.

Science Care 800-417-3747

www.sciencecare.com

Hope Program is a no cost pre-screening program that allows patients, families, and healthcare providers to know with certainty if a donor meets current research criteria before the time of passing.

Referral Services

2-1-1 Arizona Services 211 or 877-211-8661

www.211arizona.org

Community information and referral service.

Affordable Housing Online affordablehousingonline.com/ www.facebook.com/AffHsgOnline/

Provides ability to search for affordable housing in a specific area by City, County or Zip code and also allows individuals to sign up for waitlist alerts.

AZCaregiver Coalition 888-737-7494

www.azcaregiver.org www.facebook.com/azcaregiver/ Supports family caregivers.

Arizona Community Action Association www.azcaa.org www.facebook.com/ArizonaCommunityActionAssociation/

Comprehensive listing of free and low-cost services and programs for low-income families and individuals.

North West Area Utility Assistance Line 602-372-0728

(Serving Peoria, El Mirage, Sun Cities and surrounding area) Hours: M-F 8am–5pm, Please call to make an appointment.

Peoria: 8335 W Jefferson St, Peoria 85345

623-979-3911

Surprise 623.222.HOPE(4673)

Arizona Self Help (Benefit referral) www.ArizonaSelfHelp.org www.arizonaselfhelp.org/programs/

Free and easy way to find out if your family can get help from several different health and human services programs.

BenefitsCheckUp®

www.benefitscheckup.org

Free service that helps find benefit programs based on your needs. (ex: medication, food, utility, legal, health care, housing, etc)

Crisis Response Network www.crisisnetwork.org www.facebook.com/CrisisNetworkAZ/

Central Arizona warm Line 602-347-1100

Central Arizona crisis Line local 602-222-9444

Central Arizona crisis Line 800-631-1314

Central Arizona crisis Line (TTY) 800-327-9254

SMI determination 855-832-2866

24/7 crisis response network to assist children and adults connect with the help they need for qualifying individuals and families looking for services: medical, legal, affordable housing and more.

Find Help Phoenix

www.findhelpphx.org

www.findhelpphx.org/es (Spanish language partner site) Free and low-cost services in Maricopa County.

Senior Guidance.org

www.seniorguidance.org/assisted-living/arizona/

Provides resources on senior living options, including: assisted living facilities, senior living communities, nursing homes, independent living communities, continuing care retirement communities (CCRC) and other long term senior care options, including memory care such as Alzheimer's or Dementia.

Senior Services

About Seniors 602-772-6490

www.aboutseniorsaz.com www.facebook.com/aboutseniorsaz

Provides seniors and their families assistance in finding quality communities and/or care in Arizona. In addition, offers Grief Support Services and Support Group Facilitation to clients, organizations and those in need.

Alzheimer's Association 602-528-0545

Helpline 24/7 800-272-3900

www.alz.org www.facebook.com/actionalz

Purpose is to empower and support individuals, families, care partners and communities affected by dementia.

Area Agency on Aging 602-241-6118

Peoria SUPPORT at Community Assistance Resource Center

602-773-6909

Surprise Resource Center 623-866-4214

Banner Olive Branch Senior Center (Sun City) 623-465-6005

www.aagphx.org

FREE Medicare, Medicaid and ALTCS counseling funded by Federal agencies, not affiliated with the insurance industry, offered to everyone interested in understanding the Medicare system.

Assisted Living 800-622-3915

www.assistedliving.org

A community organization that offers resources and information to assist seniors living with disabilities.

Beatitudes Campus 602-995-6100

www.beatitudescampus.org www.facebook.com/BeatitudesCampus

Not-for-profit life plan community for active independent senior living in Phoenix, Arizona, plus a full spectrum of health services.

Foundation for Senior Living 602-285-1800

www.fsl.org www.facebook.com/FSLhelps

In-home care, adult day care, affordable housing and senior centers.

Banner Sun Health Research Institute 623-832-6500

<https://www.bannerhealth.com/locations/sun-city/banner-sun-health-research-institute-santa-fe>

Located in the West Valley, the Institute conducts research, clinical care, prevention and education in memory disorders such as Alzheimer's and movement disorders, such as Parkinson's disease.

Benevilla 623-584-4999

www.benevilla.org www.facebook.com/Benevilla.org Hours: M-F 8am - 4:30pm

Life Enrichment Adult Day Programs for older adults and adults with intellectual and developmental disabilities, free caregiver support groups, resources and educational events, free home services such as grocery shopping, transportation, friendly visitors, phone pals and home delivered meals.

Delia Foundation 480-600-7950

www.bluvillage.connect.org

Consulting with seniors and their family members to connect them with resources and housing options.

Duet 602-274-5022

www.duetaz.org www.facebook.com/DuetAZ Hours: M-F 8am - 4:30pm

Support groups, workshops, group activities, respite, legal guidance and information and referral for grandparents raising grandchildren. Transportation, friendly visits, grocery shopping to or from and paperwork assistance for the elderly and/or disabled.

Home Assist Health 602-795-7620

www.homeassisthealth.org www.facebook.com/homeassisthealth/

Provides home care assistance for the elderly and/or disabled adults and children with long-term illnesses. Approved to provide DDD (Division of Developmentally Disabled) services as well as Arizona Long Term Care System (ALTCs).

Hospice of the Valley 602-530-6900

www.hov.org <https://www.facebook.com/HospiceoftheValley/>

Provides compassionate end-of-life care, relieving suffering in all realms—physical, emotional and spiritual.

Medicare and Medicaid Benefits Assistance

Program.....623 866-4212/602-241-6118

www.aagphx.org

Provides free Medicare/Medicaid counseling by Medicare Certified Counselors (SHIP Counselors) at Senior Centers

Medicare Planning Services 602-375-2412

www.medicareplanningsolutions.org

6930 E Chauncey Lane, Suite #200 Phoenix, Arizona

Provides free application and renewal assistance for income-challenged seniors who need state-sponsored health benefits like AHCCCS and Medicare. Also delivers free educational opportunities to provide accurate and reliable information to help seniors make informed decisions about their healthcare.

Senior Citizens Law Project 602-252-6710

www.azlawhelp.org/resourceprofile.cfm?id=12 Provides legal services.

Stepping Up for Seniors 623-866-4214

www.stepsingupforseniors.org

Provides referrals and financial assistance to low income seniors facing a critical medical issue resulting in a financial crisis. Apply on line at the above referenced web page.

Sun City Community Assistance Network (CAN) 623-933-7530

www.suncitycan.org

10195 W Coggins Dr., Sun City, Arizona

An organization providing free assistance to low-income seniors, disabled persons and others to meet their basic needs. Examples of services offered are utility discounts, prescription drug programs, food stamps, Medicare and social security guidance, legal consultations, income tax preparation, and property tax refunds. Several other services are available. Please call to make an appointment with a counselor and let Sun City CAN connect you with resources that will enhance your standard of living.

Sun Health 623-832-5350

www.sunhealthwellbeing.org www.facebook.com/sunhealth

Center for Health and Wellness.....623-832-9355 (WELL)

Memory Care Navigator... 623-832-9300

14719 W Grand Ave, Surprise, Arizona Hours: M-F 8:30am – 5pm

Nonprofit center providing education on diabetes, nutrition, weight loss, physical fitness and improving strength and balance. Individual counseling available with registered dietitians, certified diabetes educators, exercise physiologist and health coach. Acupuncture and massage therapy also available. Provides support and resources for patients and families dealing with Alzheimer's disease and dementia.

Services for Persons with Disabilities

AZ Assist 480-779-0899

www.facebook.com/azassist

West Valley Contact 602-615-9473

West Valley Support Group meetings are held at the Peoria Community Center on the 1st Thursday of every month from 6:30pm-8:30pm.

Provides social activities for the teens and young adults on the autism spectrum, and information on autism topics related to these age groups, for parents and guardians.

Ability360 602-256-2245

Glendale Office 602-424-4100

www.ability360.org www.facebook.com/Ability360

Programs to empower people with disabilities.

Programs to empower people with disabilities.

ACCEL (Education & life skills school) 602-995-7366

www.accel.org www.facebook.com/ACCELArizona 10251 N 35th Ave, Phoenix, AZ 85051

Arizona Center for the Blind & Visually Impaired 602-273-7411

www.acbvi.org www.facebook.com/acbvi

3100 E Roosevelt St, Phoenix 85008 Hours: M-F 8am - 4:30pm

Membership fee based on ability to pay; charges for some special events.

Assisted Living 800-622-3915

www.assistedliving.org

A community organization that offers resources and information to assist seniors living with disabilities.

AZ Developmental Disabilities Planning Council 602-542-8973

addpc.az.gov www.facebook.com/ADDPC

Provides research and financial support to innovative projects focusing on employment opportunities, self-advocacy and promoting inclusion for people with developmental disabilities.

AZ Disability Coalition 602-262-2900

www.azdisabilitycoalition.org

www.facebook.com/Arizona-Disability-Coalition-ADC-109920866153575/

ADC advances the rights, choices and value of people with disabilities through their individual and collective advocacy and education efforts.

AZ Recreation Center for the Handicapped (ARCH) 602-230-2226

www.archaz.org www.facebook.com/ARCHAZ.ORG 1550 W Colter St, Phoenix, AZ 85015

Provides services to enable handicapped individuals to obtain higher levels of physical well-being, pride, independence and self-esteem.

www.dec-az.org www.facebook.com/decaz

16809 N 53rd Ave Suite 1-3, Glendale, AZ 85306

Provides Life Skills training programs for children and adults with developmental disabilities which includes fixed route transportation to and from the Day Program facility. In addition, we offer in-home care services of Habilitation hourly support, attendant care and respite services.

Gompers www.gompers.org/programs www.facebook.com/gompersaz

Blythe Center Campus 623 245-8332 ext 305

7565 W Peoria Avenue, Suite A Peoria, AZ 85345 Hours: M-F, 7:30am-5:00pm

Provides individuals ages 5 through 85 educational, adult day programming, employment training and in-home programs. Also, provides accessible vehicles to transport individuals to and from Gompers and to various community activities.

MOSAIC 602-864-6030

www.mosaicinaz.org

Provides host home living arrangements for people of all ages with intellectual and developmental disabilities. We focus on What Matters Most to help people grow.

One Step Beyond 623-215-2449

After Hours on call phone 623-760-6487

www.osbi.org

9299 W Olive Ave, Suite 311, Peoria 85345

15527 N Reems Rd., Surprise 85374

Provide Intellectual Disabilities training on how to live independently, seek employment and participate in their communities. Engaging their talents and interests by empowering them to set and achieve personal goals. OSBI may provide transportation from home to program and vice versa.

Raising Special Kids 800-237-3007

www.raisingpecialkids.org www.facebook.com/raisingpecialkids/

Provides information, training, resources and support to families of children with disabilities and special health care needs.

The Children's Center for Neurodevelopment Studies 623-915-0345

www.thechildrenscenteraz.org www.facebook.com/TheChildrensCenterAZ/ 5430 West Glenn Dr, Glendale, AZ 85301

Non-profit school and therapy center for children with autism and other developmental delays

[Return to Community Resource Home](#)

VALLEYLIFE 602-371-0806

www.ValleyLifeAz.org

www.facebook.com/Valleylifeaz/

Provides group homes, home and community based services, day programs and vocational programs for developmentally disabled individuals who are placed in our care by the State of Arizona.

Shelters -Emergency/Domestic Violence/Homeless

A New Leaf 480-969-4024

www.turnanewleaf.org www.facebook.com/aneuleaf

Faith House crisis shelter for women and children 623-939-6798

24-hr emergency shelter for women in crisis

Domestic Violence Centralized Screening hotline 480-890-3039

24/7 English/Spanish resource ..844-SAFEDVS (723-3387)

The 7 days a week, 24-hour English/Spanish bilingual resource connects people in crisis with domestic violence shelters throughout Maricopa County. If a shelter bed is not available, the Domestic Violence Safe Temporary Overflow Program provides short-term emergency shelter and services to victims of domestic violence and their children while they await the availability of beds in domestic violence shelters countywide.

2-1-1 Toll free in Maricopa County 1-800-799-7739

Brian Garcia Welcome Center 602-759-5356

Assist in finding housing for homeless

Central Arizona Shelter Services (CASS) 602-256-6945

www.cassaz.org www.facebook.com/CentralArizonaShelterServices 230 S 12th Ave, Phoenix, AZ 85007

Emergency shelter and supportive services for homeless persons.

Chrysalis 602-955-9059

www.noabuse.org www.facebook.com/chrysalisaz/

Comprehensive services for women, men and children impacted by domestic violence. Programs include shelter, transitional housing, adult and child counseling, court victim advocacy and offender treatment.

Community Care Emergency Shelter 623-755-2284

Provides free emergency shelter for women and children, including meals and supportive services. Fee based transitional and permanent housing available for families. Program for Homeless to Home Owner.

Deep Within Rehab 623-334-6813

www.DeepWithinRehab.com www.facebook.com/DeepWithinRehab/ 11773 N 91st Ave, Peoria, AZ 85345

Drug/Alcohol recovery program that provides clean and sober living environment; including basic hygiene items, shelter, 3 meals a day, 12 step/life skills meetings.

Eve's Place 623-537-5380

Outside Maricopa County: 844-301-7908

www.evesplace.org

www.facebook.com/Eves-Place-Inc-163364277014297/

NOT a shelter. Provides supportive mobile services to victims of domestic violence & sexual abuse.

Family Housing Hub 602-595-8700

www.fhhub.org

Screens individuals for emergency shelter at UMOM, Watkins, CASS-Vista Colina and Salvation Army family shelters.

Families will be screened for shelter and placed on service priority list. Intake will contact family when shelter is available

Gift of Mary Women's Shelter 602-254-8424

1406 S 17th Ave, Phoenix, AZ 85007

Provides emergency shelter for women age 18 and older and women with girls age 1 to 12 or boys age 4 and younger who are homeless. Night Shelter only, opens at 3:30pm daily.

Homeward Bound 602-263-7654

www.homewardboundaz.org www.facebook.com/homewardboundaz/

Transitional housing for homeless families with children.

House of Refuge Sunnyslope**602-678-0223**www.refugeandhope.com*email: info@refugeandhope.com www.facebook.com/House.of.Refuge.Sunnyslope/ 9835 N. 7th St., Phoenix, AZ 85020**Transitional housing for single women, single men and mothers with children.***National Homeless Veterans Resource Line ... 877-4AID-VET (424-3838)**www.va.gov/homeless/nationalcallcenter.asp*Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters can call trained counselors to talk confidentially 24 hours a day, 7 days a week.***National Violence Hotline 800-799-SAFE (7233)**www.thehotline.org www.facebook.com/NationalDomesticViolenceHotline*Trained advocates are available 24/7 to talk confidentially with anyone experiencing domestic violence or seeking resources.***New Life Center 623-932-4404**www.newlifectr.org www.facebook.com/NewLifeCtr*Domestic Violence crisis shelter for women and children fleeing domestic abuse. Provides emergency shelter, transportation, childcare, domestic violence education, safety planning, lay-legal advocacy, case management, 24-hour crisis hotline, referral services and community education.***Community Care Emergency Shelter 623-755-2284***Provides free emergency shelter for women and children, including meals and supportive services. Fee based transitional and permanent housing available for families. Program for Homeless to Home Owner.***Deep Within Rehab****623-334-6813**www.DeepWithinRehab.com www.facebook.com/DeepWithinRehab/ 11773 N 91st Ave, Peoria, AZ 85345*Drug/Alcohol recovery program that provides clean and sober living environment; including basic hygiene items, shelter, 3 meals a day, 12 step/life skills meetings.***Eve's Place****623-537-5380**

Outside Maricopa County: 844-301-7908

www.evesplace.orgwww.facebook.com/Eves-Place-Inc-163364277014297/*NOT a shelter. Provides supportive mobile services to victims of domestic violence & sexual abuse.***Family Housing Hub****602-595-8700**www.fhhub.org*Screens individuals for emergency shelter at UMOM, Watkins, CASS-Vista Colina and Salvation Army family shelters. Families will be screened for shelter and placed on service priority list. Intake will contact family when shelter is available.***Gift of Mary Women's Shelter****602-254-8424**

1406 S 17th Ave, Phoenix, AZ 85007

*Provides emergency shelter for women age 18 and older and women with girls age 1 to 12 or boys age 4 and younger who are homeless. Night Shelter only, opens at 3:30pm daily.***Homeward Bound 602-263-7654**www.homewardboundaz.org www.facebook.com/homewardboundaz/*Transitional housing for homeless families with children.***House of Refuge Sunnyslope****602-678-0223**www.refugeandhope.com*email: info@refugeandhope.com www.facebook.com/House.of.Refuge.Sunnyslope/ 9835 N. 7th St., Phoenix, AZ 85020**Transitional housing for single women, single men and mothers with children.***National Homeless Veterans Resource Line ... 877-4AID-VET (424-3838)**www.va.gov/homeless/nationalcallcenter.asp*Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters can call trained counselors to talk confidentially 24 hours a day, 7 days a week.*

National Violence Hotline 800-799-SAFE (7233)

www.thehotline.org www.facebook.com/NationalDomesticViolenceHotline

Trained advocates are available 24/7 to talk confidentially with anyone experiencing domestic violence or seeking resources.

New Life Center 623-932-4404

www.newlifectr.org www.facebook.com/NewLifeCtr

Domestic Violence crisis shelter for women and children fleeing domestic abuse. Provides emergency shelter, transportation, childcare, domestic violence education, safety planning, lay-legal advocacy, case management, 24-hour crisis hotline, referral services and community education.

Phoenix Rescue Mission 602-233-3000

www.phoenixrescuemission.org www.facebook.com/phoenixrescuemission/

Transformation Lives Center 602-346-3390

1801 S 35th Ave., Phoenix, AZ 85006 (Intake M-F, call for appointment)

Residential Recovery Program for men from life controlling problems. Other services available include: food boxes, clothing and case management for men, women and families in need.

Changing Lives Center 602-688-6219

338 N 15th Ave. Phoenix, AZ 85007 (Intake M-F, call for appointment)

Residential Recovery Program for women and mothers with children up to age 12.

Hope for Hunger Food Bank 602-773-4344

5605 N 55th Ave., Glendale, AZ 85301 (M-F, 8 am – 12 pm)

Call for service area eligibility.

Salvation Army

www.salvationarmyphoenix.org/domestic-violence-shelter

ELIM House 602-267-4143

Domestic violence shelter; supports women and children by providing safety, shelter and comprehensive services.

Crisis Line 602-267-4111

Homeless Outreach to place & empower 602 302-8862/602-263-8861

Provides medical care and preventive education.

Shelter Listing

www.shelterlistings.org

Provides a website that will show shelter locations close to a specific address.

Shoebbox Ministry 480-905-1610

www.shoebboxministry.org www.facebook.com/pg/shoebboxministry/about/ 13645 N 32nd St, Phoenix, AZ 85032

Agencies serving local homeless and working poor can apply to receive toiletry kits and undergarments.

St Vincent de Paul 602-266-4673

www.stvincentdepaul.net/programs/ozanam-manor

Ministry to the Homeless - FOR REFERRALS 602-261-6883

Ozanam Manor -calls for intake/prescreening/eligibility, Criteria below. 602-850-6900 1730 E Monroe, Phoenix 85034

Serving homeless men and women who are 50 and older or 18 and older with a disability, either mental and/or physical, move into permanent housing while providing temporary shelter.

Sojourner Center 602-244-0089

www.sojournercenter.org www.facebook.com/SojournerCenter

Provides domestic violence crisis shelter, transitional housing, case management, safety planning, trauma education, 24-hour crisis hotline, lay legal advocacy, referral services, on-site health clinic and behavioral health services, child development center and pet companion shelter. Also, community-based prevention/awareness activities, and all above services, available to community-based participants.

Streetlight USA 623 435-0900 ext 8102

www.streetlightusa.org www.facebook.com/StreetLightUSA

Provides housing and coordinated care services for adolescent females who are victims of child sex trafficking and sexual trauma.

Tumbleweed a service of UMOM 602-271-9904

www.tumbleweed.org/programs www.facebook.com/TumbleweedCenter

Provides immediate aid such as safety, shelter and food to homeless and at-risk youth, as well as long term assistance through case management services such as education, life skills, counseling, transitional housing and job placement.

24/7 Crisis Line Intake/Referral 602-841-5799

Transportation Services

AZ Spinal Cord Injury Association 602-507-4209

www.azspinal.org

5025 E Washington St, Suite 110, Phoenix, AZ 85034

Rents out fully accessible vans.

Benevilla 623-584-4999

www.benevilla.org www.facebook.com/BenevillaFamilyResourceCenter Hours: M-F 8am - 4:30pm

Adult day centers, caregiver support groups, in-home services, home delivered meals and assistance to developmentally disabled. Two adult day centers and two resource offices located in Peoria.

City of Peoria Dial-A-Ride/Dial-A-Ride Plus

623-773-7435

www.peoriaaz.gov/dialaride

After Hours: 623-693-1043

ADA Service Hours: M - F 4:30am – 9pm, Sa, Su & Holidays 6am –10pm Leave message to reserve an ADA trip.

Provides curb-to-curb, advance reservation transportation of Peoria residents with wheelchair accessible vehicles.

Crisis Response Network

602-222-9444

www.crisisnetwork.org www.facebook.com/CrisisNetworkAZ/

ComTrans 602-231-0102

www.gocomtrans.com

Special needs, non-emergency medical transportation and private pay.

National Kidney Foundation of Arizona

602-840-1644

www.azkidney.org www.facebook.com/azkidney

Provides free transportation to and from dialysis treatments in Maricopa County.

Northwest Valley Connect

623-282-9300

www.NorthwestValleyConnect.org www.facebook.com/nvconnect

Assists seniors, veterans and people with disabilities in finding public, private and volunteer transportation resources based on individual need.

Quality Transport Services of Arizona 602-371-1000

www.qtsaz.com www.facebook.com/QTSaz Available 24/7

Non-emergency transportation for wheelchair, stretcher & ambulatory needs, available 24 hours, 7 days a week, servicing the entire valley.

St Vincent de Paul Transient Aid

602-261-6852

www.stvincentdepaul.net/programs/aid-to-stranded-travelers

420 W Watkins Rd, Phoenix 85003

Hours: M-F 9am - 12pm

Travel assistance to non-residents who find themselves in crisis, stranded in the Phoenix area.

Valley Metro Public Transportation

602-253-5000

..... TTY 602-251-2039

www.valleymetro.org

Reduced fares on local bus routes and light rail are available to youth ages 6-18, seniors age 65 and older, people with disabilities and Medicare clients.

Valley Metro Dial-a-Ride

www.valleymetro.org/accessibility/dial_a_ride

Transportation Hours: 5am - 10pm, Reservation Hours: 6am - 7:30pm

Regional ADA Paratransit Service 602-716-2200

Application for ADA 602-716-2100

Eligible residents may travel beyond the area served by the local Dial-a-Ride provider without making a transfer.

Reservations can be made every day.

Hours: M-F 9am - 12pm

Travel assistance to non-residents who find themselves in crisis, stranded in the Phoenix area.

Valley Metro Public Transportation

602-253-5000

..... TTY 602-251-2039

www.valleymetro.org

Reduced fares on local bus routes and light rail are available to youth ages 6-18, seniors age 65 and older, people with disabilities and Medicare clients.

Valley Metro Dial-a-Ride

www.valleymetro.org/accessibility/dial_a_ride

Transportation Hours: 5am - 10pm, Reservation Hours: 6am - 7:30pm

Regional ADA Paratransit Service 602-716-2200

Application for ADA

602-716-2100

Eligible residents may travel beyond the area served by the local Dial-a-Ride provider without making a transfer.

Reservations can be made every day.

Utility Assistance/Discount Programs

APS Energy Support Program 844 309-5655/602-371-7171

www.aps.com/e3

Limited income programs.

Community Action Program (CAP) www.azdes.gov www.facebook.com/OfficialArizonaDES

Peoria: 8335 W Jefferson St, Peoria, AZ 85345 623-979-3911

Surprise 623.222.HOPE(4673)

Offers assistance with: Utilities, rent, food, referral to senior services and case management.

Community Hope Center at Fresh Start Church 623-979-4392

www.freshstartaz.com/

14185 N 83rd Ave, Peoria 85381

Food Boxes on Wednesday and utility assistance starting at 10am.

Cox Internet Connect2Compete 623-979-4392

www.cox.com/aboutus/connect2compete.html?sc_id=cr_dm_camp_z_c2c_vanity Program offers low-cost home internet for families that have a K-12 student and receive government assistance.

Lutheran Social Services of the Southwest 480-654-4539

www.lss-sw.org

No walk-ins, appointments only. Offer assistance with utilities, employment and Supplemental Nutrition Assistance Program (SNAP) sign-up.

Salvation Army - Sun Cities/West Valley Corps 623-977-1084

www.usw salvationarmy.org

17420 N Ave of the Arts Blvd, Surprise 85378 Hours: M-F 9am - 11:30am; M – Th: 1pm - 4pm

Offers assistance with APS, SRP & SW Gas utility bills and limited rental assistance.

Southwest Gas 877-860-6020

www.swgas.com/en/az-special-programs Arizona special programs & assistance.

SRP Discount Plan 602-236-8888

www.srpnet.com/prices/economy.aspx

Enrollment line open 24 hours a day, there are eligibility requirements to participate in the program.

Veteran Services

American Legion Department of AZ 602-264-7706

www.azlegion.org www.facebook.com/ArizonaLegion

Disability claims and rental/utility assistance.

AZ Chapter, Paralyzed Veterans of America, Inc 602-244-9168

Toll Free number 800-621-9217

www.azpva.org www.facebook.com/AZPVA Hours: M–F; 8am - 4:00pm

Non-profit veteran service organization.

AZ Coalition for Military Families 602-753-8802

www.arizonacoalition.org www.facebook.com/ArizonaCoalition/

Information includes a starting point for key military, government and community resources available to service members, veterans and family members in each cou may have eligibility guidelines.

AZ Dept of Veterans' Services 602-255-3373

www.dvs.az.gov

Assists veterans and their dependents.

Disabled American Veterans, Glendale Chapter 20 623 931-7320

[email:dav20glendale@gmail.com](mailto:dav20glendale@gmail.com)

Provides free professional assistance to veterans and their families with claims.

Cutrano AZ Troop Run 602-577-9789

www.aztrooprun.com www.facebook.com/cutranoaztrooprun

Provides extra curricular educational funding to children of Arizona's fallen military heroes.

Catholic Charities MANA House 602-254-6785

(formerly Madison Street Veterans Assoc.) www.manahouseaz.org www.facebook.com/pg/MANAHouseAZ/

400 East Willetta Street, Phoenix, AZ 85006

Provides transitional living center for veterans experiencing homelessness offering personal, individualized basic resources, community and advocacy for all veterans.

Military and Veteran Success Center 480-384-9874

1532 North Commissary Road, Glendale, AZ 85307

At Luke Air Force Base. MVSC is the nation's first community supported, case- managed, holistic support center for transitioning service members, veterans and their dependents. Services offered by the MVSC are free of charge

Military Assistance Mission 602-246-6429

www.azmam.org www.facebook.com/pg/azmam.org

Provides financial and morale aid to our current Arizona active duty military, their families and wounded warriors regardless of overseas deployment status.

Operation Shockwave 480-259-1212

www.operationshockwave.org ajones@operationshockwave.org

Suicide prevention offered through veteran-to-veteran mentorship. Empowering veterans to choose life and become examples of success in their community. Educate the public on tools and techniques that can be used for PTSD, depression, trauma and more.

Pets for Patriots 877-473-8223

www.petsforpatriots.org

Facebook: <https://facebook.com/petsforpatriots> Twitter: <https://twitter.com/petsforpatriots> Instagram:

<https://instagram.com/petsforpatriots>

Helps veterans adopt shelter dogs and cats for companionship and emotional support; operates nationwide.

Soldier's Best Friend 623-218-6486

www.soldiersbestfriend.org www.facebook.com/SoldiersBestFriend

Provides US military veterans living with combat-related Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI) with Service or Therapeutic Companion Dogs, most of which are rescued from shelters.

The Ripple Effect- Helping Veterans and Families Heal 260-312-3756

www.therippleeffectaz.com www.facebook.com/therippleeffectaz

Offers resources to assist veterans and their families with reintegration into civilian life.

The Veterans Directory www.theveteransdirectory.org www.facebook.com/theveteransdirectory/

Provides a comprehensive, user-friendly, web-based directory of services that benefits military Veterans and their families.

Tragedy Assistance Program for Survivors 800-959-TAPS (8277)

www.taps.org www.facebook.com/TAPSoq/

24/7-Providing services to those who have lost a loved one in the military.

Surprise VA Outpatient Clinic 623-251-2884

13985 W. Grand Ave Surprise AZ 85374

Provides primary Care, Mental Health, Physical Therapy, X-Rays. Other services offered, please call. There is also an enrollment office on-site. Must bring DD-214 to enroll.

United States Veterans Initiative 602-717-

6682

www.usvetsinc.org/phoenix www.facebook.com/usvetsinitiativephoenix

3507 North Central Avenue, Suite 302, Phoenix, AZ 85012

Veterans Seeking Housing 602-757-9723

Veterans Seeking Employment Assistance 602-717-6682

Veterans Seeking Other Services 602-757-9723

Provides housing, employment assistance, access to veterans benefits and treatment for mental and physical health problems and substance abuse. Also counseling services to our nation's veterans from all branches of the armed forces who have served from World War II to the current conflicts.

Veteran Tickets Foundation 602-314-8414

www.vettix.org (must create a free online account to get tickets) www.facebook.com/VetTix

Provides veterans, service members, and immediate family of those killed in action with free tickets to sports events, concerts, family events as well as a diverse mix of other ticketed events, supporting community reintegration and personal health and happiness.

Vet's Community Connections 602-324-2817

Veterans, Military and Spouses /844-VET-CONX

(838-2669)

www.vetscommunityconnections.org

Connecting those who have served with other community members for answers to questions about life in Maricopa County.

Vets4Warriors..... 24/7/365 peer support 855-838-8255

www.vets4warriors.com www.facebook.com/Vets4Warriors/

24/7 Provides peer support services for Veterans, soldiers and their families via phone, chat, social media and texting. Live answer by another Veteran.

Vet Center Combat Call Center ..877-WAR-VETS (927-8387)

www.facebook.com/VAVetCenters/

24/7 - Call-in counseling services for veterans. Beneficial for after-hours: crisis calls and other mental health related calls

West Valley Vet Center 623-398-8854

14050 N 83rd Ave Suite 170, Peoria 85381

www.facebook.com/pages/West-Valley-Vet-Center/

Readjustment Counseling services for active duty combat veterans and separated combat veterans, veterans subjected to military sexual trauma, UAV pilots, mortuary affairs, veterans who served in conflict zones and their family members.

Veterans Crisis Line 800 273-8255 press 1 Text 838255

www.veteranscrisisline.net www.facebook.com/pg/veterans.crisisline.1/ Free, confidential help for veterans available

Volunteer Opportunities

NOTE: Most organizations listed in this guide welcome volunteers

Arizonans for Children 602-252-2270

www.arizonansforchildren.org

Facilitates opportunities that provide effective solutions to alleviate hardships and improve fragile lives of abused, abandoned and neglected children in foster care. Always in need of volunteers.

City of Peoria Neighborhood Pride

e-mail communityassistance@peoriaaz.gov

Designed to help established neighborhoods maintain their appearance and value through exterior maintenance. Large projects held two to three times annually.

Dysart Community Center

www.dysartcommunitycenter.org

Educational programs for disadvantaged children, teens and adults, offering tools and skills to help them improve their lives and build self-sufficiency.

Hands on Phoenix www.HandsOnPhoenix.org www.facebook.com/HandsOnGreaterPhoenix

A nonprofit volunteer management organization.

Just Serve

www.JustServe.org www.facebook.com/JustServe.org

Matches faith, nonprofit, community and governmental organizations with volunteers.

Volunteer Match www.VolunteerMatch.org www.facebook.com/VolunteerMatch Listing of volunteer opportunities.

Youth/Teen Programs

A Mighty Change of Heart 623-308-5428

www.amchaz.org

Foster youth support organization in Surprise, AZ providing individualized duffle bags, school supplies, and more for foster kids.

AGUILA Youth Leadership Institute 602-518-0612

www.aguilayouth.org www.facebook.com/AGUILAYouth

Provides youth (grades 9-12) with a comprehensive program in preparation for success in college, career and life.

Arizona Child and Adolescent Survivor Initiative (ACASI).602-298-4037

<http://nau.edu/fvi/acasi/>

Provides specialized services and support to children who have a lost a parent to intimate partner homicide (IPH).

Arizonans for Children 602-252-2270

www.arizonansforchildren.org

Facilitates opportunities that provide effective solutions to alleviate hardships and improve fragile lives of abused, abandoned and neglected children in foster care.

Big Brothers Big Sisters of Central AZ 602-264-9254

www.facebook.com/BBBSAZ/

Matches youth in the community ages 6 to 18 with caring, supportive adult mentors who help them realize their potential. Families and youth can enroll online. Volunteers are needed in the Peoria area.

BLOOM 365 888-606-HOPE (4673)

www.bloom365.org/intervention

The Youth Violence Intervention and Prevention Project (Y-VIPP) provides community and school based case management, intervention, lifeskills education and peer support for 13-24 year old young people who are at risk for or who have exhibited abusive or violent behaviors.

www.bloom365.org/advocacy

Community and school based direct advocacy services, case management, weekly peer support groups, TEXT/CHAT help, safety planning and resource connections for 13-24 year old young people who have witnessed or experienced teen dating violence, domestic violence, sexual violence, or gender based violence victimization. www.bloom365.org/education

Community and school based outreach and education to remove help seeking barriers for teens, prevent the root causes of teen dating violence/sexual violence and promote healthy and safe relationships. Includes delivery of a 7-Dose curriculum in schools, a bi-annual Peer Advocate Training Academy for teens, quarterly Study Circles community dialogues and Trusted Adult Ally Trainings for parents/caregivers, school personnel, law enforcement, youth service providers and more.

Boys and Girls Clubs 623-979-3559

www.bqcmp.org www.facebook.com/BGCMP

11820 North 81st Avenue, Peoria 85345

Provides after-school, summer programs, tutoring, sports, arts, health, life skills and character building activities.

Child Crisis Arizona 480-304-9449

www.childcrisisaz.org

Headquarters – 817 N Country Club Dr., Mesa AZ

Provides emergency shelter, foster care, adoption, counseling, early education, home visitation, and parenting support services to Arizona's most vulnerable children and families.

Childhelp 800-790-2445

www.childhelp.org

Headquarters – 4350 E. Camelback Road, F250, Phoenix, AZ 85018...480-922-8212 Southwest Family Advocacy Center – 2333 N. Pebblecreek Pkwy, Suite A200, Goodyear AZ, 85395 623-333-7900

Childhelp Children's Center of Arizona – 2120 North Central Ave. Suite 130, Phoenix, AZ 85004 602-271-4500

Provides therapeutic intervention for children who have been victims of sexual, physical and emotional abuse, and/or neglect, exposure to severe trauma or victimized as a result of parental substance use/abuse.

Dysart Community Center 623-249-3812

www.dysartcommunitycenter.org

Hours 10:00 - 8:00 Monday through Thursday -GED, ESL, Adult Citizenship classes After School Program ages 4 - 18, Hours: Mon 1-7, Tue - Thurs 3-7

First Saturday Mobile Pantry. Hours 9:00 – 11:00

Educational programs for disadvantaged children, teens and adults, offering tools and skills to help them improve their lives and build self-sufficiency. Full training and support provided, hours to suit volunteer.

Dysart Unified School District (DSD) 623-876-7072

www.dysart.org

Homeless Education Liaison – 623-876-7072

School provided staff person to serve as a liaison for students experiencing homelessness.

Empowered Young Parents Program 602-234-3733

Arizona's Children Association 800-944-7611

www.arizonaschildren.org www.arizonaschildren.org/transitional-support

Assists pregnant or parenting youth between the ages of 12-24 who are currently or previously involved with the foster care or juvenile court system. Will provide on-on-one assistance with education, parenting skills, financial independence, healthcare, employment, education, counseling, and other community resources.

Eve's Place 623-537-5380 Outside Maricopa County: 844-301-7908

www.evesplace.org

www.facebook.com/Eves-Place-Inc-163364277014297 Teen dating violence awareness and resources.

Florence Crittenton 602-274-7318

www.flocrit.org www.facebook.com/FlorenceCrittentonofArizona/?fref=ts

Offers a comprehensive continuum of care designed to help at-risk girls ages 10 to 25 overcome issues of abuse, neglect, teen pregnancy, teen parenting, behavioral and mental health problems.

Food/Meals Assistance/Dysart Community Center 623-249-3812

www.dysartcommunitycenter.org

After School Programs, tutoring and teen programs for youth, ages 4 to 18. Life skills, education, arts, STEM, community involvement programs to support youth development.

Free Arts of Arizona 602-258-8100

www.freeartsaz.org www.facebook.com/freeartsaz

Healing abused and homeless children through artistic expression.

Friends of Peoria Public Library

www.facebook.com/FPPLibrary

Inspires passion for literacy by supporting Peoria's Libraries through assistance programs & outreach.

Hart Pantry 252-259-5331

www.facebook.com/HARTPantry/

Provides food, clothing, school supplies and toiletries for at-risk/homeless teens

Heart for the City 602-499-5059

www.heartforthecityaz.org www.facebook.com/heartforthecityaz/

Free after-school, summer and sports programs, job skills training for teens and community gardening.

Homeless Youth Connection (HYC) 623-374-3747

After Hours Phone 602-633-4844

www.hycaz.org www.facebook.com/HomelessYouthConnectionAZ/

Provides homeless youth ages 13-19 with resources so they can stay in school and graduate. Assistance includes case management, necessities, life skills training, mentors and housing assistance for homeless youth.

Kaity's Way 602-740-2734

www.kaitysway.org

www.facebook.com/kaitysway.org

Community based organization that educates about the importance of healthy relationship and brings awareness to the issue to teen dating violence in an effort to prevent abuse. Monthly workshops hosted in Peoria.

Kickstart Mentorship Academy 623-217-5284

www.Kickstartmentorshipacademy.org

www.facebook.com/1kickstartma

Community based organization challenging and inspiring youth to become self-sufficient and goal oriented through life skills training and education.

Ombudsman Charter School 800-833-9235

www.arizonadiploma.com

Arizona Charter 602-317-0837

Peoria Location: 9516 W. Peoria Ave., #18-21 623-878-4503

Provides an alternative to traditional high school for those at risk of dropping out or who have dropped out of school and want to return and earn their diploma. Their four-hour school day allows time for family, friends, work and school and prepares students for college, career – for life – after high school. They “re-engage the disengaged.” At no cost to the kids or parents.

One-n-Ten 602-400-2601

www.onenten.org

www.facebook.com/onentenphoenix?fref=ts&ref=br_tf

Serving LGBTQIA+ youth ages 11 to 24. Provides tools to improve self-esteem and programs that promote leadership development and healthy life choices. Has several feature programs targeting education, employment and housing.

OCJ Kids 602-439-2171

www.ocjkids.org www.facebook.com/ocjkidsaz/

Connecting at-risk and foster youth with caring communities for support and assurance. Volunteer opportunities for those who cannot foster or adopt.

Peoria Unified School District (PUSD) www.peoriaunified.org/domain/105 www.facebook.com/peoriaunified

Student Services Coordinator.....623-486-6058

School-provided staff person to serve as a liaison for homeless students.

School Connect

www.schoolconnectaz.org

Mailing address: 14240 N 43rd Ave., Glendale, AZ 85306..... 602-496-0215

Researches and develops the best practices to build a supportive, collaborative community around schools.

Teen Outreach

www.teenoutreachaz.org

www.facebook.com/topsaz

West location: 6610 N. 47th Ave. Ste12, Glendale, AZ.....623-334-1501

Focuses on the needs of pregnant and parenting teens. Includes pregnancy testing, pregnancy prevention and education, childbirth classes, a Dad's program, parenting classes and support groups.

Tumbleweed a service of UMOM.....602-271-9904

www.tumbleweed.org/programs www.facebook.com/TumbleweedCenter

Provides immediate aid such as safety, shelter and food to homeless and at-risk youth, as well as long term assistance through case management services.

24/7 Crisis Line Intake/Referral.....602-841-5799

Offers safety to youth in crisis through its Crisis Line and SafePlace sites throughout the community.

YMCA.....602-404-9622

www.valleymca.org www.facebook.com/ValleyYMCA

14711 N 59th Ave, Glendale, AZ 85306.....602-588-9622

12450 W Cinnabar Ave, El Mirage, AZ 85335.....602-688-5335

Programs that build a healthy spirit, mind and body.

YWCA (corporate office).....602-258-0990

www.ywcaaz.org www.facebook.com/ywcaAZ

YWCA-West Valley Senior center: 8561 N 61st Ave, Glendale, AZ..623-931-7436

This site offers meals and meals on wheels.

Luke AFB Child & Youth Educational Services (CYES) School Liaison

Did you know the average military family moves 6-9 times in a 20-year career? With each move, military children face many school-related challenges. The School Liaison is the central point of contact for commanders, military families, and local school systems on school-related matters for grades PK-12. They can help ease the transition from one school to another (before and after a move) and help with navigating the school systems to ensure our military youth are given the opportunity to achieve their highest potential for academic success at any assigned location. School Liaisons provide information about local school systems, state requirements, immunizations, school policies and procedures, home school resources, extra curriculum activities within the community, volunteer opportunities, and scholarship information. School Liaison services are open to all LAFB military families and DoD civilians.

The CYES School Liaison office is located at the Youth Center in Bldg#1143 on 13722 West Lightening Street, LAFB.

Luke AFB School Liaison

Main Office: (623) 856-6378

Office Hours: 0730-1630 and by appointment M-F; closed all Federal Holidays and AETC Family Days

Email: 56FSS.FSY.SchoolLiaison@us.af.mil

Org Box: Child and Youth Educational Services School Liaison.org

Facebook: [Luke CYES School Liaison@ Luke CYES](#)

Arizona Department of Education Link - <https://www.azed.gov/>

Provides families information about the following:

- School Districts
- Empowerment Scholarship Account (ESA)
- Every Student Succeeds Act (ESSA)
- Immunization requirements
- Kindergarten age requirements
- Graduation requirements
- Homeschool support
- Charter School listings
- On Line Education
- COVID-19 SY 20-21 Roadmap

Local School District Links near LAFB

Agua Fria High School District - aguafria.org

Avondale Elementary School District - Avondale.k12.az.us

Buckeye Elementary School District - besd33.org

Buckeye Union High School District - buhisd.org

Dysart Unified School District - dysart.org

Glendale Elementary School District - gesd40.org

Glendale Union High School District - guhisdaz.org

Liberty Elementary School District - liberty.k12.az.us

Litchfield Elementary School District - lesd.k12.az.us

Pendergast Elementary School District - pesd92.org

Peoria Unified School District - peoriaunified.org

Tolleson Elementary School District - tollesonschool.com

Tolleson Union High School District - tuhisd.org

Union Elementary School District - unionesd.org

Important Resource Links

MilitaryOneSource: www.militaryonesource.mil/

Military Interstate Compact Commission (MIC3):

www.mic3.net

Anchored4Life: anchored4life.com

Tutor.com: www.tutor.com

Military Installations: www.MilitaryInstallations.dod.mil

Home Schooling Legal Defense Association

www.hslda.org

Studentaid.gov

PlanMyMove.MilitaryOneSource.mil

MilitaryStudent.org

DoDEA www.dodea.edu - Provides list of all Services

School Liaisons

MISA <https://militaryimpactedschoolsassociation.org>

CollegeBoard www.collegeboard.org

NICHE <https://www.niche.com>

CYES SL's provide local information for each core listed below:

Transition Support - In/Out processing

MIC3 and IMPACT AID information

Deployment Support

PK- 12 Special Education System Navigation- partners

with A&FRC EFMP staffs

Home School Support - State requirements and local resources

Post-Secondary Preparation

Private school listings

Community Partnerships on and off the installation

Youth Sponsorship Information

Luke AFB Youth Programs - lukeevents.com/youth - sponsorship form located on the web site.



Nurse Advice Line

Fly, Fight, & Win

• MHSNurseAdviceLine.com



[Sign In](#)

References

Welcome to MHS Nurse Advice Line Beneficiary Portal



- **If the MTF/Clinic is closed, call 520-228-APPT (520-228-2778)**
 - **TRICARE Nurse Advice Line (The NAL)**
 - Urgent Care Clinic
 - ER
 - Self/homecare
 - 1-800-TRICARE (1-800-874-2273) opt 1
 - **Hours:** 24 hours a day, 7 days a week
 - **Areas served:** Continental US, Alaska, and Hawaii