WHERE TO FIND HELP IN PIMA COUNTY
WHERE TO GO FOR HELP

If you need assistance that is not offered in this booklet, please contact Community Information and Referral at 800-352-3792, or 2-1-1. Si necesita asistencia que no se encuentra en este libro, puede contactar a Servicios de Información y Referencia al 800-352-3792 ó marque 2-1-1.

Resources are listed alphabetically. Call first for hours and eligibility information. For website information, go to http://pima.gov/EndingPoverty

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**FOOD ASSISTANCE/MEALS**

Information and Referral Services 2-1-1
Arizona Referral Services for help with food, rent and utilities.

**Casa Maria Soup Kitchen** 520-624-0312 • 352 E. 25th St.
Open every day of the year, 8:30-11:30 a.m., except Thanksgiving and Christmas.

**Catholic Community Services of Southern Arizona Meals on Wheels**
520-624-1562 • 5009 E. 29th Street

**Community Food Bank** 520-622-0525 • 3003 S. Country Club
Tues - Thurs 9 a.m. – 4:30 p.m.
Food boxes for any low-income person. Distribution sites at main center above as well as throughout Pima County and southern Arizona. Many other programs as well. See website for listings.

**Department of Economic Security-SNAP** 520-638-2270 • 316 W. Fort Lowell Road and 1455 S. Alvernon Way • Pre-registration call 800-221-5689
SNAP Emergency Food Assistance Program.
Families can receive monthly food stamps under the SNAP program if they are at or below 130% of poverty. Call the number above to enroll. People can also receive Emergency Food Assistance if at 185% of poverty or lower. There are distribution sites throughout Tucson and Pima County.

**Department of Economic Security Ombudsman** 866-362-2837
Help resolving issues of concern when receiving or attempting to receive benefits and services from the Department.

**Gospel Rescue Mission - Community Ministries** 520-740-1501 • 338 W. 28th Street
A food box every month plus other resources like baby supplies and personal hygiene.

**Impact of Southern Arizona** 520-825-0009 • 15930 N. Oracle Road
Food boxes, baby formula, toiletries and more. Also lunch for seniors at their center or delivered to a home.

**Interfaith Community Services** 520-297-6049 • 2820 W. Ina Road and 8701 E. Old Spanish Trail.
Call for information for food boxes and emergency financial assistance.

**Living Faith Center** 520-722-2217 • 4108 E. North Street
Food Box Distribution-Thursdays 1 – 5 p.m. • Dinner served Thursdays 5:30 p.m.
Diaper distribution-Thursdays noon – 2 p.m.
**Mobile Meals of Tucson** 520-622-1600 • 4803 E. 5th Street, Suite 209
Delivers healthy meals to homebound adults in Tucson, Sahuarita and Green Valley. Can also deliver adult diapers and pet food.

**Northminster Presbyterian Church** 520-327-7121 • 2450 E. Fort Lowell Road
Meals-Mondays 5:30 p.m.

**Pima Council on Aging** 520-790-7262 • 8467 E. Broadway Blvd.
Mon-Fri 8:30 a.m. – 5 p.m.
Free daily meals delivered to homebound people 60 or older or people with disabilities.

**Salvation Army** 520-795-9671 • 1002 N. Main Ave. and 218 E. Prince Road • 520-888-1299
Food distribution is Monday to Thursday, 9 a.m.-noon. Family dinner is Thursdays at 5:30 p.m.

**Sister Jose’s House** 520-909-3905 • 1050 S. Park Ave.
Breakfast and lunch for women in a pet-friendly center. Clothing bank.

**Social Services** 520-792-1111 • Open 24 hours, 7 days a week-Meals.
Hospitality House-food boxes, case management, medical assistance, employment services, and life skills.

**Tucson Urban League** 520-791-9522 • 3425 E. Grant Road, No. 101
Mon – Fri 8 a.m. – 5 p.m. • Short term assistance, food boxes.

**Youth on Their Own** 520-293-1136 • 1660 N. Alvernon Way
Mon-Fri 9 a.m. – 5 p.m. and Sat 10 a.m. – 2 p.m. • www.cfbfoodbox.org
For qualifying students, provides free basic needs items such as food, clothing, hygiene items, household goods, and school supplies.

**Z Mansion** 520-907-9057 • 288 N. Church Ave. • Sundays 9:30-11:30 a.m.
Free Sunday brunch, hot food to go, sack lunches.

**FOOD FOR PETS**
These organizations provide help with pet food:

**Pima Animal Care Center** 520-724-5900 • 4000 N. Silverbell Road

**Humane Society of Southern Arizona** 520-327-6088 • 635 W. Roger Road

**Hermitage Cat Shelter** 520-571-7839 • 5278 E. 21st St.
EMPLOYMENT OPPORTUNITIES

Beacon Group 520-622-4874 • 308 W. Glenn Street
  • Vocational Employment Training-Work Adjustment 520-622-4874
  • Ticket to Work Program 520-917-1787
    Services for adults (17 and older) with disabilities-eligibility required.

Blake Foundation SAGE 520-622-3933 • 332 S. Convent Ave.
Employment services for adults with development disabilities.

Department of Economic Security Employment Services 520-638-2230
316 W. Fort Lowell Road • Mon- Fri 8 a.m. – 5 p.m.

Goodwill Industries of Southern Arizona 520-623-5174
Job Connection Centers.

Fred G. Acosta Job Corps Center 800-733-5627 or 520-792-3015
901 S. Campbell Ave. • 7:30 a.m. – 4:30 p.m. • Income eligibility services for ages 16 – 24
Includes residential quarters, academic education, high school diploma or GED preparation. Medical, dental, childcare allotment and counseling included.

Job Path 520-324-0402
Call for orientation schedule. Classes to upgrade employment skills.

Pima Community College - Adult Basic Education Student Services 520-206-7330
Downtown Campus, 1255 N. Stone Ave. • AH Building, Room 130

Pima County One-Stop Career Centers
  • Kino Service Center 520-724-7700 • 2797 E. Ajo Way
    Serves dislocated workers.
  • Kino Veterans’ Workforce Center 520-724-2646 • 2801 E. Ajo Way
    Serves military veterans
  • Rio Nuevo Service Center 520-724-7650
    340 N. Commerce Park Loop • Tortolita Building • Serves unemployed adults.
  • Youth Employment Center 520-724-9649
    320 N. Commerce Park Loop • Sentinel Building • Serves youth 14-24.

Primavera Works 520-882-9668 • 325 S. Euclid. Suite 101 and 151 W. 40th Street
7 a.m. – noon and 1– 4 p.m.
Assistance for unemployed and underemployed adults.

Salvation Army Hospitality House 520-622-5411 • 1002 N. Main Ave.

Tucson Urban League 520-791-9522
Vocational and youth job training opportunities.
DIAPERS AND INFANT NEEDS

Casa de Los Niños 520-624-5600 • 1120 N. 5th Ave.

Diaper Bank of Southern Arizona 520-325-1400 • 1050 South Plumer Ave.
More than 50 distribution sites or apply online for one week a month of free diapers.

New Life Pregnancy Center 520-795-7541 • 1779 N. Alvernon Way

Pima County WIC Program 520-724-7777 • Mon-Fri 8 a.m. – 5 p.m.
Food, diapers, and wellness program.

Reachout Women’s Center 520-321-4300 • 2648 N. Campbell Ave.
Pregnancy testing, ultrasounds, materials assistance, referrals and peer counseling.

HEALTH SERVICES/FAMILY CRISIS AND COUNSELING/SUBSTANCE ABUSE

Adult Protective Service 520-872-9000 • 1455 S. Alvernon
Mon-Fri 8 a.m. – 5 p.m.

Arizona Lions Vision Center 520-777-7334
At Community Food Bank – 3003 S. Country Club Road, Suite 214
Wed 8 a.m. – 4 p.m. Thurs 9 a.m. – 4 p.m.

CODAC Substance Use Disorder Referrals Line 520-202-1786
Available 24 hours a day, 7 days a week

Community Wide Crisis Line
24 hours a day, 7 days a week, 365 days a year
520-622-6000 or 1-866-495-6735
(TDD/TTY: 1-877-613-2076)
(for medical, police and fire emergency situations, always call 911)
Department of Economic Security-Assistance and Medical Eligibility 520-638-2270
Arizona Health Care Cost Containment System (AHCCCS) Nursing Level of Care.

Crisis Text Line: Text TALK to 520-741741
Available 24 hours a day, 7 days a week to talk to a counselor

La Frontera
• Sonora House 520-624-5518 • 2940 N. Flowing Wells
For Adults with a serious mental illness who are homeless or nearly homeless.
Provides assistance obtaining: GA, SSI, bus passes and health care.
La Frontera - Residential Services 520-838-3804
• Casa Alegre 520-622-5805 • 1441 S. No Le Hace

• Thornydale Ranch 520-572-9320 • 10841 N. Thornydale Road

Medicare Cost Sharing A & B 520-205-8600
Medical Assist/Long Term AHCCCS Home Services.
(Verification) Intake: call, write, web or visit any Department of Economic Security site. Provides: Low or No Cost Medical Benefits. Children & Adults on Low Income 520-628-6810 • 316 W. Ft. Lowell Road
Mon-Fri 8 a.m. – 5 p.m. (Office) Daily 24 Hrs.

National Suicide Prevention Lifeline 1-800-273-8255

Need to Talk?
Warm Line, Peer Recovery Non-Emergency Support by Hope, Inc.
8 a.m. – 10 p.m., 7 days a week
520-770-9909 or 1-877-770-9912

Our Family Services 520-323-1708 • 3830 E. Bellevue Street
Mon-Fri 9 a.m. – 5 p.m.
2 year program will help children with Mother or Dad or Families to relocate.

Pima Community Access Program 520-309-2920 • 2501 E. Elm Street
Discounted medical services program at 4 local clinics.

Pima Council on Aging Caregiver Services 520-790-7262
Assistance for Caregivers-Services for Age 60 +

Pima Helpline
www.pimahelpline.org
Pima County Community-driven and Community-made Online Resources

SAMHSA 1-800-662-HELP (4357)
National Substance Use and Disorder Referral and Treatment Hotline

Veterans Crisis Line 1-800-273-TALK (8255)
24-hour confidential treatment and referral information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
Pregnancy Help/Shelter  
**Catholic Community Services of Southern Arizona** 520-623-0344  
140 W. Speedway Blvd., Suite 130

**El Rio Health Center** 520-670-3909  
Multiple health services

**Hands of Hope of Tucson Pregnancy Center** 520-622-5774

**Merilac Lodge** 520-770-8517  
Maternity Home for Girls 17 years and younger

**Reachout Women’s Center** 520-321-4300 • 2648 N. Campbell Ave.  
Pregnancy testing, ultrasounds, materials assistance, referrals and peer counselling.

**St. Elizabeth of Hungary-Health Center** 520-628-7871 • 140 W. Speedway Blvd.  
Suite 100  
Mon-Fri, 8 a.m. – 5 p.m.  
Provides Medical and Dental Services, Residents without insurance, if eligible.

**Starting Out Right** 520-888-2881 • 890 E. Grant Road  
Pregnancy tests, parenting education classes

**Domestic Violence**

**Arizona Center for Disability Law** 520-327-9547 or 800-927-2260  
100 N. Stone Ave. Suite 305  
Mon - Fri 8 a.m. – 5 p.m.  
Services for people with disability related issues.

**Arizona Department of Child Safety Child Abuse Hotline** 888-767-2445  
To report suspected child abuse, 24 hours. English or Spanish. Investigates reports of child abuse, dependency and abandonment. When necessary, provides intervention to alleviate situations that are hazardous to the child.

**Arizona Department of Economic Security - Medical Assistance (AHCCCS Health Insurance)** 855-432-7587 • Mon – Fri 8 a.m. – 5 p.m.

**Emerge! Center Against Domestic Abuse** 888-428-0101

**Our Family Services for Southern Arizona** 520-323-1708 • 3830 E. Bellevue Street  
Information and referral call 2-1-1

**Pima County Attorney’s Office Victim Services** 520-724-5525
Substance Abuse
Alcoholics Anonymous 520-624-4183 • 24-Hour hotline and meeting information.
CODAC Behavioral and Mental Health Services 520-327-4505
Substance abuse treatment.
COPE Community Services 520-792-3293 • Substance abuse rehab programs
Gamblers Anonymous 520-570-7879
La Frontera 520-838-5600 • Outpatient and inpatient treatment.
Mothers Against Drunk Driving (MADD) 520-322-5253
Narcotics Anonymous 520-881-8381 • www.natucson.org
Salvation Army Adult Rehabilitation Center 520-624-1741
Southern Arizona VA Health Care System 520-792-1450
Teen Challenge of Arizona 520-792-1790 • Men’s Intake Center, 2637 N. Oracle Road

UTILITY/RENT/MORTGAGE ASSISTANCE
Callers will be screened for potential eligibility; an appointment may be scheduled based on available funds and/or appointments. (Limited assistance available.)

Pima County Emergency Services Network Agencies
(These agencies do not accept walk-ins. Please call for an appointment.)
Chicanos Por La Causa - 520-882-0018
Interfaith Community Services - 520-297-6049
Primavera Foundation - 520-395-6420
Portable, Practical Educational Preparation - 520-622-3553
Salvation Army - 520-795-9671
Tucson Urban League - 520-791-9522
International Sonoran Desert Alliance - 520-387-3570 • Ajo, AZ residents only
Pima County Community Action Agency - 520-724-2667
(Hours: Monday-Friday, 8:30-10:30 a.m.)
Discount Programs
No financial assistance. Based on household size and gross monthly income. Call to determine eligibility and schedule an appointment. 520-791-5443

Sewer Outreach Subsidy (SOS) Discount Program
Monthly discount for the sewer portion of their bill. The discount may be 25%, 50%, or 75%.

City of Tucson Low-Income Assistance Program for Tucson Water and Environmental Services
Monthly credit to qualifying customers for the water portion of their Tucson Water bill.

Utility Assistance Only
(These agencies do not accept walk-ins. Please call for an appointment.)

St. Vincent de Paul St. Elizabeth Ann Seton 520-219-7631 • Northwest area
Salvation Army Green Valley 520-625-3888
Green Valley, Sahuarita, Amado - SOS Only
St. Vincent de Paul Santa Catalina 520-825-8288 • Catalina area
Arivaca Coordinating Council 520-398-2771 • Arivaca/Amado area ONLY

City of Tucson Property Housing Complaint (PaHC) – Code Enforcement 520-791-5843
Contact for property complaints involving: Exterior Property Issues
- Storage: Excessive or not properly screened
- Vegetation: Accumulation of weeds and/or grass in excess of 6”
- Junked or Inoperable Vehicles
- Illegal Dumping
- Refuse: Accumulated on private property
- Dilapidated buildings and/or structures
- Vacant, unsecured, boarded structure
- General building maintenance
- Dilapidated fence or accessory building
- Peeling exterior paint, more than 50% of the building
- Unsecured pools and spas
- Interior Property Issues
- Unsanitary Conditions
- Lack of utilities, heating, or cooling
- Inoperable plumbing
- Pests, cockroaches, rodents
- Unsafe interior and living conditions
- Electrical violations
SHELTERS

Shelters for Men
Gospel Rescue Mission 520-740-1501 Ext. 7215 • 312 W. 28th St.

Gospel Rescue Mission at The Center of Opportunity 520-740-1501
4550 S. Palo Verde Road
(also takes women and children)

Primavera Shelter 520-623-4300 • 200 E. Benson Highway

Poverello House 520-624-0589
Daytime hospitality for homeless men.

Shelters for Women and Children
Casa de los Niños Family Center 520-624-5600 • 1120 N. Fifth Avenue

Emerge! (24 Hrs.) 888-428-0101

Gospel Rescue Mission 520-740-1501 Ext. 7101 • 707 W. Miracle Mile

Our Family Services Program 520-323-1708, Ext. 103 • 3830 E Bellevue Street

Primavera Foundation–Casa Paloma Women’s Hospitality Center 520-882-0820

Sister Jose’s House 520-909-3905 • 1050 S. Park Ave.

FOR ADDITIONAL RESOURCES:
Community Information and Referral 800-352-3792, 2-1-1

Our Family Services “Helpline” at 520-325-2111 or 888-575-2111
3130 N. Dodge Blvd.

TRANSPORTATION

Suntran Bus 520-792-9222 or Special Services 520-791-4100 • 35 W. Alameda Street
Mon- Fri 8 a.m. – 4 p.m.

Sun Van paratransit for disabled 520-792-9222