



YAVAPAI COUNTY RESOURCE GUIDE

Updated January 2022

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Developed by the Strong Foundations Program
Yavapai College's Student Basic Needs Program

Mental Health Resources

NAZCARE Warm Line (Crisis Line)

- 1 (888) 404-5530
- Arizona statewide Warm Line which callers can utilize from the hours of 11:00am – 10:30pm seven days a week.
- Trained Warm Line Mentor staff offer callers active listening, coping skills, and make referrals to resources and crisis services to cities and counties throughout Arizona. Staff are trained to offer support for both **mental health** and **substance use**.

NAZCARE Wellness Centers (Prescott, Cottonwood, Yuma, Kingman, and Bullhead City)

- <https://www.nazcare.org/>
- (928) 442-9205
- Provides wellness services to individuals and families with **mental and substance abuse disorders** to promote recovery and wellness. Uses a holistic approach to recovery by addressing the whole person in mind, body, and spirit.
- Services provided: Peer Support, Whole Health Management, Diet/Nutrition, Life Skills, Employment Readiness, Support Services, Community Integration and SMART Recovery.
- Recovery Housing available in Prescott, Prescott Valley, Cottonwood and Kingman.

Mobile Crises Counseling

- Terros Mobile Crises Support Line: (877) 756-4090 (Prescott, Prescott Valley Area)
- Spectrum Mobile Crises Support: (877) 634-7333 (Prescott, Prescott Valley and Verde Valley)
- Free local crises counseling 24/7 for students and employees needing immediate help. Mobile counselors meet with individuals on campus or where they are located.

Polara (formally West Yavapai Guidance Clinic) - Prescott, Prescott Valley, Chino Valley

- <https://www.polarahealth.com/>
- Main Office: (928) 445-5211
- Mental health counseling and psychiatric services; Diagnosis and treatment, substance use disorders, support groups. Adults and children. Telehealth services available.
- Accepts most insurance including Medicaid (AHCCCS), and sliding fee scale available

Spectrum Healthcare - Prescott, Cottonwood, Camp Verde

- <https://www.spectrumhealthcare-group.com/>
- Main Number: (877) 634-7333
- Spectrum Healthcare provides COVID-19 testing and vaccines, primary care for all ages, **mental health and counseling services**, pain management, and substance abuse treatment. Virtual appointments or in-home care are available.
- Accepts most insurance including AHCCCS

SW Behavioral Health - Prescott Valley

- <https://www.sbhservices.org/prescott-valley-opiate-treatment-program>
- (928) 775-7088
- Accepts most insurance including AHCCCS
- Services provided: Individual, Group and Family Counseling, Medication Services, Psychiatric Care, Opioid Treatment, DUI education and DV education.
- 7600 E. Florentine Road, Ste. 101, Prescott Valley, AZ 86314

Healthcare

Community Health Center of Yavapai (CHCY) (Prescott and Prescott Valley)

- <http://chcy.org/>
- (928) 583-1000
- Accepts most private insurance, AHCCCS, and has a sliding fee scale.
- A clinic that provides mental health services (and referrals), dental services, family planning, primary medical care, and vaccines. Telehealth services are available.

NextCare Urgent Care Centers

- <https://nextcare.com/>
- Locations: Prescott, Prescott Valley and Verde Valley (Cottonwood)
 - **Prescott** - (928) 443-5103
 - 2062 Willow Creek Rd., Prescott, AZ
 - **Prescott Valley** – (928) 772-3336
 - 3051 N Windsong Dr, Prescott Valley, AZ 86314
 - **Verde Valley** – (928) 634-2574
 - 450 S Willard St #120, Cottonwood, AZ 86326
- NextCare Urgent Care can treat most general illnesses and minor injuries. They also provide physicals, vaccinations, x-rays and lab services.
- Accepts most major insurances including AHCCCS
- Virtual services are also available
- No appointment necessary

Northern Arizona Healthcare - Cottonwood, Camp Verde, Sedona, and Flagstaff

- <https://www.nahealth.com/>
- Emergency medicine, primary care, and specialty care.
- See website to see all services offered, phone numbers, addresses and to make an appointment.

Northland Cares – HIV/AIDS Clinic (Prescott and Cottonwood)

- <https://www.northlandcares.org/>
- Prescott: (928) 776-4612 (walk-ins welcome or make an appointment)
- Cottonwood: (928) 649-0833 (call to make an appointment)
- Northland Cares provides a full range of outpatient services for people living with HIV/AIDS and prevention services for those at risk for HIV.
- Services include: **free and confidential HIV testing**, STI testing (including home tests), Outpatient Medical Care, Treatment adherence counseling, Emergency housing and utility assistance, Peer support groups, PrEP (Pre-Exposure Prophylaxis) Care and Services, Access to PEP (Post Exposure Prophylaxis) Care and Services, Free Safer Sex Materials (condoms-male and female, lube and dental dams) and HIV Health Education.
- Assistance completing and submitting forms for services from the following programs: Ryan White, HOPWA, ADAP

Optima Medical Clinics

- <https://www.optimamedicalaz.com/>
- Locations: Casa Grande, **Chino Valley**, **Cottonwood**, **Dewey**, Gilbert, Peoria, **Prescott**, **Prescott Valley**, Safford, Sierra Vista, and Tucson.
- See website for addresses and phone numbers.
- Accepts AHCCCS and other insurances
- Provides treatment of infectious diseases, diagnosis and treatment of chronic diseases, chronic pain, behavioral health, weight management, diabetes management, and allergy testing.

Prescott Health Clinic

- <https://www.prescotthealthclinic.com/services.html>
- (928) 717-0724
- People ages 10-65 without insurance, with high deductibles, or people that cannot be seen by their primary care provider in a timely fashion.
- Do not accept or process insurance of any kind.
- Most office visits are \$49.00. Extended visits with multiple concerns are \$59.00.
 - See website for list of services offered and additional information on cost of care.

Spectrum Healthcare (Prescott, Prescott Valley, Cottonwood, Camp Verde, Sedona)

- <https://www.spectrumhealthcare-group.com/>
- (877) 634-7333
- Spectrum Healthcare provides COVID-19 testing and vaccines, primary care for all ages, mental health and counseling services, pain management, and substance abuse treatment. Virtual appointments or in-home care are available.
- Accepts most insurance including AHCCCS

Health Insurance and Preventative Care

Arizona Medicaid (AHCCCS)

- <https://www.azahcccs.gov/>
- Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents.
- Individuals must meet certain income and other requirements to obtain services.
- Apply for AHCCCS through a Health-e-Arizona plus account
 - <https://www.healthearizonaplus.gov/Login/Default>

KidsCare (Arizona CHIP)

- <https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html>
- Health insurance for children under age 19.
- Check website for income limits and premiums.
- Families who do not qualify for AHCCCS may qualify for KidsCare.

Arizona RX Card

- <https://arizonarxcard.com/create>
- Arizona program for discounted prescriptions
- Visit website to get a free card, search participating pharmacies and costs of prescriptions with card.

Preventative Care (Wellness)

Arizona Department of Health Services

- WIC (Women, Infants and Children)
 - <https://www.azdhs.gov/prevention/azwic/index.php>
 - Provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding, and postpartum women; infants; and children under the age of five.
 - Must meet a financial eligibility to participate
- Power Me A2Z
 - <https://www.powermea2z.org/do/vitamins/>
 - **Free multivitamins** for women. Receive in the mail.
 - Learn more about women's health, family planning and wellness.
- ASHLINE (Help with Quitting Smoking/Nicotine Use)
 - <https://ashline.org/>
 - Call 1-800-55-66-222 or Text "NO SMOKE" to 74097 to begin the enrollment process. After you enroll, you can receive 6 weeks of free Quit Coaching once time per year. If you are eligible, you'll also receive a 2-week starter kit of free nicotine gum, patch, or lozenges to help you get started on your quit journey!

Addiction and Substance Use

SAMHSA Substance Abuse Treatment Locator

- <https://findtreatment.samhsa.gov/locator>

Alcoholics Anonymous Meetings

- <http://www.prescottaa.org/>
- In-person meetings and online meetings
- Meetings in Prescott, Prescott Valley, Chino Valley, and Paulden.

Narcotics Anonymous Meetings

- <https://arizona-na.org/>
- In-person meetings and online meetings
- Meetings in Cottonwood, Flagstaff, Jerome, Prescott, Prescott Valley, Sedona and more.

NAZCARE Warm Line (Crisis Line)

- **1 (888) 404-5530**
- Arizona statewide Warm Line which callers can utilize from the hours of 11:00am – 10:30pm seven days a week.
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- Services provided: Peer Support, Whole Health Management, Diet/Nutrition, Life Skills, Employment Readiness, Support Services, Community Integration and SMART Recovery.
- Recovery Housing available in Prescott, Prescott Valley, Cottonwood, and Kingman.

MATFORCE

- <http://www.matforce.org/>
- (928) 708-0100
- 8056 E. Valley Road, Suite B, Prescott Valley, AZ 86314
- A Yavapai County-wide substance abuse coalition, committed to working in partnership to build healthier communities by striving to eliminate substance abuse and its effects.
- Provides **free Naloxone** (medication that prevents opioid overdose)
 - More information: <https://opioidod.com/>
- Arizona Opioid Assistance Referral line at 1-888-688-4222

Prescott and Prescott Valley

Treehouse

- <https://treehouselearningcommunity.com/>
- Post- treatment residential community of recovering college students
- Focus on education, sense of community, 12 step programs
- Ages 18-30 and 90 days of continuous sobriety

Polara

- <https://www.polarahealth.com/>
- Used to be named West Yavapai Guidance Clinic
- Sliding fee scale available
- Provides diagnosis and treatment for mental health disorders, substance use disorders, and social support and resources. *Covid-19 – providing telehealth services

SW Behavioral Health (Prescott Valley location)

- <https://www.sbhservices.org/prescott-valley-opiate-treatment-program>
- (928) 775-7088
- Services provided at this location: Individual, Group and Family Counseling, Medication Services, Psychiatric Care, Skills Training and Opioid Treatment, DUI education and DV education.

Spectrum Health (Prescott, Cottonwood, Camp Verde)

- <https://www.spectrumhealthcare-group.com/substance-abuse-treatment/>
- Substance use treatment
- Women only program available for co-occurring mental illness and substance abuse disorders.
- In person services, walk-ins and telehealth appointment available

Blueprints

- <https://www.blueprintsforrecovery.com/>
- In-patient program with continuing out-patient support
- Accepts AHCCCS
- Some men only programs available

Prescott House (MEN ONLY)

- <https://www.prescotthouse.com/>
- Alcohol and drug rehab and treatment with additional supportive programs that focus on nutrition and mental health.

Royal Life Centers – Chapter 5

- <https://chapter5recovery.com/>
- Alcohol and Drug treatment
 - Medical detox, In-patient, Outpatient, and partial hospitalization program.

- Tribal Healing program that focuses on spiritual healing and recognition of generational trauma for tribal members.

Compass Recovery Center

- <https://compassrecoverycenters.com/>
- (800) 216-1840
- Substance use: Accepts clients who have completed a 28-day treatment program and who are looking for an extended care program.
- Variety of levels of time commitment and support
- Gambling addiction treatment
- Includes 12 step program, Sober living communities, group therapy and individual therapy, financial counseling and family communication/ support system guidance.

Seaglass Recovery

- <http://www.seaglassrecovery.com/>
- (866) 960-7593
- Substance use treatment: residential inpatient (RES), a partial hospitalization program (PHP), an intensive outpatient program (IOP), and an outpatient program (OP).

Canyon Crossing Recovery (WOMEN ONLY)

- <https://www.canyoncrossingrecovery.com/>
- 1-800-651-7254
- Substance use treatment: Dual diagnosis treatment for self-harm, eating disorders and other mental health disorders, Transitional living and outpatient programs

Decision Point

- <https://www.decisionpointcenter.com/>
- (844) 292-5010
- Substance use treatment programs: 45 - 90 Day Extended Residential Inpatient Rehab, Intensive Outpatient Telehealth, Adventure & Recovery Program, Life Skills Development and Relapse Prevention.

Recovery in the Pines (MEN ONLY)

- <https://recoveryinthepines.com/>
- Drug and alcohol addiction and substance abuse treatment
- Incorporates Christian theology into treatment programs
- Detox center and rehab

Reflections (MEN ONLY)

- <https://reflectionsrehab.com/>
- (866) 627-6533
- Treatment: detox, in-patient, out-patient, physical examinations, and family counseling.

Embark Recovery

- <https://embarkrecovery.com/>
- (877) 215-2224
- Drug and alcohol treatment programs, case management and focus on spiritual growth, life skills development and the outdoors
- Dual diagnosis treatment available

Verde Valley

Alano Club

- (928) 634-8664
- The Verde Valley Alano Club offers the recovering alcoholic and addict a place to go, to take a break and have a cup of coffee with people who understand the program and the process of recovery. They come together to find support and to learn about the many other resources available to the recovering alcoholic in the community.
- Location: 1309 E Cherry Street, Cottonwood, AZ 86326

Steps to Recovery

- <https://stepstorecoveryhomes.org/>
- (928) 649-0077
- Services Include: provide safe and structured environments, free from alcohol and drugs, for people who fall through the cracks. Educate and empower individuals to embrace their purpose. Their focus is on behavior modification, raising awareness of core issues and integrating individuals back into the community.

Housing Insecurity

Emergency Shelters – Prescott Area

Coalition for Compassion and Justice (CCJ)

- <https://yavapaiccj.org/programs-2/>
- CCJ: STAGGER Straight Community Emergency Shelter
 - Open year round for men and women, 18+
 - Hours: 6 pm – 7 am, showers available
 - Dogs allowed
 - Optional assistance in employment, housing, and recovery meetings.
 - The cost is \$3.00 per night and small storage space for consistent clients at \$15 a month.
 - Contact: (928) 445-8382 ext.1
- CCJ: Second chance housing
 - A program where homeless individuals or families with barriers to affordable housing (poor credit or rental references) can rent housing from CCJ.
 - Phone: (928) 445-8382
 - Second Chance Housing Manager: Pastor Craig Heppe: craig.heppe@yavapaiccj.org

Winter Warm Up Center (Salvation Army)

- 237 S Montezuma St
- Emergency shelter – beds and meals
- **Men only**
- Open Nov. 1st, 2021 to March 30th, 2022
- Contact Tammy Poe: tammy.poe@usw.salavationarmy.org or (951) 522-2469
- Sobriety check

Shelter Programs

Prescott Area Shelter Services (PASS)

- <https://prescottshelters.org/services/prescott-area-womens-shelter-paws/>
- (928) 778-5933
- Located at: 336 N. Rush St, Prescott, AZ 86301
- Accepts **women and children** seeking emergency shelter during winter months (no animals)
- Provides case management and access to food, clothing and other resources.
 - Waitlist for program services that include longer term shelter and case management

Agape House of Prescott

- <https://agapehouseprescott.org/homeless-assistance/>
- (928) 910-1089.
- Can provide housing and mentoring, and training to families in crisis.
- Limited spots open in the program

Yavapai Territorial Gospel Rescue Mission

- <https://www.ytgrm.com/contact-ytgrm/>
- (928) 443-8779.
- A Christian organization that provides transitional housing for homeless women and children with case management with an emphasis on spiritual growth.
- For more information see website and email YTCRM

Shelters and Housing Help – Verde Valley

Verde Valley Homeless Coalition

- <http://verdevalleyhomelesscoalition.com/>
- (928) 641-4298
- Center where people experiencing homeless can receive food (meals), water and a safe space to be with connection to additional resources. 15 beds available.
- 654 Main St. Cottonwood, AZ 86326
- Open 7 days/week: 1pm – 5pm

Angie's House

- <https://angieshouseaz.com/>
- (928) 301-2169
- 11 different homes within the Cottonwood area, offering differing levels of support for **residents impacted by addictions, mental illness & homelessness**. 4 Alcohol/Drug-free environments (2 men and 2 women), 6 Transitional Homes where residents live independently, and a homeless shelter.

Verde Valley Sanctuary

- <https://verdevalleysanctuary.org/>
- 24 hour helpline: (928) 634-2511
- Call for more information (928) 634-6255
- For **victims of domestic violence and/or sexual assault** and their children. The shelter offers food, clothing and support services.
 - 28 bed shelter or a 6-bed transitional housing complex
- Confidential assistance to victims who may not need emergency shelter. Individualized counseling, safety planning, and support groups in the mornings and afternoons.
 - Office is located at 601 W. Mingus Avenue in Cottonwood. Mobile services also available.

Housing Insecurity

Homelessness Support

Catholic Charities (Prescott and Verde Valley)

- <https://www.catholiccharitiesaz.org/>
- Provides housing navigation support or rehousing support to those struggling with mental illness, veterans, or people with disabilities.
- Prescott: (928) 778-2531 ext. 54011, 434 W Gurley Street
- Verde Valley: (928) 634-4254, 736 N. Main Street

Chicanos Por La Causa

- <https://www.cplc.org/housing/housing-client.php>
- Can provide assistance in navigating housing for those who are homeless or at-risk of losing their housing.
- Complete a Needs Assessment on their website to get more information.
- Financial assistance for renters (application closed as of 9/22/2021)

Low-Income Housing

- Prescott
 - The Woodlands of Prescott: 824 West Gurley Street, Prescott, (928) 445-509
 - The Pines at Prescott: 1053 Sandretto Drive Prescott, (928) 445-8699
 - Yavapai Apartments: (Pierce Property Management), 218 South McCormick Street, Prescott, (928) 778-477
 - Lakeside Apartments & RV Village: 3080 North Highway 89, Prescott, (928) 541-1265
 - Willow Ridge: (928) 445-6646
- Prescott Valley
 - Lynx Creek Apartments: 3241 North Majesty Drive, Prescott Valley, (928) 775-4149
 - Navapai Apartments: 8800 East Yavapai Road, Prescott Valley, (928) 772-8213
 - Prescott Valley Plaza Apartments: 3250 Majesty Dr, Prescott Valley, (928) 772-4441
 - Yavapai Village Apartments: 3200 North Navajo Dr, Prescott Valley, (928) 772-0355
 - Valley View Apartments: 3737 North Windsong Drive, Prescott Valley, (928) 759-5555
 - New Horizons Independent Living Center (*Housing for those with disabilities) 9400 Valley Rd. Prescott Valley (928) 775-8870
- Prescott 55+ Low Income Housing
 - Casa De Pinos: 117 Cory Avenue, Prescott, (928) 445-1470 (**62 & over**)
 - Bradshaw Senior Community: 133 Bradshaw Drive, Prescott, (928) 541-1900
 - Samaritan Tower: 1075 Ruth Street, Prescott, (928) 778-3302
 - Canyon Run Village: 701 White Spar, Prescott, (928) 445-8963
 - Country Club Circle Apartments: 355 Country Club Circle Drive, Prescott, (928) 778-1210

Food Insecurity

Food Shelter Online Navigator: Manzanita Outreach

- <https://www.mohelp.org/>
- A website that shows all food banks, food pantries and free meals in Prescott, Prescott Valley, Chino Valley, Cottonwood, Camp Verde, Sedona, and some rural communities.
- Provides list of organizations and a monthly schedule of opportunities for receiving food.
- Monthly food share

Quad Cities Area

Prescott Community Cupboard Food Bank, Inc.

- <http://www.prescottcommunitycupboard.com/>
- (928) 277-0092
- 777 Hillside (corner of Hillside and Walnut Streets) Prescott, AZ 86305
- Offers food distribution (canned goods, dry food, fruits and vegetables for meals)
- Food bank hours for pickup are weekdays, Monday through Friday, 2:30pm to 4:30pm.

Prescott Seventh-Day Adventists Church

- <https://prescottaz.adventistchurch.org/ministries/community-service-food-bank>
- (928) 778-0289
- Food Pantry from 10:00-11:30 am
- The Food Bank is open to anyone. There is no requirement except that you sign your name at the entrance.
- 2980 Willow Creek Rd, Prescott, AZ 86301

Salvation Army (Prescott)

- (928) 778-0150
- Operation Food Box – deliveries of food good to your home
- You can apply for Operation Food Box assistance by calling The Salvation Army Prescott at 928.442.7347 or emailing Shona Heineman at shona.heineman@usw.salvationarmy.org.
- Provides free breakfast and lunches

Prescott Farmers Market

- <https://www.prescottfarmersmarket.org/paying-market/>
- SNAP recipients (visit Strong Foundations Coordinator to learn more about SNAP)
 - Double SNAP dollars to purchase AZ-grown fruits and vegetables. (Double-Up Food Bucks program, find information booth at market to learn more)

Yavapai County Food Bank (Prescott Valley)

- <http://www.yavapaifoodbank.org/need-help/>
- (928) 775-5255
- 8866 Long Mesa Dr. Prescott Valley, Arizona 86314
- Services provided include free meals, groceries, and more.

- Need to fill out on application before receiving a food box
- Yavapai County Food Bank is opened to distribute food boxes on:
Tuesdays and Wednesdays from 3:00 p.m. – 5:00 p.m. and
Thursdays and Fridays from 1:00 p.m. – 3:00 p.m.

Chino Valley Food Bank

- <https://www.facebook.com/ChinoValleyFoodBank/>
- (928) 636-8478
- This is also an all-volunteer group that distributes free food to those in need. They can also deliver to the elderly and homebound.
- Wednesday 11 am – 1:45 pm, Friday 11 am – 1:45 pm

Paulden Food Bank

- <https://paulden-food-bank.business.site/>
- (928) 583-8054
- 195 Aspen Rd, Paulden, AZ 86334
- Open Thursdays from 12:30 – 2 pm
- They distribute 120 commodity food boxes every month. In November & December they do Holiday Boxes for Thanksgiving and Christmas for around 150 families.

Verde Valley Area

Haven United Methodist Church - Jerome Arizona.

- <https://havenchurchjerome.com/our-food-bank-ministry/>
- Food Pantry is open every Wednesday from 10am until noon
 - Normally posts what will be available on their Facebook Page each Tuesday evening.
- Offers a multitude of products: canned and packaged food, hygiene products and locally made frozen prepared foods. In addition, gently used clothing items are available.
- 597 Main Street, Jerome, Arizona 86331

Bread of Life Missions

- <https://www.breadoflifeaz.org/>
- (928) 567-6931
- Call to receive an emergency food box
- Food shares
 - **Camp Verde**
 - Fridays from 12:00pm - 5:30pm
 - 1575 S Sullivan Ln Camp Verde, AZ. 86322
 - **Rimrock**
 - Wednesdays from 2:00pm - 5:30pm
 - Beaver Creek Baptist Church
 - 3705 E Beaver Creek Rd Rimrock, AZ. 86335

Project Rising Hope

- <https://www.projectrisinghope.org/>
- (928) 634-5214
- Every Tuesday, Noon to 4pm
- 750 E Mingus Ave, Cottonwood, AZ 86326, USA

Old Town Mission

- www.oldtownmission.org
- (928) 634-7869
- 116 East Pinal Street, Cottonwood, Arizona 86326
- Email: mission@oldtownmission.org
- Offers emergency Food/Gasoline Vouchers, Travelers Assistance, free school supplies. They also run a thrift store, food pantry, clothing vouchers and legal advice. Check website or call to see times for showers and meals.

New Hope Fellowship Food Pantry

- <https://newhopeaz.org/new-hope-food-bank>
- (928) 634-4673
- 1760 Villa Dr. Cottonwood, AZ 86326
- Free food & groceries
- Sundays 12:00pm and Tuesdays/Fridays at 11 am

Sedona Community Food Bank

- <https://sedonafoodbank.org/index.html>
- (928) 204-2808
- 680 Sunset Dr, West Sedona, Arizona 86336
- Food distribution is Wednesday from 8:30AM - 12:00 & 3:30PM - 5:30PM. The food bank distributes a large variety of fresh produce, perishables, non-perishables, and a selection of bread and pastries.
- Fill out application on website or call for more information
- Homebound Program
 - Monthly food box packed with the client's specific dietary requests. The food box is delivered on the second Monday of every month between 10:00AM - 1:00PM. This program is designed for the resident who is homebound due to health or age-related challenges.

Financial Support

Utility Assistance:

Northern Arizona Council of Governments (NACOG)

- Arizona Utility Assistance Program (LIHEAP)
 - <https://nacog.wp.iescentral.com/utility-and-energy-assistance/>
 - If you qualify for SNAP, TANF, or SSI, you may qualify for financial assistance to pay energy or utility bills.
- NACOG Weatherization
 - Provides cost effective, energy saving weatherization services to low-moderate income families throughout Yavapai County in order to reduce their utility bills and carbon footprint.
 - Application here: <https://nacog.org/departments/Weatherization/page/weatherization-home.html>

Arizona Public Service

- Energy Support Program, which offers a discount up to 25 percent off the cost of electricity bills for those qualified customers who meet certain household income guidelines. The exact amount of the discount varies depending on how much electricity is used by the customer each and every month.
- Apply here: <https://e3.eligibilityprogram.com/?lang=EN>

Home Owners:

Coalition for Compassion and Justice (CCJ)

- Home repair program
 - <https://yavapaiccj.org/programs-2/#home-repair>
 - Contact Home Repair Coordinator: Shawn Roberts to learn more
 - shawn.roberts@yavapaiccj.org
 - Phone: (928) 445-8382 ext. 4

Free or Reduced-priced Technology

PCs for People

- <https://www.pcsforpeople.org/eligibility/>

Computers with Causes

- <https://www.computerswithcauses.org/application.htm>

Discounted or Free Mobile phone/Phone plans

SafeLink (TracFone)

- <https://www.safelinkwireless.com>
- If you qualify for SNAP, Medicaid, Supplemental Security Income (SSI) or Section 8, you will likely qualify for this service.

- Federally funded.
- Plans for both continuing service on an existing phone or receiving a new phone.

Assurance wireless (Lifeline)

- If you qualify for SNAP, Medicaid, Supplemental Security Income (SSI) or Section 8, you will likely qualify for this service.
- Federally funded.
- Receive an Android phone and call, texting and data services
- <https://www.assurancewireless.com/lifeline-services/states/arizona-lifeline-free-government-phone-service>

Financial Assistance Programs

DES

- Nutrition Assistance (SNAP), Cash Assistance (TANF), and Childcare Assistance
- Offering services online or phone
- Physical address
 - 3262 Bob Dr Prescott Valley AZ 86314-8979
 - 7 am to 5 pm
 - (855) 432-7587

Employment

YC Pipeline AZ

- <https://yc.pipelineaz.com/>
- Empowering people to make fulfilling career choices.
- Identify Skills, Training, and Education Programs
- Explore Careers
- Build your Resume
- Search for Jobs

NACOG Arizona@Work (Prescott, Prescott Valley, and Cottonwood)

- Prescott: (928) 778-1422, 221 N. Marina St., Ste. 201
- Prescott Valley: (928) 759-1669, 3262 Bob Drive
- Cottonwood: (928) 634-3337, 1500 East Cherry Street
- <https://www.yavapaiatwork.com/index.php>
- Workforce investment program by Northern Arizona Council of Governments (NACOG)
- Case management/ career advising
- Resume/Interviewing skills workshops
- Job postings and referrals
- Scholarships and/or funding for supplies for secondary education classes

Goodwill Career Center (Prescott)

- <https://www.goodwillaz.org/location/iron-springs/>
- 928-515-6540
- Mon - Thu: By Appointment Only (9am-9pm, Closed 12pm - 12:30pm), Fri - Sun: Closed
- Workshops on digital literacy, soft skills, and financial literacy. Call for availability and registration.
- Coaching on resumes, interviewing and career advising.

Labor Systems (Prescott)

- <https://www.laborsystems.com/temporary-employment>
- (928) 541-0010
- 701 Miller Valley Rd, Prescott AZ 86301
- Temporary work agency

Transit

Verde Shuttle Public Transportation

- Cotton to Sedona, Within Sedona
- <https://verdeshuttle.com/>
- Wednesday through Sunday
 - Buses every 45 minutes (6 AM - 7:30 PM)
 - First bus leaving Cottonwood Library at 6 AM
 - Last bus leaving Uptown Sedona at 10:30 PM
- Monday and Tuesday
 - Buses every 90 minutes throughout day
 - First bus leaving Cottonwood Library at 6 AM
 - Last bus leaving Uptown Sedona at 6:45 PM
- Detailed schedule on website
 - Fares on website
 - Discounts available for: Seniors (60+), Veterans (with ID), Students (with ID), Certified LITS and Persons with Disabilities

Yavapai Regional Transit

- <https://www.yavapaiaregionaltransit.com/>
- To schedule a deviation or other service questions: (928) 636-3602
- For general questions and help planning a trip: (928) 458-5885
- Routes:
 - Red & Blue Routes: Connecting Chino Valley, Prescott, and Prescott Valley on Wednesdays.
 - Gold Route: Local bus service within Chino Valley on Monday thru Friday.
 - Green Route: Chino Valley to Prescott on Monday, Tuesday, Thursday, & Friday.
- Wheelchair accessible
 - Call ahead so they can leave early to account for extra time (928-636-3602)
- Fares
 - Single ride (one-way) – \$2
 - Senior (60+) / Disabled (one-way) – \$1
 - Youth (8-17) – \$1
 - 10-ride punch pass – \$16
 - 10 ride pass for seniors & people with disabilities – \$8
 - **Veterans ride free**

Veteran Resources.

Veterans Crisis Line

- Call: **1-800-273-8255** (press 1)
- Confidential chat, text (838255)
- Website: <https://www.veteranscrisisline.net/>

BeConnected - Online Resources and Call Line

- www.BeConnectedAZ.org
- (866) 429-8387 – a live person will answer your call and assist you!
- Resources for healthcare, employment, housing, and more for veterans and their families.

Arizona Department of Veterans' Services

- <https://dvs.az.gov/>
- Call a state veteran benefits counselor: (602) 535-1215
- They advocate for Arizona's service members, veterans, and their families in pursuit of their federal and state veteran benefits. Information for getting in-state tuition or scholarships (see website for eligibility criteria).

US Vets (Prescott)

- <https://usvets.org/locations/prescott/>
- Emergency housing and transitional housing for veterans
 - Justin Price: (928) 583-7207 or jprice@usvets.org
- Free mental health services
 - Contact: Valerie Crossman: (928) 266-6077 or vcrossman@usvets.org

Catholic Charities (Prescott and Verde Valley)

- <https://www.catholiccharitiesaz.org/all-locations/veteran-services>
- (928) 778-2531 ext. 54011
- They can provide rental assistance, case management, counseling and assistance with housing search, personal financial planning, assistance applying for VA and other state and federal benefits, childcare, transportation, emergency assistance (some eligibility requirements apply) and referrals for health care, legal, daily living and other services.

Nation's Finest

- <https://www.nationsfinest.org/>
- (928) 776-0766
- 600 E. Gurley St. Suite F, Prescott, AZ 86301
- This organization provides a case manager who helps the veteran navigate services and create goals, mental health services, employment services, and homelessness prevention.

Vet Centers

- www.va.gov/rcs
- (928) 778-3469
- Mental Health services for combat veterans and veterans who experienced sexual assault during service. Includes readjustment services.
- 3180 Stillwater Drive, St. A Prescott, AZ

Vets4Hire (Prescott Area and Verde Valley)

- Call Rik Gonzales (928) 776-3020
- Hires and trains local Veterans that want and need work.
- Can provide training and work in: Handyman Services, Landscaping or Clearing, Moving Service, Home and Yard Clean Up/Haul Off, Interior / Exterior Painting and most Construction Trades

Parent Resources

Childcare Assistance

Arizona DES

- <https://des.az.gov/services/child-and-family/child-care/how-apply-for-child-care-assistance>
- Low-income families that are working, homeless or domestic violence shelter residents or individuals who are unable to care for their children due to physical or emotional conditions

Quality First (Childcare Scholarships)

- <https://qualityfirstaz.com/parents/paying-for-child-care/>
- Quality First Scholarships help low-income families afford quality early care and education for their young children. A limited number of these scholarships are available for children birth through age 5 through child care and preschool programs that are enrolled in Quality First.
- Programs distribute available scholarships to eligible families on a first-come, first-serve basis. Scholarships are tied to family income levels and are available for parents who may be working, looking for work or improving their work skills through training or education. Other eligibility requirements apply.

YMCA (Prescott)

- <https://prescottymca.org/department-information>
- (928) 445-7221
- The YMCA provides financial assistance for those in need through the Y Scholarship Program. If you would like your child to participate in a Y program and cannot afford to pay the entire fee. Apply for a Y Scholarship today. No one is turned away for inability to pay. Qualifying is based on the needs of the family.
- Application is on the weblink above. There may be waitlists for some programs.
- Preschool ages: Ages: 2 years (non-diapered) – 5
- After school and summer camp ages: kindergarten to 12

Head Start (Cottonwood)

- (928) 634-8236
 - Call for more information
- 270 E Mingus Ave, Cottonwood AZ 86326
- Provides quality education, health, and social services to eligible families with children ages 0-5. Support is individualized and offered free.

Basic Needs Help

Prescott Unified School District (PUSD) Family Resource Center

- <https://pusdfrc.wixsite.com/pusdresourcecenter>
- (928) 830-7658
- 300 E Gurley St. (inside the district office)

- The PUSD Family Resource center offers the following resources to any family with a student enrolled in PUSD: Clothing for children of all ages, Shoes, Underwear/socks, Winter jackets, Blankets, Hygiene items including shampoo/conditioner, toothbrush/toothpaste, body wash, feminine products and school supplies.

Pregnancy Resources

Healthy Families AZ

- <https://strongfamiliesaz.com/program/healthy-families-arizona/>
- Eligibility: Pregnant women and parents of newborns who face challenges that might be an obstacle to successful parenting, infant must be under three months of age at enrollment, parents must show that the services are needed.
- Services provided:
 - link families with community resources, health care, childcare, and housing
 - help parents obtain education and employment
 - provide child development, nutrition and safety education
 - teach and support positive parent-child interactions
 - developmental screenings to infants and referrals to resources
 - emotional support and encouragement to parents
- If interested call one of these representatives:
 - Family Resource Center, Yavapai Regional Medical Center
 - David Barko (Director): (928) 771-5651
 - Patty Garcia (Supervisor): (928) 783-4003, extension 33
 - Child & Family Resources
 - Bertha Fuentes: (928) 783-4003 or email bfuentes@cfraz.org

Arizona Health Start

- <https://strongfamiliesaz.com/program/arizona-health-start/>
- Pregnant and/or postpartum women with children under the age of 2.
- Access to: appropriate prenatal care for pregnant women, family medical care, application assistance for AHCCCS, WIC and other programs, health screening for women, and developmental screenings for children ages birth to age two.
- If interested call either representative at Yavapai County Community Health Services
 - Diane Knighton (R.N): (928) 442-5421
 - Carol Espinosa: (928) 442-5478

Life Connections

- <https://lifeconnectionsrr.com/>
- (928) 227-3130
- A non-medical pregnancy care center committed to providing accurate information and quality services to all women in any pregnancy situation.
- Services provided for free
 - Pregnancy tests
 - Educational classes (Earn while You Learn Program, Healthy Pregnancy Education, Childbirth Education and Parenting classes)

- Pregnancy counseling
- Mommy bags/ layettes
- Referrals for ultrasounds and adoption services
- *This center does not refer or recommend abortions

Parenting Skills and Support

Parents As Teachers

- All parents-to-be and parents with children younger than 5 years old are eligible
- Learn how to effectively and meaningfully interact with your child to help them develop intellectually and emotionally and to help you form a deeper relationship and bond with your child.
- If interested contact:
 - **Prescott**
 - Arizona’s Children Association: Rainee L. Crabtree (Program Coordinator)
 - Phone: (928) 443-1991 x 2021, Email: rcrabtree@arizonaschildren.org
 - Other cities in Yavapai county check website for contacts
 - <https://strongfamiliesaz.com/program/parents-as-teachers/>

Birth to Five Helpline

- Call 877-705-KIDS (5437) for Free Child Development Support
- Free service open to all Arizona families with young children looking for the latest child development information from experts in the field.
- Monday through Friday from 8:00 a.m. to 8:00 p.m. You can also leave a voicemail, or text the Helpline 24 hours a day, seven days a week.
- English and Spanish
- Topics include (but are not limited to): sleep, health and nutrition, safety, challenging behaviors, feeding/eating, general child development, potty training, and fussiness.

Parents of Special Needs Children

Arizona Early Intervention Program (DES)

- <https://des.az.gov/services/disabilities/developmental-infant>
- Application: <https://azeip.azdes.gov/AzEIP/AzeipRef/Forms/Categories.aspx>
- The Arizona Early Intervention Program (AZEIP) is Arizona’s statewide interagency system of services and supports for families of infants and toddlers (birth to three years of age) with disabilities or delays or who are born with a substance dependency.
- A Team-Based approach is used to provide early intervention services. AZEIP contracts with private providers, known collectively as Team-Based Early Intervention Services (TBEIS) providers; to provide individualized support to eligible children and their families.
- Information and services also offered in Spanish

High Country Early Intervention (Prescott)

- <https://www.hceip.org/>
- Little Learners Program (ages 0-5)

- This program promotes physical, social, and emotional developmental support among children with special needs who do not qualify for early intervention services or preschool special education services. No Cost.
- Support for parents of special needs children
- Occupational therapy, speech therapy and physical therapy available

Raising Special Kids

- <https://raisingspecialkids.org/>
- (602) 242-4366
- Raising Special Kids provides programs and services at no cost to families.
- No eligibility determinations are required. Any parent or family member of a child with a disability can take advantage of services provided in English, Spanish, and other languages.
- Programs and services include: Individual consultation sessions with a staff member, parent-to-parent support, and events/trainings for parents to learn more skills and self-advocacy.

Child and Teen Mental Health

Polara Health

- <https://www.polarhealth.com/children-family-services-prescott-az.html>
- Services provided: Individual therapy, Family therapy, Birth to five specialty services, Case management, Psychiatry & medication management, Cognitive Function Development Therapy (CFDT) – more information on website, Parenting education, Free Informational Webinars and In-home services.
- Journey program: An 8-week residential program for adolescents involved with the juvenile court system. Clients receive individual, family, multi-family and group therapy. They will also participate in life skills, community service activities, recreational activities and sober support groups. While in the program, adolescents will continue their education.
- Outpatient Recovery Program (ORP): An adolescent treatment group for clients with substance abuse issues. The program meets twice a week. It works to identify other interests in the client's life that would be more rewarding than substance use.

Activities and Support for Teens and Children

Big Brothers, Big Sisters

- <https://www.azbigs.org/do-something/enroll-a-child/>
- Mentors for children
- Fun outings and relationship with a volunteer mentor (a Big)

The Launch Pad (Prescott)

- <https://thelaunchpadteencenter.org/>
- Safe and fun space for teens (ages 12-18)
- Mentoring program
 - Boys to Men
 - Academic mentoring
- After school clubs

Buena Vista (Cottonwood)

- Discovery Connection Clubhouse
 - After school program in Clarkdale and students from Cottonwood can get transportation to the program.
 - Ages 5 to 12
 - <https://www.bv-cs.org/discovery-connection-clubhouse>
- Bright Futures
 - Childcare for children ages six weeks to 12 years old. Infant, toddler, preschool and after school programming curriculum foster love for learning and kindergarten readiness in a safe, bright atmosphere
 - <https://www.bv-cs.org/bright-futures>

Victim Services and Domestic Violence

Yavapai Family Advocacy Center

- <https://yfac.org/>
- (928) 775-0669
- Provides a safe and supportive environment and facilitating a team approach to advocacy, investigation, and prosecution for people who have experienced abuse.
- Services are tailored to meet the needs of the individual and may include:
 - Assistance with an Order of Protection, Court accompaniment
 - Crisis intervention
 - Information on Victim Compensation & Rights
 - Individual counseling, safety planning
 - Interpreter services
 - Referrals for legal, mental health, shelter, and other services
 - Transportation assistance
- Family Violence Support group
- 8485 E Yavapai Road, Prescott Valley, AZ 86314

Stepping Stones

- <https://steppingstonesaz.org/>
- (928) 772-4184
- 24 hour help line (928) 445-4673
- Shelter, advocacy, and resources for women and children who experienced domestic violence or family violence.

Verde Valley Sanctuary

- <https://verdevalleysanctuary.org/>
- 24 hour helpline: (928) 634-2511
- Call for more information (928) 634-6255
- For victims of domestic violence and/or sexual assault and their children. The shelter offers food, clothing and support services.
 - 28 bed shelter or a 6-bed transitional housing complex
- Confidential assistance to victims who may not need emergency shelter. Individualized counseling, safety planning, and support groups in the mornings and afternoons.
 - Office is located at 601 W. Mingus Avenue in Cottonwood. Mobile services also available.

Prescott Victim Services Unit

- <https://www.prescott-az.gov/services-safety/police/victim-resources/>
- The Prescott Police Department Victim Services Unit can provide services to victims of crime inclusive of intimate partner and domestic violence, sexual assault, child abuse, robbery, assault, survivors of attempted homicide, stalking, and harassment.
- Victim Services Unit, 928-777-1988
- Contact Amy Fillingim (Police, Senior Advocate) 928-777-1936

Prescott Valley Victim Services Unit

- The Prescott Valley Police Department Victim Services Unit can provide services to victims of crime inclusive of intimate partner and domestic violence, sexual assault, child abuse, robbery, assault, survivors of attempted homicide, stalking, and harassment.
- Prescott Valley Police Department, Phone: 928-772-9267
- Laura Mandt (SART Victim Service Liaison) 928-772-5186
- Kacee Graber (Victim Service Liaison) 928-772-5166
- Javier Martinez (Victim Service Liaison) 928-772-5125
- Victim Services email – VictimServices@pvaz.net
- Website with downloadable resources - <https://www.pvaz.net/934/Victim-A>

Legal Aid

Community Legal Services

- <https://clsaz.org/>
- (928) 445-9240
- 141 South McCormick Street, Suite 200, Prescott, AZ 86303.
- ***COVID-19* only providing services over the phone**
- Aids in some civil court cases including survivors of domestic violence, assisting victims of consumer fraud and abuse, protecting tenants from unlawful/unfair practices by landlords, foreclosures, legal problems affecting agricultural workers, wage claims and other employment matters, and federal and state programs affecting peoples' health and economic stability. Does not provide criminal court cases aid.

LGBTQ Resources

LGBT HELP

(888) 843-4564

Trevor Help line

(866) 488-7386

NAZGEM (Northern Arizona's Gender Mentors Network)

- Program through Greater Yavapai County Coalition (GYCC)
- Providing community connection to members of the Transgender+ Community & their families, partners and supporters
- Zoom support meetings. Get in contact if you would like to join: nazgem@gycc.lgbt or gyccinfo@gmail.com

Disability Services

New Horizons Disability Empowerment Center

- <https://www.nhdec.org/programs-services/>
- 9400 E. Valley Road, Prescott Valley, AZ 86314
- (928) 772-1266
- Transportation
- Computer classes
- Support groups
- Employment counseling
- Information and referrals

Arizona Telecommunications Equipment Distribution Program (AzTEDP)

- <https://www.acdhh.org/telecommunications/aztedp/program-information/>
- Provides free telecommunications devices to residents of the State of Arizona who need assistance communicating on the phone.
- Applicants can qualify as Deaf, Hard of Hearing, DeafBlind, Combined Vision and Hearing Loss (CVHL) or Speech-Impaired.
- Visit website for applications. Applications need to be mailed or emailed to AzTEDP