

Community Resources

General Assistance Available – Tucson, AZ

INCOME/FINANCIAL ASSISTANCE

American Red Cross Services for Veteran Families – 520-319-3678 - ZIP 85716

<https://www.redcross.org/get-help/military-families/services-for-veterans.html>

Assets for Families – 520-622-2801 – ZIP 85701

<https://www.unitedwaytucson.org/vitafirstresponse>

Community Action Agency – 520-724-2667 – ZIP 85713

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=24795>

Interfaith Community Services – 520-297-6049 – ZIP 85741

<https://www.icstucson.org/>

Jewish Family & Children's Services – 520-795-0300 – ZIP 85711

<https://jfcstucson.org/>

Lutheran Social Services of the Southwest – 520-748-2300 – ZIP 85719

<https://www.lss-sw.org/>

Pima County One Stop – 520-724-7700 – ZIP 85713

https://webcms.pima.gov/government/community_services_employment_and_training/

Pio Decimo Center – 520-622-2801 – ZIP 85701

<https://www.ccs-soaz.org/agencies-ministries/detail/pio-decimo-center>

Primavera Foundation – 520-623-5111 – ZIP 85701

<https://www.primavera.org/>

Southern Arizona Legal Aid – 800-248-6789 – ZIP 85719

<https://www.sazlegalaid.org/>

Tucson Electric Power (TEP Lifeline) – 520-623-7711 – ZIP 85702

<https://www.tep.com/customer-assistance/#:~:text=Tucson%20Electric%20Power's%20Lifeline%20program,assistance%20from%20our%20community%20partners.>

Tucson Indian Center – 520-884-7131 – ZIP 85702

<https://www.ticenter.org/>

Tucson Urban League – 520-791-9522 – ZIP 85716

<https://tucsonurbanleague.org/>

FOOD

Arizona Dept of Economic Security - Zip 85711

<https://des.az.gov/services/basic-needs/food/nutrition-assistance-formerly-food-stamp-program>

Provides nutrition assistance programs (Formerly “food stamps”) as well as other alternatives for accessing food & staples.

Community Food Bank – Zip 85713

<https://www.communityfoodbank.org/Get-Help>

Food assistance for individuals, families, and even business’s & other organizations.

Interfaith Community Services – Provides meals for: Zips 85704,85705,85718,85719,85737,85742,85755

<https://www.icstucson.org>

Providing from their own food bank assistance to all
Also offers Emergency financial aid, senior care giving, mobile meals

Offer steps to stability for those able to work and seeking a productive role in life & society

Salvation Army – Zip 85705

<https://www.salvationarmytucson.org>

Food pantry located on E. Prince Rd. supplies many in this area
Also offers transitional housing, live in shelter programs

Gospel Rescue Mission – Zip 85714

<https://grmtucson.com>

Daily meals available for breakfast, lunch, dinner

St. Pauls Food Bank (No website) 520-296-1927 Zip 85710

Located @ 8501 E. Broadway a Food source for east Tucson. They distribute food donations to those who show up

CLOTHING

Assistance League of Tucson – Thrift store offering free clothing to those in need – Zip 85712

<https://altucson.org>

Community Closet – Same model as above – Zip 85713

<https://tmmfs.org/community-closet>

Pio Decimo Center – Same model as above Zip 85701

<https://www.ccs-soaz.org/agencies-ministries>

Multiple helping organizations (including clothing assistance) for the community of Pima County Zip 85705

https://www.needhelppayingbills.com/html/pima_county_clothing_closets.html

SHELTER

Gospel Rescue Mission (Emergency and Long term assistance) – Zip 85714

<https://grmtucson.com>

Providing a full list of assistance programs including housing for both Men & Women with a Christ centered focus

Salvation Army Hospitality House – Zip 85705

<https://www.salvationarmytucson.org>

Offering housing for both Men & Women with a Christ centered focus

St. Francis Homeless Shelter – Zip 85705 (No website) 520-406-5300

Located in central Tucson (601 E. Ft. Lowell) they offer emergency shelter as well as a hot meal

Primavera Foundation Men's Shelter – Zip 85745

<https://www.primavera.org>

Located in south Tucson, just north of VA hospital, this facility offers shelter and meals to Men only. In order to enter the facility the men must take a breathalyzer test for alcohol. This facility is focused on helping those who want to help themselves. My wife and I have been providing and serving them dinner on the 3rd Monday of every month for about 10 years and have been so blessed sharing God's love with these guys. They range in age from 18 to 80 and are so appreciative of what volunteers are doing for them. If a Man is earnestly looking to get back on his feet and start over, this is a good place to start.

They also have a facility for Women / Families that can be access through the same active website link above.

Old Pueblo Community Services – Zip 85711

<http://helptucson.org>

This facility offers housing / recovery / work programs for both homeless men and women.

Sister Jose' Women's Center – Zip 85719

<https://www.srjosewomensshelter.org>

This facility is for Women only and has been serving homeless women in Tucson since 2010. Providing both shelter and meals as well as hygiene and health care products.

AGING PROGRAMS

Pima Council Office on Aging – 85710

<https://www.pcoa.org/ways-we-help/>

In home support, education, caregiving, healthcare, money and legal services for seniors. (520) 790-7262

Pima County – Seniors – ZIP 85705

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=1691>

Network of community programs for seniors

Healthy Aging Pima County – ZIP 85714

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=440931>

Financial planning for seniors as well as resource programs

Senior Resource Guide – ZIP 80160

<https://www.seniorsresourceguide.com/directories/Tucson/index.html>

Senior housing, health, professional, care and community resources.

CHILDREN/YOUTH

PIMA COUNTY – ZIP 85705

<https://webcms.pima.gov/cms/one.aspx?portalId=169&pageId=1679>

Youth and employment programs

Pima County Youth Programs – ZIP 85745

https://webcms.pima.gov/government/community_services_employment_and_training/youth_programs/

Teen and young adult vocational work programs

Summer Youth Programs – ZIP 85705

<https://webcms.pima.gov/cms/one.aspx?portalId=169&pageId=30495>

Teen and young adult summer employment programs

Other web site – for summer youth programs – ZIP 85705

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=469828>

Summer intern and employment program

Pima County Office Of Children's Counsel – ZIP 85705

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=86693>

Represents indigent children ages 0-18 in juvenile dependency and severance actions, family law cases, guardianship actions and may act as victim/witness advocates for children in criminal cases.

Family Support –ZIP 85705

<https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=182757>

Program helps pregnant moms and parents get connected to community/resources that are offered at no cost for new and growing families. Our specialized staff will work with help you connect with a home visiting program or community class that meets your specific need. (520) 724-9721.

Arizona Youth Partnership – ZIP 85683

<https://azyp.org/youth-and-family-service-programs/>

Youth and Family Service Programs

Pima County Parenting Coalition – ZIP 85714

<https://pimaparenting.org/user/azchildren/>

Parenting programs

Teen Challenge Arizona – ZIP 85704

<https://tcaz.org/>

Substance abuse programs

DISABLED SERVICES

City Of Tucson – ZIP 85726

<https://www.tucsonaz.gov/hcd/information-people-disabilities>

Information for People with Disabilities (520) 881-1794

Arizona Disability Resources And Advocacy Organizations – ZIP 85714

[https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6519-Arizona Disability Resources and Advocacy Organizations](https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6519-Arizona%20Disability%20Resources%20and%20Advocacy%20Organizations)

Disability advocacy, home health services, home care, nursing aide services, Medicaid and accessing other community resources to help people with disabilities.

Special Needs – ZIP 85713

https://webcms.pima.gov/community/housing/special_needs

This organization provides a range of housing services in addition to prevention and awareness programs. (520) 790-7262.

Catch All - Department Of Economic Security – ZIP 85714

<https://des.az.gov/services>

The Department of Economic Security (DES) serves more than 2 million Arizonans annually through more than 40 programs that address the social and economic needs.

Arizona Center For Disability Law – ZIP 85701

<https://www.azdisabilitylaw.org/links/>

Advocacy for those with disabilities

Direct Center For Independence – ZIP 85716

<http://directilc.org/about-us/>

Advocacy group for those with disabilities for independent living.

HEALTH

Pima County Health Department – ZIP 85714

https://webcms.pima.gov/government/health_department/

Health Services

Arizona Department Of Health Services – ZIP 85701

<https://www.azdhs.gov/search/index.php?q=services>

Health Services

Freeclinics.com – ZIP 85724

<https://www.freeclinics.com/co/az-pima>

Health Services

LEGAL

Southern Arizona Legal Aid – 520-623-9465 - ZIP 85701

<http://www.azlawhelp.org>

Aid & Pro Bono Services – ZIP 85701

<https://www.Justia.com>

Legal Aid Pima County Library – ZIP 85701

<https://www.library.pima.gov>

Arizona Resources for Legal Advice – ZIP 85721

<https://www.lawlibrary.arizona.edu>

PCOA Legal Clinic for Elder Law – 520-790-7262 – ZIP 85710

<https://www.pcoa.org/ways-we-help/legal-assistance.html/>

Pima County Attorney's Office – ZIP 85701

<https://www.pcao.pima.gov/>

Mexican Consulate – 520-882-5595 – ZIP 85711

<https://consulmex.sre.gob.mx/tucson/>

HOUSING

Housing City of Tucson – ZIP 85701

<https://tucsonaz.gov>

Administration of Resources and Choices – 520-623-9383- ZIP 85712

<https://arc-az.org>

Family Housing Resources – 520-318-0993 – ZIP 85719

<https://fhrtucson.org>

Habitat for Humanity – 520-326-1217 – ZIP 85719

<https://habitattucson.org>

Handmaker Jewish Services for the Aging – 520-322-7035 – ZIP 85712

<https://handmaker.org>

Lutheran Social Services of the Southwest – 520-748-2300 – ZIP 85719

<https://lss-sw.org>

Old Pueblo Community Services – 520-546-0122 – ZIP 85711

<https://helptucson.org>

Primavera Foundation – 520-623-5111 – ZIP 85701

<https://primavera.org>

Southern Arizona Land Trust (SALT) – 520-352-2626 – ZIP 85712

<https://saltproperty.com>

Southern Arizona Legal Aid – 520-623-9465 – ZIP 85719

<https://sazlegalaid.org>

CONSUMER INFORMATION

Consumer information – Federal Trade Commission – ZIP 20580

<http://consumer.ftc.gov>

Consumer information – U.S. Justice Department – ZIP 20530

<http://justice.gov>

Arizona Attorney General – ZIP 85701

<http://azag.gov>

EDUCATION

U.S. Department of Education – ZIP 20202

<http://ed.gov>

Arizona Department of Education – ZIP 85701

<http://azed.gov>

Arizona State Board of Education – ZIP 85007

<http://azsbe.az.gov>

EMPLOYMENT

City of Tucson Employment Opportunities – ZIP 85701

<http://tucsonaz.gov>

State of Arizona – Employment, unemployment insurance and professional licenses – ZIP 85007

<http://az.gov>

Federal Government Employment – ZIP 20415

<http://usajobs.gov>

EMERGENCY ASSISTANCE PROVIDERS

AFL-CIO Community Services – 602-463-8613 – ZIP 85016

<http://azaflcio.org>

American Red Cross – 520-318-6740 – ZIP 85716

<https://www.redcross.org/local/az-nm/about-us/locations/southern-arizona.html>

Anti-Violence Crisis – 800-553-9387 – ZIP 85719

<https://www.saaf.org/care-services/avp/>

Casa Community Services – 520-648-8131 – ZIP 85614

<https://posadalife.org/tag/casa-community-services/>

Catholic Social Services – 520-623-0344 – ZIP 85705

<https://www.ccs-soaz.org/services>

Cenpatico Crisis Intervention Programs – 866-495-6735 – ZIP 85745

https://www.unitedwaytucson.org/partner_resources

Chicanos Por La Causa – 520-844-5567 – ZIP 85705

<https://cplc.org/housing/counseling.php>

Community Food Bank – 520-622-0525 – ZIP 85713

<https://www.communityfoodbank.org/>

CPS Hotline – 888-767-2445 – ZIP 85005

<https://dcs.az.gov/>

Emerge Center Against Domestic Abuse – 520-795-8001 – ZIP 85716

<https://www.emergecenter.org/>

Emergency Services/Detoxification – 520-624-5272 - ZIP 85716

<https://www.recovery.org/providers/compass-health-care-inc-4115281267/>

Jewish Family & Children's Services – 520-795-0300 – ZIP 85711

<https://jfcstucson.org/>

Lutheran Social Services of the Southwest – 520-748-2300 – ZIP 85719

<https://www.lss-sw.org/>

The Haven – 520-623-4590 – ZIP 85719

<https://thehaventucson.org/>

Nosotros/El Rio – 520-623-5912 – ZIP 85711

<https://www.elrio.org/>

Our Family Services – 520-323-1708 – ZIP 85716

<https://www.ourfamilyservices.org/>

Primavera Foundation – 520-623-5111 – ZIP 85713

<https://www.primavera.org/>

Southern AZ Center Against Sexual Assault – 520-327-7273 – ZIP 85716

<https://www.sacasa.org/>

Southern Arizona Children's Advocacy Center – 520-724-6600 – ZIP 85713

<https://www.sacacenter.org/>

The Salvation Army Hospitality House – 520-622-5411 – ZIP 85705

<https://www.salvationarmytucson.org/hospitality-house-shelter>

TMM Family Services – 520-322-9557 – ZIP 85716

https://www.transitionalhousing.org/li/t_m_m_family_services_inc_85716

Youth on Their Own – 520-293-1136 – ZIP 85712

<https://yoto.org/>