

Resource Guide

Connecting people to services

Share!



What is a Resource Guide?

This digital resource is designed to help people in Tucson connect with appropriate services. Available services include food assistance, emergency shelter, housing, financial aid, eviction prevention, community support, healthcare, and legal assistance, among others.

**If you have any problems with this guide sent us an email.
resourceguideaz@hotmail.com**

**If this is an
emergency
reach out to the
appropriate service:**

Police, Fire, Medical: 911

Domestic Violence: 1-800-799-7233 Text: 88788

Suicide Prevention Hotline: 988 Text: 988

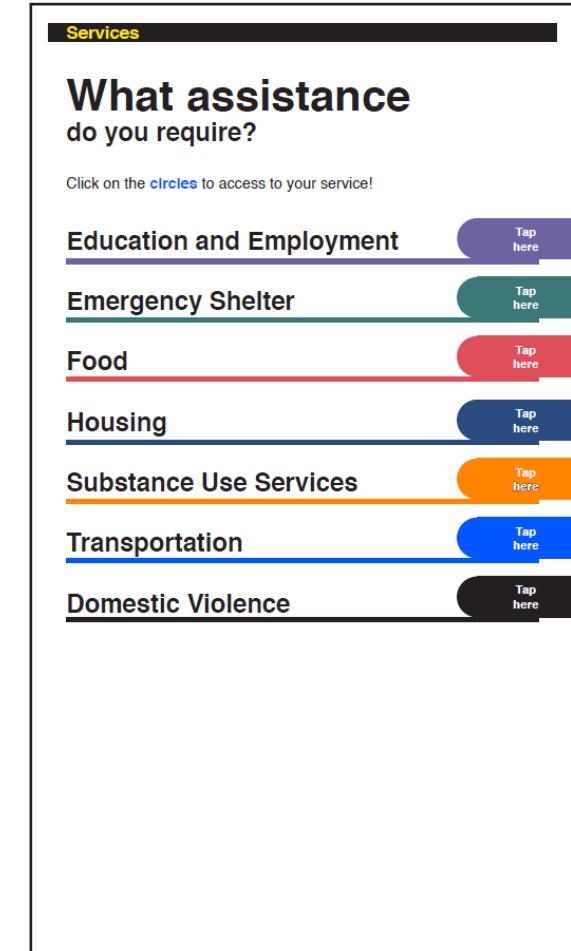
Arizona Crisis Hotline: 1-844-534-4673 Text: 44673

Call 211 for Essential Community Services

Service Request Portal: 311

How to **use** this Resource Guide?

The services we can connect you with, **can be found on the services page.**



Click on the “**Tap here**” buttons to find the resources you are looking for.

**Tap
here**

Services for youth aged 14-24 years

Tap here

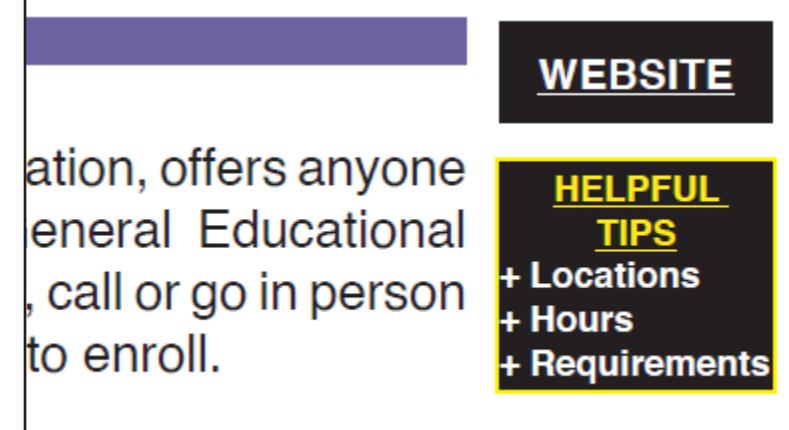
On the **top right of each page**, you can return to the previous page you were on.

Click here to
RETURN
ALL SERVICES

Click here to
RETURN
EDUCATION

Click here to
RETURN

Each resource includes a brief **description** of the agency. To find hours of operation, location, and contact information, **click** on “**Helpful Tips**”.



You can find information about how to get in touch with the resource you are looking for as well as more information about services and requirements to access those services.

What assistance do you require?

Tap and access to your service!

Education

Tap here

Employment

Tap here

Emergency Shelter

Tap here

Food

Tap here

Housing

Tap here

Substance Use Services

Tap here

Transportation

Tap here

Domestic Violence

Tap here

Education

Services for youth aged **14-24 years**

Tap here

Click on “**Website**” to visit them Online.

Click on “**Helpful Tips**” for further details.

2 services

General services

Pima Community College

WEBSITE

PCC offers free Adult Basic Education & Career (ABECC) programs to help improve your reading, writing and math skills and prepare you for GED or HSE testing. Call to find out if you can enroll now.

**HELPFUL
TIPS**
+ Locations
+ Hours
+ Requirements

Pima County Public Library

WEBSITE

Offers free GED prep sessions, and walk in options for those who just need extra support / tutoring. GED prep is offered in person and online. See more information on class schedules, availability, and class times/location online.

**HELPFUL
TIPS**
+ Locations
+ Hours
+ Requirements

Education

Click on “[Website](#)” to visit them Online.
Click on “[Helpful Tips](#)” for further details.

Youth aged **14-24 years**

2 services

Goodwill Reengagement Centers

AGE: 12 - 24

Goodwill offers continuing education for **youth ages 12-24** and can help youth with tutoring, obtaining a GED or a high school diploma. Goodwill has 4 locations with different

[WEBSITE](#)

[HELPFUL TIPS](#)
+ Locations
+ Hours
+ Requirements

Tucson Preparatory School

AGE: 14 - 21

Tucson Prep is an alternative High School meant for **youth who do not feel comfortable at a traditional high school** but still want in person instruction. For more information, contact them directly. *Closed for major holidays, summer break, winter break.

[WEBSITE](#)

[HELPFUL TIPS](#)
+ Locations
+ Hours
+ Requirements

Education Tips

Youth aged **14-24 years**

Goodwill Reengagement Centers

To enroll, you may walk in, or schedule an appointment by visiting their website, sending an e-mail, or calling any location.

Additional Services

Employment Assistance
Homeless youth services
Case management
Support groups

E-mail 1:
kgreen@goodwilltucson.org
E-mail 2:
kmalbrough@goodwilltucson.org

HOURS OF OPERATION

Phone 1: (520) 306-8445
Location: 300 N 4th Ave
Hours: Monday 11am - 4pm
Tuesday - Thursday 9am - 4pm

[CLICK HERE for directions](#)

Phone 2: (520) 345-3531
Location: 1920 E Silverlake Rd. Ste. 207
Hours: Tuesday - Friday 9am - 4pm

[CLICK HERE for directions](#)

Phone 3: (520) 308-8654
Location: 7149 E 22nd St., East Side
Hours: Monday 11am - 4pm
Tuesday - Thursday 9am - 4pm

[CLICK HERE for directions](#)

Phone 3: (520) 308-8654
Location: 2990 W Ina Rd
Hours: Tues- Fri 9am-4pm

[CLICK HERE for directions](#)

Tucson Preparatory School

If you are interested in enrolling you may walk-in, call, or schedule an appointment online.

Requirements

Ages 14-21

Documents required by law (if over the age of 18): Birth Certificate, Immunization Record, and Proof of Residency

HOURS OF OPERATION

Phone 1: (520) 622-4185
Location: 104 E Prince Rd, Tucson, AZ
Hours: Monday - Friday 8:30am - 4:30pm
E-mail: inquiry@tucsonprepschool.org

[CLICK HERE for directions](#)

If you do not have these documents Tucson Prep will do what they can help you obtain

Education Tips

Pima Community College

Free adult education programs are offered in person and online. Once registered students are assigned a success coach who can assist with additional resources that help to facilitate success while enrolled in program.

HOURS OF OPERATION

Phone 1: (520) 206-3737

Location: 101 W Irvington Rd, Bldg 7

Hours: M-T: 8a-6p & Fri 10a-4:30p

E-mail: adulted@pimaedu

[CLICK HERE for directions](#)

Services

Highschool Equivalency Prep.

English Classes

GED Testing

Refugee Education

Phone 2: (520) 206-3800

Location: 1390 W Speedway Blvd

Hours: M-T: 8a-6p & F 10a- 4:30p

E-mail: adulted@pimaedu

[CLICK HERE for directions](#)

Requirements

- 1) Valid ID
- 2) Be able to meet with success coach as needed (required by program)
- 3) Register in person and attend orientation for selected program.

Phone 3: (520)206-3550

Location: 4355 E Calle Aurora

Hours: M-T: 8a-6p & F 10a- 4:30p

E-mail: adulted@pimaedu

[CLICK HERE for directions](#)

Pima County Public Library

Services:

- Free one-on-one drop GED drop in sessions at the Valencia Location
- Free GED Multi-Session GED prep courses (English and Spanish)
- Literacy Connects (8 week prep sessions)

Eligibility

- 1) Adults 18+
- 2) Need with following subjects: Social Studies, Math, Lanuguage Arts , and dates.

HOURS OF OPERATION

Phone 1: (520) 594-5390

Location: 202 W Valencia Rd

Location Hours: M/W: 10a-6p; T/Thu: 10a-7p; F/Sat: 10:00a-7:00p

[CLICK HERE for directions](#)

Employment

Services for youth aged **16-24 years**

Tap here

Click on “[Website](#)” to visit them Online.

Click on “[Helpful Tips](#)” for further details.

3 services

General services

Interfaith Community Services

ICS can **help with interview skills, job training, resume building, networking, and help you succeed in your job after you get hired.** To enroll, call or go to their website for further information.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Goodwill Career Center

Goodwill has 4 Career Centers in Tucson that are open to the community. All centers can offer career guidance, support, and assistance in basic computer skills, employment, education, and community resources. Walk ins are wel

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

AZ @ Work - Unemployment

AGE: + 18

These services can give people temporary monetary benefits to those who have lost their job at no personal fault. Individuals that qualify receive a weekly stipend to supplement income they are losing while they continue to search for a job. If you think you may qualify, call or go in person to begin an application.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Sullivan Jackson Employment Center (Pima County)

AGE: + 18

SJEC provides employment and resource assistance for both youth and adults experiencing homelessness. To receive services you may contact them directly for an intake or receive a referral from another agency. Call for more information.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Employment

Click on “**Website**” to visit them Online.
Click on “**Helpful Tips**” for further details.

Youth aged 16-24 years

2 services

Goodwill Youth Reengagement Centers

AGE: 16 - 24

Goodwill offers employment services for **youth ages 16-24** and can help youth with **resume, building certificates, and interview skills**. Goodwill has 4 locations with different hours, see below. To enroll, go in person, reach out to them via phone, or send them an E-mail to schedule an appointment.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Sullivan Jackson Employment Center (Pima County)

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[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Employment Tips

Youth aged 16-24 years

Goodwill Youth Reengagement Centers

To enroll, you may walk in, or schedule an appointment by visiting their website, sending an e-mail, or calling any location.

Additional Services

Employment Assistance

Homeless youth services

Case management

Support groups

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kmalbrough@goodwilltucson.org

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CLICK HERE for directions

Phone 2: (520) 345-3531

Location: 1920 E Silverlake Rd. Ste. 207

Hours: Tuesday - Friday 9am - 4pm

CLICK HERE for directions

Phone 3: (520) 308-8654

Location: 7149 E 22nd St., East Side

Hours: Monday 11am - 4pm

Tuesday - Thursday 9am - 4pm

CLICK HERE for directions

Phone 3: (520) 308-8654

Location: 2990 W Ina Rd

Hours: Tues- Fri 9am-4pm

CLICK HERE for directions

Employment Tips

Interfaith Community Services

Free job help for those that want a job and are eligible.

APPOINTMENTS REQUIRED

- Career Coaching
- Resume and Cover Letter Help
- Interview Skills and Practice
- Help in Special Circumstances

Requirements

1. Adult 18+
2. Citizen of the US or must have a Work Permit
3. Must be eligible to obtain Social Security Card, Birth Certificate/ Passport/ID, Have Transportation, Speak English or access to translator.

Additional Services

Food Bank Services
Emergency Financial Assistance

HOURS OF OPERATION

Phone 1: (520) 297-6049
(Press 4 then ask for the Workforce Development Center)

Location 1: 2820 W. Ina Road

Hours: Mon-Thurs 9a-4p
Fri: 9a-12p

CLICK HERE for directions

Location 2: 122 N. Craycroft Rd

Hours: Mon-Thurs 9a-4p
Fri: 9a-12P

E-mail: info@icstucson.org

CLICK HERE for directions

AZ @ Work - Unemployment

You must first apply either

1. Online (recommended)
2. By Telephone
3. By Paper Mail

You will need:

Social Security #
Employer History from the last 18 months
Military/Federal Records (if applicable)

HOURS OF OPERATION

Phone 1: 877-600-2722
Location: 300 N 4th Ave
Hours: Monday - Friday 8am - 5pm

CLICK HERE for directions

Requirements

Must be unemployed, this means you recently got let go from your job and are looking for a new one.

Must be 18 Years of age or older

Goodwill Career Centers

Each location is open to the public with no appointment required for services and free of charge

Eligibility

1. Anyone in search of their next job opportunity
2. Unemployed and underemployed
3. Veterans and their families
4. Individuals facing barriers to employment (ie. justice involved, limited transportation)

HOURS OF OPERATION

***ALL LOCATIONS: M-F 9a-4p**

Phone 1: (520) 206-0333

Location 1: 3925 N Flowing Wells Rd

Email:

FlowingwellsCC@GoodwillTucson.org

CLICK HERE for directions

Phone 2: (520) 547-5647

Location 2: 1703 W Valencia Rd

E-mail: MidvaleCC@GoodwillTucson.org

CLICK HERE for directions

Phone 3: (520) 545-9266

Location 3: 7201 E 22nd St

E-mail: KolbCC@GoodwillTucson.org

CLICK HERE for directions

Phone 4: (520) 547-1096

Location 4: 3725 E Fort Lowell

E-mail: DodgeCC@GoodwillTucson.org

CLICK HERE for directions

Sullivan Jackson Employment Center (Pima County)

Call SJEC for more information and to schedule an intake appointment.
No walk-in appointments available)

Eligibility

1. Homeless
2. Unemployed
3. Jobwilling
4. Referred by another community based agency

HOURS OF OPERATION

Phone 1: (520) 724-7300

Location: 400 E 26th St

Hours: Monday - Friday 8am - 5pm
Bus Route #23

CLICK HERE for directions

Emergency Shelter

Services for youth aged **12-17 years**

Tap here

Click on “**Website**” to visit them Online.
Click on “**Helpful Tips**” for further details.

7 services

General services

Primavera Family Pathways Program

MUST BE A FAMILY NO ID REQUIREMENT NO DRUGS OR WEAPONS

Emergency shelter program for families of any type with minor children who are actively experiencing homelessness. Call for more information.

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Casa Paloma Women's

IDENTIFY AS A WOMAN NO ID REQUIREMENT NO DRUGS OR WEAPONS

Call for information about intake information. Leave a message with your name and number if there is no answer and a resource specialist will get back to you.

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Sister-Jose Women's Shelter

NO ID REQUIREMENT IDENTIFY AS A WOMAN ALLOW PETS

NO CHILDREN TERM: SHORT

Intakes are in person first come first serve Tuesday through Friday and overnight intakes are Tuesday and Friday mornings. Afternoon programming from 12pm - 4pm every day other than Sunday (Includes snacks and lunch)

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Salvation Army Hospitality House

ALLOWS CHILDREN FAMILIES ALLOWED ID REQUIREMENT

NO DRUGS OR WEAPONS SERVICE ANIMALS ALLOWED

Intakes are daily beginning at 9 am on a first come, first serve basis and number of intakes are dependent on availability.

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Gospel Rescue Mission

NO ID REQUIREMENT | NO PETS | NO DRUGS OR WEAPONS

ALLOWS CHILDREN | TERM: IT DEPENDS

Intakes are first come, first serve up to 10 people Monday - Thursday starting at 8 am (It is advised to get there early around 6am so you can be one of the first 10 people)

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Primavera Mens Shelter

NO ID REQUIREMENT | NO PETS | NO CHILDREN

MUST BE SOBER | NO DRUGS OR WEAPONS | TERM: UP TO 60 DAYS

Call at 8 am to reserve a bed. There may not be space but call back the following day if they do not have space today.

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Emergency Shelter

Click on “**Website**” to visit them Online.
Click on “**Helpful Tips**” for further details.

Youth aged **12-17 years**

1 services

Reunion House

NO ID REQUIREMENT | **NO DRUGS OR WEAPONS** | **NO PETS**

TERM: + 21 DAYS

Call the phone number for Helpful Tips (phone is active 24/7)

WEBSITE

HELPFUL TIPS
+ Locations
+ Hours
+ Requirements

Emergency Shelter Tips

Youth aged **12-17 years**

Reunion House (Ages 12-17)

Services

- 1) Up to 21 day stay for youth ages 12-17
- 2) 24 hour stay if you do not have parent approval.
- 3) Call their phone for Helpful Tips

Requirements

- 1) Age 12-17
- 2) No pets
- 3) No drugs, alcohol, or weapons
- 4) Must be able to prove you are under 18

HOURS OF OPERATION

Phone 1: (520) 320-5122
Location: Call for information
Hours: 24/7

Emergency Shelter Tips

Primavera Family Pathways Program

Services

Housing for families
Case management and additional services to help each family achieve their goals.

Requirements

Must be a family
No drugs, alcohol, or weapons are allowed on the premise
Pets are allowed on a case by case basis

[HOURS OF OPERATION](#)

Phone 1: (520) 623-5111
Location: 702 S. 6th Ave Tucson, AZ
Hours: Monday, Wednesday, Thursday and Friday 9:00 am to 12:30 pm

[CLICK HERE for directions](#)

Casa Paloma Women's

Services

- Functions as women's residence and hospitality center.
 - Hospitality Center: Laundry, meals, in house medical care, information and referrals and more
 - Womens residence: short term and medium term housing for women in crisis or working toward theor goals
- Call for residential availability.

[HOURS OF OPERATION](#)

Phone 1: (520) 882-0820
Location: Undisclosed
Hours: M-F: 8a-12p
Sat: 9a- 12p
(no appointment necessary)

Requirements

No drugs, alcohol, or weapons are allowed on the premise. ; Pets may be allowed (case by case); Identify as a female (call for more details)

Sister-Jose Women's Shelter

Services

Short-term Emergency Women's Shelter
Allows Pets (must be on leash and with owner)

[HOURS OF OPERATION](#)

Phone 1: 520-909-3905 (then press 1)
Location: 1050 S Park Ave, Tucson, AZ
Hours: **First come first** - Tuesday - Friday 9:00am-11:00am **Overnight intakes**
- Tuesday and Friday mornings (9am in person sign ups).
E-mail: welcome@sisterjose.org

[CLICK HERE for directions](#)

Salvation Army Hospitality House

Services

No sex offenders and felons will be admitted on a case by case basis
No drugs, alcohol, weapons and you must be sober.

[HOURS OF OPERATION](#)

Phone 1: (520) 622-5411 (Then press 0)
Location: 1002 N Main Ave
Hours: Monday to Sunday 9:00 am to 5:00 pm

[CLICK HERE for directions](#)

Requirements

If under 18, must be accompanied with a parent or legal guardian
If you are not a family, you must identify as male
Must have state or federal ID
Service animals are allowed (must have documentation)

HELPFUL TIPS | Emergency Shelter

Click here to
RETURN
EMERGENCY
SHELTER

Gospel Rescue Mission

Admin office is open for phone calls
Monday - Friday 8:00 am -11:30 am
and 12:30 am - 5:00 pm

Services

Length of stay varies based on need and success in the program

Requirements

You are only allowed to bring 7 days of clothes and are not allowed to bring any non-clothes cloth items (sheets, blankets, sleeping bags, stuffed animals, etc.)

No drugs, alcohol, or weapons are allowed on the premise and prescription drugs must be in their original containers, properly labeled, and will be kept in their medical center.

Felons will be admitted on a case by case basis but registered sex offenders will be unable to be admitted.

Primavera Mens Shelter

Services

Men's shelter up to 60 days
Provides meals, showers, clothes, resources, case management, and more.

Requirements

No drugs or alcohol and must be sober.
Willing to participate in case management.
You cannot have a level 2 or 3 sex offence conviction.

HOURS OF OPERATION

Phone 1: (520) 740-1501
Location: 4550 S Palo Verde Rd, Tucson
Hours: Monday-Friday 8:00am -11:30am and 12:30 am - 5:00 pm

CLICK HERE for directions

HOURS OF OPERATION

Phone 1: (520) 623-4300
Location: 200 E Benson Hwy
Hours: Open 24 hr

CLICK HERE for directions

Food

FIND FOOD NEAR YOU**Tap Here****Services for 60 years and over****Tap here****4 services****General services**

Food Stamps

You may receive food stamps if you have low or no income. You may use expenses such as rent, utility payments, and phone bills to subtract against your income. For example, if you make \$1,000 but pay \$800 in rent, \$100 in utilities, and \$100 for a phone each month, it is like you make \$0/month. Expenses such as car payments, storage units, other monthly bills do not count.

WEBSITE**HELPFUL TIPS**

- + Locations
- + Hours
- + Requirements

Caridad Community Kitchen

Caridad Kitchen is a program through the Community Food Bank of Southern Arizona that provides meals to those in need.

WEBSITE**HELPFUL TIPS**

- + Locations
- + Hours
- + Requirements

Community Meals

Grab & Go meals are available to anyone in need! Free community meals include nutritious foods that offer comfort and sustenance. They have different Locations, see Helpful Tips.

WEBSITE**HELPFUL TIPS**

- + Locations
- + Hours
- + Requirements

The Emergency Food Assistance Program (TEFAP)

This program gives food to people in need. You must self - declare you have low income, have proof that you live in the state of Arizona, Have a photo ID, and list how many people live in your household. If you currently receive food stamps (SNAP), you are eligible for this program as well. You may pick up one box per month from this program. To enroll in this program, go to a participating location and fill out an application with a staff member. Multiple Locations, see Helpful Tips.

WEBSITE**HELPFUL TIPS**

- + Locations
- + Hours
- + Requirements

Food

Click on “**Website**” to visit them Online.
Click on “**Helpful Tips**” for further details.

Individuals aged **60 and over**

1 services

Community Senior Food Program (CSFP)

This program gives food to people over the age of 60. You must self - declare you have low-income and have proof that you live in the state of Arizona. To enroll in this program, go to a participating location and fill out an application with a staff member. All meals are expertly crafted to meet the specific nutritional needs of older adults. See Helpful Tips.

WEBSITE**HELPFUL
TIPS**

- + Locations
- + Hours
- + Requirements

William M. Clements Regional Fitness Center

For individuals 60+, lunch is served 12-13:30p with a donation of \$2-\$3. You must reserve a spot in advance, call for more information. (520)791-5787

WEBSITE

Pima Meals on Wheels (PCOA)

Older adults who are eligible may receive home-delivered meal services from Meals on Wheels and receive 1/3rd of your nutritious food for the day. Call for more information and to apply. (520)790-7262

WEBSITE

Community Senior Food Program

Individuals aged **60 and over**

2 services

Community Food Bank of Southern Arizona



HOURS OF OPERATION

Phone 1: (520) 622-0525

Location: 3003 S Country Club Rd

Hours: Tuesdays & Wednesdays: 9:00 AM - 2:00 PM

Thursdays: 9:00 AM - 6:00 PM

4th Saturday of Every Month: 9:00 AM - 12:00 PM

Closed: First business day of the month

[CLICK HERE for directions](#)

Interfaith Community Services



HOURS OF OPERATION

Phone 1: 520 297 6049

Location 1: 2820 W Ina Rd

Hours: Mon, Wed, Fri, & Sat: 8:00 AM - 11:00 AM

Tues & Thurs: 8:00 AM - 11:00 AM & 5:00 PM - 6:30 PM

Location 2: 8302 E Broadway Blvd

Hours: Wednesday: 5:00 PM - 6:30 PM

[CLICK HERE for directions](#)

Food Tips

Food Stamps

How to Apply

It is easiest to apply for food stamps in person. They will give you a paper application to fill out then hand back into the front desk. If you would like help, ask to speak with someone to help you fill out the application.

You may also apply over the phone or online but this process can be complicated and require many callbacks and long wait times. It is best to have all your documentation (proof of income and proof of expenses) before applying.

Requirements

1. Proof of income (including money given to you by friends or family members)
2. Proof of expenses (Copy of your utility bill, phone bill, a lease agreement, or written document)
3. Cannot be receiving benefits in another state
4. If you have left a job in the past 6 months, you may need to get a letter from that employer stating you no longer work there.

HOURS OF OPERATION

Phone 1: (855) 432 7587

Location: Search for your nearest Department Economic Security (DES)

Hours: Monday - Friday 8am - 5pm

Closed on Major Holidays

Must be low income or have no income

CLICK HERE for directions

Caridad Community Kitchen

Requirements

No requirements needed. You may just show up for a meal.

HOURS OF OPERATION

Phone 1: (520) 622 0525 X7221

Phone 2: 520 882 5641

E-mail: contactus@communityfoodbank.org

E-mail 2: avalencia@communityfoodbank.org

E-mail 3: rlopez@communityfoodbank.org

Location: 3003 S Country Club Rd, Tucson

Hours: Monday - Friday 2 pm - 4 pm

CLICK HERE for directions

Community Meals I LOCATIONS

Caridad Community Kitchen

Hot or Sack Lunch

HOURS OF OPERATION

Phone 1: 520 882 5641

Location: 845 N Main Ave

Hours: Tues & Thurs 2p-4p

M/W/F: 11a-12:30p @ (1002 N Main Ave)

[CLICK HERE for directions](#)

Holy Family Church

Hot or Sack Lunch

HOURS OF OPERATION

Phone 1: 520 623 6773

Location: 338 W University Blvd

Hours: Sunday: 3:00 PM - 4:00 PM

[CLICK HERE for directions](#)

Southside Presbyterian

Hot meals, showers and clothing to those in need twice a week.

HOURS OF OPERATION

Phone 1: 520 623 6857

Location: 338 W University Blvd

Hours: Monday and Friday: 7:30 AM - 9:00 AM

[CLICK HERE for directions](#)

Life in Christ Community

Hot or Sack Lunch

HOURS OF OPERATION

Phone 1: 520 746 0254

Location: 102 E Palmdale St

Hours: Saturday: 5:00 PM - 6:00 PM

[CLICK HERE for directions](#)

HELPFUL TIPS I Food

[Click here to
RETURN
FOOD](#)

North Minister Presbyterian

Hot or Sack Lunch

HOURS OF OPERATION

Phone 1: 520 327 7121

Location: 2450 E Ft Lowell Rd

Hours: Monday: 5:00 PM - 6:00 PM

[CLICK HERE for directions](#)

His Presence Church Arizona

Hot Meal twice a month

HOURS OF OPERATION

Phone 1: 520 722 2217

Location: 4108 E North St

Hours: 2nd & 4th Thurs 3p-5p

[CLICK HERE for directions](#)

Living Faith Christian Center

Hot or Sack Lunch

HOURS OF OPERATION

Phone 1: 520 722 2217

Location: 4108 E North St

Hours: Thursday: 3:30 PM - 5:30PM

[CLICK HERE for directions](#)

Saguaro Christian Church

Hot or Sack Lunch

HOURS OF OPERATION

Phone 1: 520 296 5901

Location: 8302 E Broadway Blvd

Hours: Wednesday: 5:00 PM - 6:30 PM

[CLICK HERE for directions](#)

Z Mansion

Hot Meal

HOURS OF OPERATION

Location: 288 N Church Ave

Hours: Sundays 9:30a-11:30a

[CLICK HERE for directions](#)

The Emergency Food Assistance Program (TEFAP)

Community Food Bank of Southern AZ - Locator Tool

You can use the Community Food Bank's locator map to find the closest TEFAP distribution center to you. Enter your ZIP code and you can view locations, hours, and programs. You may also see if certain program offer hot meals using this tool.

You may also print a directory once you have entered a ZIP code.

[WEBSITE](#)

HOURS OF OPERATION

Phone 1: 520 296 5901

Location: 8302 E Broadway Blvd

Hours: Wednesday: 5:00 PM - 6:30 PM

[**CLICK HERE** for directions](#)

- Each location listed is a community partner of the food bank. You must present a Picture ID and self declare your income at time of registration.

Housing

Click on “**Website**” to visit them Online.
Click on “**Helpful Tips**” for further details.

4 services

Receive a Housing Assessment (SPDAT)

If you are Homeless. You may receive a housing assessment Service Prioritization Decision Assistance Tool (SPDAT) at many locations. Please click in “Helpful Tips” to find a spot that suits your needs.

[WEBSITE](#)

[IN PERSON LOCATIONS](#)

[OVER PHONE LOCATIONS](#)

Section 8

Section 8 is a voucher for housing given to individuals and families who make less than 30% of the average income in an area. These vouchers can last a lifetime if you follow the rules in the program and continue to meet the qualification requirements. To find out if you qualify, see Helpful Tips.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Low-Income Housing (Must have Income)

There are many organizations that offer low-income housing. Please click “Helpful Tips” to learn more about how to apply.

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Housing Tips

Click on “**Website**” to visit them Online.
Click on “**Helpful Tips**” for further details.

Receive a Housing Assessment (SPDAT)

IN PERSON LOCATIONS

La Frontera

IN PERSON ONLY

You can receive a SPDAT. This assessment location is in person only and is located next to Gospel Rescue Mission. It is best to arrive early to provide enough time to allow for an assessment. If you are unable to receive an assessment the same day, they can schedule an appointment for another day that works for you and them.

HOURS OF OPERATION

Location: 4554 S Palo Verde Rd
Hours: Monday - Friday from 8am - 4pm

WEBSITE

[CLICK HERE for directions](#)

Primavera

IN PERSON ONLY

The earlier you are, the more likely you will be to receive an assessment. If you are unable to complete an assessment the day you show up, you can schedule a time to complete an assessment at another time. To complete a SPDAT in person with Primavera, go to their office.

HOURS OF OPERATION

Location: 702 s 6th Ave.
Hours: Mon, Wed, Thurs, Fri: 9 am -12:30 pm

WEBSITE

[CLICK HERE for directions](#)

La Frontera RAPP Day Program

Assesments completed on a walk in basis during location hours. No need to call, just show up and they will assist you. Walk-ins for housing assements end at 3p.

HOURS OF OPERATION

Location : 4554 S Palo Verde Rd
Hours: Mon- Fri 8a-3p

Receive a Housing Assessment (SPDAT)

OVER PHONE LOCATIONS

There is no guarantee you will receive an assessment the day you call. Availability is dependent on how busy the organization is that day. In many cases, when you leave a message, it can take 1 or more business days for someone to call you back to schedule an appointment. If you are in more immediate need, it may be faster to try and call many locations or do an assessment in person.

Our Family Services

To fill out an interest form call and ask to do a housing assesment (SPDAT). Your call will be transferred or you can leave a message and receive a call back.

HOURS OF OPERATION

Phone 1: (520) 323-1708
Hours: Mon - Fri from 9am - 4pm

WEBSITE

[CLICK HERE for directions](#)

Primavera

To receive a SPDAT over the phone with someone. You will be directed to the front desk and they can assist you with receiving an assessment.

They will try to get an appointment the same day but it can take a few days to find availability. If nobody answers, please leave a voicemail with your name, phone number, and a brief description of what you need and someone will call you back within 1-2 business days.

HOURS OF OPERATION

By Phone : (520)308-3079
Hours: Mon, Wed, Thurs, Fri 1pm - 4pm
Tues 8am - 4pm

Interfaith Community Services

To Receive a SPDAT call. If no one answers, please leave a voicE-mail with your name, number, and a brief description of what your need is. If you leave a voicE-mail, someone will get back to you within 1-2 business days.

The earlier you call, the more likely it is they can schedule an assessment sooner. There is no guarantee of a same day assessment but they can schedule a time with you they can call back to complete an assessment.

HOURS OF OPERATION

Phone 1: (520) 297-6049 (Then Press 4)
Phone 2 (520) 477-0989
Hours: Mon - Fri 9am - 4pm

WEBSITE

Salvation Army

If you would like to complete an assessment with the Salvation Army, you will call them.

If no one answers, you can press 0 to be transferred to their shelter where you can speak to someone about more options.

If no one answers that phone, you may leave a voice E-mail with your name, number, and a brief description about your situation and someone will get back to you within a few business days.

Sullivan Jackson (Pima County)

If you would like to complete an assessment with Sulivan Jackson Employment Center (Pima county), you will call them.

A front desk person will answer and ask what your need is and ask for a SPDAT. They will transfer your call to an outreach worker. If their outreach worker does not answer, leave a voice E-mail and someone will get back to you as soon as they receive your message.

If you would like to call back and ask the front desk when someone may return their call, they will be able to give you more detailed information.

HOURS OF OPERATION

Phone 1: (520) 622-5411 (If nobody answers, press 0)

Hours: Mon - Sat 2pm - 7pm

WEBSITE

HOURS OF OPERATION

Phone 1: (520) 724-7300 (Ask for a SPDAT)

Phone 2: (520) 477-0989

Hours: Mon - Fri 8am - 5pm

WEBSITE

Section 8

Section 8 is a voucher for housing given to individuals and families who make less than 30% of the average income in an area. These vouchers can last a lifetime if you follow the rules in the program and continue to meet the qualification requirements. To find out if you qualify, follow the links below or apply.

For questions, please E-mail: TucsonWaitingList@Tucsonaz.gov or call and leave a message at (520) 791-5840.

[**For Helpful Tips about Section 8 in Tucson, Tap here**](#)

[**To update your contact information with section 8, Tap here**](#)

[**To apply for section 8, Tap here**](#)

[**To check on your application status, Tap here**](#)

Low-Income Housing (Must have Income)

Low-income housing (also known as affordable housing) is housing meant for people and families who are unable to afford housing on their own. Typically, there are requirements when applying such as having all your IDs and having a minimum income without making too much.

Each program has its own requirements however if you make less than \$800/month you would most likely not qualify. Many of the properties use what I called AMI to determine income eligibility. Learn more about AMI and where you and your family fit with the link below.

WHAT IS AMI

[Area Median Income](#)

TMM Affordable Housing

For single mothers, the disabled, people 62+, or people approved for section 8. Services are for People with income of at least \$1200 who are single mothers, veterans, disabled, 65+, or receiving section 8. You must have proof of income such as pay stubs, benefit letters of support from family/friends, and/or documentation of income. You may have to apply in person and complete a pre - qualification interview. Intakes take 1 week or longer and availability is dependent on units they have in stock. There may be a wait list and the program will be able to tell you how long it may take, call for Helpful Tips.

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Southern Arizona Land Trust, Inc

For families of 5+ people. This is a low-income housing organization that has 3-4-bedroom units intended for families with 5+ members. You must be considered low income or medium income based on your family size but also

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Pio Decimo Transitional Housing

For families between 2-5 people. Pio Decimo has a low-income housing program for families of 2-5 total people.

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Primavera Affordable Rental Housing

Primavera offers low-income housing ranging from a studio apartment to a 2 bedroom. They have multiple locations around Tucson and you can look at their website or at Pima County Housing Search for more information.

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Low-Income Housing

TMM Affordable Housing

Requirements

- 1) Have an ID, Birth Certificate, Social Security Card, and child(ren)'s Birth Certificate if applicable.
- 2) If you have a past eviction, you must have it paid in full or working on a payment plan
- 3) You must have income of \$1200.00+ per month
- 4) No Felons or sex offenders

HOURS OF OPERATION

Phone 1: (520) 322-9557 (Then Press 2)
Location: 1550 N Country Club Rd-
Hours: Monday - Friday 8:30am - 4:30pm

[CLICK HERE for directions](#)

Southern Arizona Land Trust, Inc

Apply in person when they are open

Requirements

- 1) Meet income requirements
- 2) not have any past evictions OR have all previous evictions taken care of.
- 3) Felons are accepted on a case-by-case basis but no sex offenders
- 4) Have an ID and birth certificate of all adults in the household and all birth certificates of all children in the household

HOURS OF OPERATION

Phone 1: (520) 352-2626 (Press 2)
E-mail: Admin@saltproperty.com
Location: 3044 N Alvernon Way, Tucson
Hours: Mon - Sat 2pm - 7pm For families of 5+ people.
Open Monday - Friday 8am-5pm
Closed on Holidays

[CLICK HERE for directions](#)

Pio Decimo Transitional Housing

Apply by E-mail or in person
For families between 2-5 people

Requirements

- 1) \$1,000 down payment and have an income of 60% AMI or lower
- 2) Income of 60% AMI or lower
- 3) Felons are accepted on a case-by-case basis but no sex offenders
- 4) Have an ID and birth certificate of all adults in the household and all birth certificates of all children in the household

HOURS OF OPERATION

Phone 1: (520) 622-2801 (Press 2 then Press 3)
E-mail: ghanelitz@ccs-pio.org
Location: Multiple locations
Hours: Monday-Friday 9am-4pm

[CLICK HERE for directions](#)

Primavera Affordable Rental Housing

For people looking for a studio, 1-bedroom or 2-bedroom

Requirements

- 1) Income needs to be 2x rent or more but no more than 60% AMI
- 2) You need an ID, social security card, and a birth certificate (Only for children)
- 3) Felons are admitted on a case-by-case basis

HOURS OF OPERATION

Phone 1: (520) 882-5383
Location: Multiple locations
Hours: Monday - Friday 8am - 5pm.
Closed for major holidays

[CLICK HERE for directions](#)

Substance Use Services

Click on “**Website**” to visit them Online.

Click on “**Helpful Tips**” for further details.

4 services

Cornerstone (El Dorado)

Cornerstone provides services for people who are in need of inpatient services for substance use and mental health crisis.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

COPE

They provide substance use services, domestic violence classes, anger management classes, PTSD services and other behavioral health services.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

CODAC

CODAC, Offers Behavioral Health Therapy as well as outpatient substance use treatment such as methadone and suboxone. They take all insurances however if it is a private insurance you may not be able to receive behavioral health treatment. They provide substance use services, domestic violence classes, anger management classes, PTSD services and other behavioral health services.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

HOPE

HOPE provides substance use recovery services including 1-1 peer support, groups, showers, safe spaces, and other services. You must be enrolled with them to access services.

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

HELPFUL TIPS | Substance Use Services

Click here to
RETURN
SUBSTANCE USE
SERVICES

Substance Use Services Tips

Cornerstone (El Dorado)

Intakes are in person first come first serve Tuesday through Friday 9:00am-11:00am and overnight intakes are Tuesday and Friday mornings (9am in person sign ups).

Requirements

- 1) No insurance Requirements
- 2) Must complete assessment with one of their nurses or therapist
- 3) 18+
- 4) Can typically stay about a week and before discharge, they create an exit plan with you

COPE

Before receiving services, you must call to schedule an intake. Once you complete an intake, you can access their services.

Intakes are in person first come first serve Tuesday through Friday 9:00am-11:00am and overnight intakes are Tuesday and Friday mornings (9am in person sign ups).

Requirements

- 1) COPE serves anyone ages 6+ but people under 18 years old must have parental approval
- 2) COPE accepts most insurance including AHCCCS

CODAC

Call to schedule an intake.

Requirements

- Must be 18 years or older
Must be enrolled to get services
Do not want inpatient services

HOPE

HOPE is open Monday - Friday 8am - 5pm and Saturday 8-12. They also have a 24/7 call line.

Requirements

- 1) 18+
- 2) HOPE takes most insurances
- 3) Wanting to overcome addiction

HOURS OF OPERATION

Phone 1 OFFICE: 520-222-8268
Location: 1400 N Wilmont Rd.
Hours: Cornerstone is open 24/7 and 365 days a year.

[CLICK HERE for directions](#)

HOURS OF OPERATION

Phone 1: 520-205-4732
Location: Multiple locations, call for more details
Hours: Monday - Friday 8am - 5pm and closed on all major holidays

[CLICK HERE for directions](#)

HOURS OF OPERATION

Phone 1: (520) 327-4505 then press 3 to enroll
Location: Multiple Locations
Hours: CODAC is open 24/7 for substance use treatment.

For behavioral health services, they are only open Monday - Friday 8am - 5pm.

[CLICK HERE for directions](#)

HOURS OF OPERATION

Phone 1: 520-770-1197 (Press 4)
Phone 24/7 LINE: 520-770-9909
Location: 125 E 34th St
Hours: Monday - Friday 8 am - 5pm and Saturday 8-12.

[CLICK HERE for directions](#)

Transportation

Click on “**Website**” to visit them Online.

Click on “**Helpful Tips**” for further details.

This transportation services are available to persons with disabilities **who meet the criteria and are eligible through the ADA Para-transit Eligibility Office**. You can call to this number, they will guide you through the process.

ADA Paratransit Eligibility Office

This office handles the eligibility process for ADA para-transit services, ensuring that individuals who qualify can access the necessary transportation options.

- Must have an address to start the process.
- They will send you a E-mailbox with a form to fill

HOURS OF OPERATION

Phone 1: (520) 791 5409

E-mail: Specialservices@tucsonaz.gov

Location: ADA Paratransit Eligibility Office, 149 N. Stone Ave., 2nd Floor

Hours: Monday - Friday : 6 a.m - 8 p.m

Saturday: 8 a.m - 7 p.m

Sunday: 9 a.m - 5 p.m

[WEBSITE](#)

4 services

Sun Van

Sun Van is a para-transit service that provides door-to-door transportation for individuals with disabilities who are unable to use the regular Sun Tran bus services.

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Sun Shuttle

Sun Shuttle offers neighborhood transit services for various areas around Tucson. It operates on fixed routes and schedules to connect residents to major transit centers and destinations.

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Sun On Demand

Sun On Demand provides flexible, on-demand transportation services for areas that do not have fixed-route bus services, offering residents a more convenient travel option.

[WEBSITE](#)

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Sun Shuttle Dial A Ride

This service offers door-to-door transportation for seniors and individuals with disabilities who need assistance traveling within the service area.

[WEBSITE](#)

**HELPFUL
TIPS**

- + Locations
- + Hours
- + Requirements

Oro Valley Dial A Ride

Sun Shuttle offers neighborhood transit services for various areas around Tucson. It operates on fixed routes and schedules to connect residents to major transit centers and destinations.

Green Valley/Sahuarita Dial A Ride

Sun On Demand provides flexible, on-demand transportation services for areas that do not have fixed-route bus services, offering residents a more convenient travel option.

Marana/Avra valley Dial A Ride

Sun On Demand provides flexible, on-demand transportation services for areas that do not have fixed-route bus services, offering residents a more convenient travel option.

Transportation Tips

Sun Van

Services

- 1) 1 to 7 days to make a reservation
- 2) Available for disabled individuals

Requirements

- 1) Eligible through the ADA Para-transit
- 2) Trips are made within the available zones

Call Menu PRESS FOR

- 1) Request a ride Sun Van
- 2) Cancel a ride/Existing Ride
- 3) Request a ride / Sun on Demand
- 4) To reach the operator

Sun Shuttle

Services

- 1) 2 to 12 days to make a reservation
- 2) Available for disabled individuals

Requirements

- 1) Eligible through the ADA Paratransit
- 2) Trips are made within the available zones

Call Menu PRESS FOR

- 1) Reserve a Ride / Cancel future Rides
 - 2) Info rides or cancel ride
- Wait to reach the operator

Sun On Demand

Services

- 1) 1 to 7 days to make a reservation
- 2) Available for disabled individuals

Requirements

- 1) Eligible through the ADA Paratransit
- 2) Trips are made within the available zones

Call Menu PRESS FOR

- 1) Request a ride Sun Van
- 2) Cancel a ride/Existing Ride
- 3) Request a ride / Sun on Demand
- 4) To reach the operator

Sun Shuttle Dial A Ride

Services

- 1) 1 to 7 days to make a reservation
- 2) Available for disabled individuals

Requirements

- 1) Eligible through the ADA Paratransit
- 2) Trips are made within the available zones

Call Menu PRESS FOR

- 1) For Sun Shuttle Dial a Ride
- 2) For Sun Tran/Sun Link/Sun van/Sun Shuttle

*Sun Shuttle Dial A Ride has the possibility to book a ride in the same day if it's available

Other Reservations: Oro Valley Dial A Ride, Green Valley/Sahuarita Dial A Ride, Marana/Avra valley Dial A Ride

[Oro Valley Dial A Ride](#)

[Green Valley/Sahuarita Dial A Ride](#)

[Marana/Avra valley Dial A Ride](#)

Domestic Violence

Click on “**Website**” to visit them Online.

Click on “**Helpful Tips**” for further details.

5 services

Emerge! (Domestic Violence)

AGE: + 18 ALL GENDERS WELCOME SERVICE ANIMALS ALLOWED

FAMILIES WELCOME

Intakes are 24/7, availability is not guaranteed. Call for Helpful Tips (You may be put on hold till someone is available to answer your call). Once speaking to someone, you will complete a 30–45-minute shelter request form and if you qualify you will receive additional information and next steps. If you do not qualify, non-shelter/housing related services are always available to callers.

WEBSITE

**HELPFUL
TIPS**

- + Locations
- + Hours
- + Requirements

The National Domestic Violence Hotline

WEBSITE

This is a hotline people can call if they are experiencing domestic violence to seek help. The hotline is available 24 hours every day of the week.

**HELPFUL
TIPS**

- + Locations
- + Hours
- + Requirements

The Arizona Sexual and Domestic Violence Hotline

WEBSITE

The Arizona Sexual and Domestic Violence Hotline is a helpline for people looking for support if they are in a dangerous or life threatening situation such as domestic violence or sexual assault.

**HELPFUL
TIPS**

- + Locations
- + Hours
- + Requirements

The Anti-Violence Project (AVP)

(LGBTQ+ Domestic Violence/Hate Crimes)

Leave a message if there is no answer and someone will get back to you when they get it. Expect to be on the phone less than 15 minutes

WEBSITE

**HELPFUL
TIPS**

- + Locations
- + Hours
- + Requirements

SAAF Anti-Violence Project

IDENTIFY AS LGBTQ+

ID REQUIREMENT

MAY HAVE UP TO PETS

WEBSITE

**HELPFUL
TIPS**

- + Locations
- + Hours
- + Requirements

Domestic Violence Help

Click on “**Website**” to visit them Online.

Click on “**Helpful Tips**” for further details.

Emerge! (Domestic Violence)

IS NOT A SHELTER

Services

- 1) Shelter and assistance for anyone fleeing domestic violence
- 2) Call for Helpful Tips

HOURS OF OPERATION

Phone 1: (520) 795-4266

Phone 2: (888) 428-0101

Location: Call for information

E-mail: info@emergecenter.org

CLICK HERE for directions

Requirements

- 1) Fleeing Domestic Violence
- 2) All genders welcome
- 3) Families welcome
- 4) Service animals welcome (Must have proper documentation)

The National Domestic Violence Hotline

Call this hot line to get connected with resources that can help you with your domestic violence situation.

HOURS OF OPERATION

Phone 1: 1-800-799-7223

Text: 88788

The Arizona Sexual and Domestic Violence Hotline

Monday – 8:30am – 5:00pm
Tuesday – 8:30am – 7:00pm
Wednesday – 8:30am -5:00pm
Thursday – 8:30am – 5:00pm
Friday –8:30am – 5:00pm

HOURS OF OPERATION

Phone 1: 602-279-2980

Phone 2: 800-782-6400

The Arizona Sexual and Domestic Violence Hotline

Services

- 1) LGBTQ+ emergency services and shelter
- 2) Helps create safety plan and get connected with other services
- 3) Call for Helpful Tips.

HOURS OF OPERATION

Phone or Text: 520-624-0348

Hours:

Monday – 8:30am – 5:00pm

Tuesday – 8:30am – 7:00pm

Wednesday – 8:30am -5:00pm

Thursday – 8:30am – 5:00pm

Friday –8:30am – 5:00pm

Requirements

- 1) Identify as LGBTQ+
- 2) 18+ (Minors accompanied by parents or guardians are allowed)
- 3) Must have an ID
- 4) Intakes will be in person the day following a phone call
- 5) May have up to 2 pets

SAAF Anti-Violence Project

(LGBTQ+ Domestic Violence/Hate Crimes)

Services

- 1) LGBTQ+ emergency services and shelter
- 2) Helps create safety plan and get connected with other services
- 3) Call for Helpful Tips.

Requirements

- 1) Identify as LGBTQ+
- 2) 18+ (Minors accompanied by parents or guardians are allowed)
- 3) Must have an ID
- 4) Intakes will be in person the day following a phone call
- 5) May have up to 2 pets

HOURS OF OPERATION

Phone 1: (520) 624-0348

Location: Call for information

Hours: Monday - Friday 8 am - 7 pm

Thank you!