

Resource Guide

Connecting people to services

Share!



SCAN ME

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 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

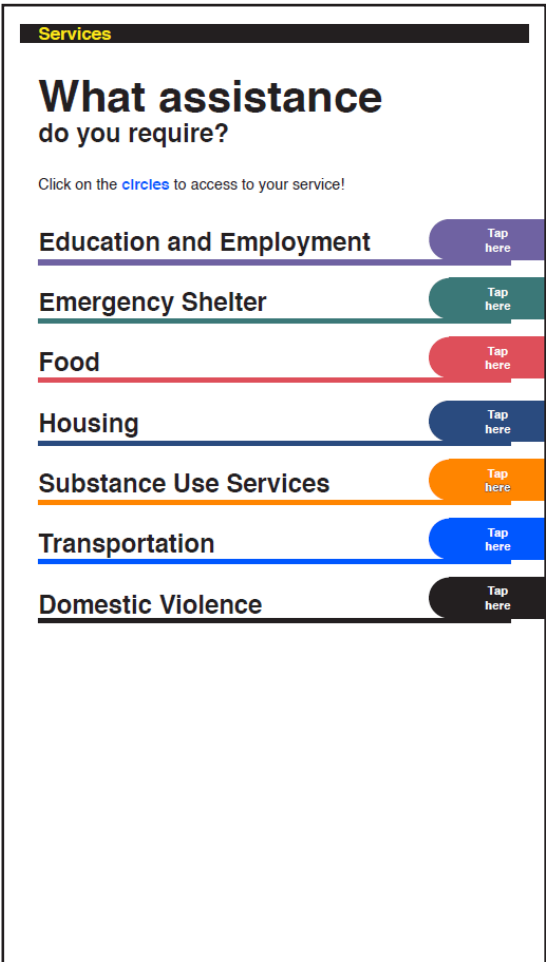
Arizona Crisis Hotline: 1-844-534-4673 Text: 44673

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

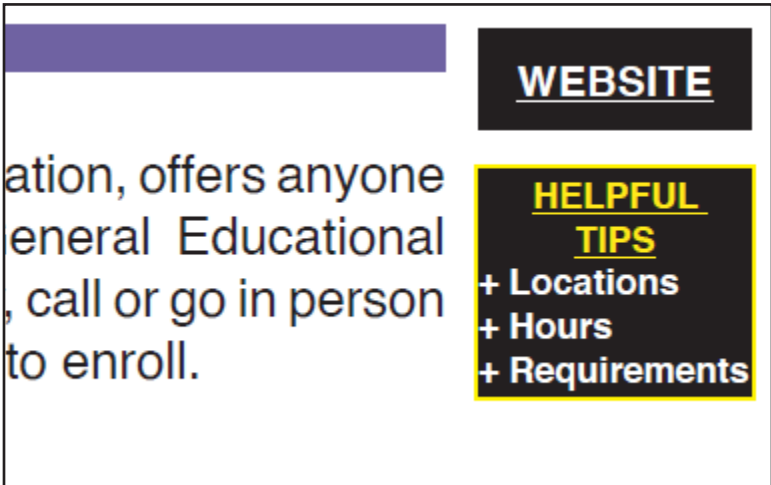
On the top right of each page, you can return to the previous page you were on.

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.

How to use **save** this Resource Guide?

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.

1 services

General services

YWCA GED Program

WEBSITE

YWCA, Young Women’s Christian Association, offers anyone the opportunity to obtain their GED, General Educational Development. They meet every Saturday, call or go in person for more details and information on how to enroll.

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 Youth Education Centers

AGE: 16 - 24

Goodwill offers continuing education for **youth ages 16-24** and can help youth obtain a GED or a high school diploma. Goodwill has 3 locations with different hours.

WEBSITE

HELPFUL TIPS
+ Locations
+ Hours
+ Requirements

Tucson Prep (Website) High school Diploma

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 Helpful Tips, contact them directly.

WEBSITE

HELPFUL TIPS
+ Locations
+ Hours
+ Requirements

Education Tips

Youth aged **14-24 years**

Goodwill Youth Education Centers

To enroll, go in person, reach out to them via phone, or send them an email to schedule an appointment.

Additional Services

Employment Assistance
Homeless youth services
Case management
Support groups

Mail

Email 1: lmeeks@goodwilltucson.org
Email 2: cramirez@goodwilltucson.org

HOURS OF OPERATION

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

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

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

Tucson Prep - High school Diploma

Want to go back to high school, you can contact them directly.

Closed on Major Holidays
Closed for major school breaks (Summer, Winter, and Spring).

Requirements

Ages 14-21
Must have a copy of your birth certificate and vaccine records

HOURS OF OPERATION

Phone 1: (520) 622-4185
Location: 104 E Prince Rd, Tucson, AZ
Hours: Monday - Friday 9am - 4pm
Email: inquiry@tucsonprepschool.org

Education Tips

YWCA GED - Program for all ages

They can speak English or Spanish.

Requirements

Want to go back to high school
Able to attend class Saturdays

HOURS OF OPERATION

Phone 1: (520) 844-7810 (Select Language then Press 0)
Location: 525 N Bonita Ave. Tucson, AZ.
Hours: Monday - Friday 8am - 5pm
Email: info@ywcatuson.org

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

YWCA Southern Arizona (YWorks)

YWCA **offers anyone** the opportunity to enroll into their **job training program** and can help with interview skills, professional clothing, free tax filing, workshops, and skill developments. Call or go in person for more details and information on how to enroll.

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

AZ @ Work - Unemployment

AGE: + 18

These services can give people temporary monetary benefits in specific situations. You need to be recently fired from your job and actively looking for a new job. You may also not have more than a certain amount of money in your current bank account. If you think you may qualify, call or go in person to begin an application.

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**

1 services

Goodwill Youth Employment Centers

AGE: 16 - 24

WEBSITE

Goodwill offers employment services for **youth ages 16-24** and can help youth with **resume, building certificates, and interview skills**. Goodwill has 3 locations with different hours, see below. To enroll, go in person, reach out to them via phone, or send them an email to schedule an appointment.

HELPFUL
TIPS

- + Locations
- + Hours
- + Requirements

Employment Tips

Youth aged 16-24 years

Goodwill Youth Employment Centers

To enroll, go in person, reach out to them via phone, or send them an email to schedule an appointment.

Additional Services

- Education Assistance
- Homeless youth services
- Case management
- Support groups

HOURS OF OPERATION

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

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

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

Employment Tips

Interfaith Community Services

Requirements

Anyone who wants a job is eligible

Additional Services

Food Bank Services
Emergency Financial Assistance
Tax Assistance
Computer Classes

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 - Fri 9am - 4pm

Location 2: 122 N. Craycroft Rd
Hours: Mon - Fri 9am - noon

Email: info@icstucson.org

YWCA Southern Arizona (YWorks)

To enroll, go in person, reach out to them via phone, or send them an email to schedule an appointment.

Requirements

Looking for a job
Can speak English or Spanish

HOURS OF OPERATION

Phone 1: (520) 884-7810
Location: 525 N. Bonita Ave. Tucson, AZ
Hours: Monday - Friday 8am - 5pm

Email: info@ywcatuson.org

AZ @ Work - Unemployment

To enroll, go in person, reach out to them via phone, or send them an email to schedule an appointment.
To go in person by searching AZ @ work and finding a location near you.

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

HOURS OF OPERATION

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

Emergency Shelter

Services for youth aged 12-17 yearsTap 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 FAMILYNO ID REQUIREMENTNO 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

Casa Paloma Women’s

IDENTIFY AS A WOMANNO ID REQUIREMENTNO 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 REQUIREMENTIDENTIFY AS A WOMANALLOW PETS
NO CHILDRENTERM: 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

WEBSITE

HELPFUL
TIPS
+ Locations
+ Hours
+ Requirements

Salvation Army Hospitality House

ALLOWS CHILDRENFAMILIES ALLOWEDID 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

SAAF Anti-Violence Project

IDENTIFY AS LGBTQ+ ID REQUIREMENT MAY HAVE UP TO PETS

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

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

WEBSITE

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

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

Families of any makeup
Call for Helpful Tips

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

Casa Paloma Women’s

Services

Identify as a female (Non-binary/gender fluid people admitted on a case by case basis, call for more details)

Call for more information.

Requirements

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) 882-0820
Location: Call for information
Hours: Monday, Wednesday, Thursday and Friday 9:00 am to 12:30 pm. Closed Tuesdays, weekends and holidays (no appointment necessary)

Sister-Jose Women’s Shelter

Services

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

Requirements

You must be 18 years of age or older
Identify as a Woman
No ID Requirements

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).
Email: welcome@sisterjose.org

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.

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)

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

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.

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

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) 623-4300
Location: 200 E Benson Hwy
Hours: Open 24 hr

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

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

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**

4 services

Community Senior Food Program

This program gives food to propel 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

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

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

Food Tips

Food Stamps

How to Apply

It is easiest to apply for food stamps in person. They will give you a paper application o 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 sate
- 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

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

Email: contactus@communityfoodbank.org
Email 2: avalencia@communityfoodbank.org
Email 3: rlopez@communityfoodbank.org

Location: 3003 S Country Club Rd, Tucson
Hours: Monday - Friday 2 pm - 4 pm

Community Meals | LOCATIONS

Community Kitchen

Hot or Sack Lunch

HOURS OF OPERATION

Phone 1: 520 882 5641
Location: 845 N Main Ave
Hours: Monday - Friday 2:00PM - 4:00PM

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

Southside Presbyterian

Hot meals

HOURS OF OPERATION

Phone 1: 520 623 6857
Location: 338 W University Blvd
Hours: Monday and Friday: 7:30 AM - 9:00 AM

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

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

His Presence Church Arizona

HOURS OF OPERATION

Phone 1: 520 722 2217
Location: 4108 E North St
Hours: Thursday: 1:00 PM - 5:00 PM

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

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

The Emergency Food Assistance Program

Salvation Army

HOURS OF OPERATION

Phone 1: (520) 888-1299
Location: 218 E Prince Rd
Hours: Mon. - Thurs. 9:00 AM - 4:00 PM

Registration: 9:00 AM - 10:30 AM
Distribution: 10:30 AM - 4:00 PM

Arizona Baptist Children’s Services

HOURS OF OPERATION

Phone 1: (520) 253-8999
Location 1: 2411 E Ft Lowell Rd
Hours: Tues. - Thurs 1:00 PM - 4:00 PM

Trinity Presbysterian Church

HOURS OF OPERATION

Phone 1: (520) 623-2579
Location 1: 400 E University Blvd
Hours: Tues. Noon - 3:00 PM

Grace St. Paul Joseph’s Pantry

HOURS OF OPERATION

Phone 1: (520) 327-6857
Location 1: 2331 E Adams Street
Hours: Mon. Wed. & Fri 9:00 AM - Noon

His Presence Church Arizona

HOURS OF OPERATION

Phone 1: (520) 722-2217
Location 1: 4108 E North St
Hours: Tuesday 2:00 PM - 4:00 PM

Primavera, Hip

HOURS OF OPERATION

Phone 1: (520) 623-5111
Location 1: 702 S. 6th Ave
Hours: Mon. Wed. Thurs, & Fri 9:00 AM - 12:30 PM

Pio Decimo/CCS

HOURS OF OPERATION

Phone 1: (520) 416-4764
Location 1: 848 S 7th Ave
Hours: Mon. - Fri. 1:00 PM - 4:30 PM

Christ Church United Methodist

HOURS OF OPERATION

Phone 1: (520) 795-3624
Location 1: 655 N Craycroft Rd
Hours: Tues, Wed, & Thurs: 9:00 AM - Noon

St. Paul's United Methodist

HOURS OF OPERATION

Phone 1: (520) 296-1927
Location 1: 8051 E Broadway Blvd
Hours: Mon - Fri, 9:00 AM - 11:30 AM

Interfaith Community Services at New Spirit

HOURS OF OPERATION

Phone 1: (520) 296-2461
Location 1: 8701 E. Old Spanish Trail
Hours: 2nd and 4th Thursdays: 8:30 AM - 10:00 AM

Flowing Wells Family Resource Center

HOURS OF OPERATION

Phone 1: (520) 696-8614
Location 1: 4545 N La Cholla Blvd
Hours: Mon - Thurs: 8:00 AM - 4:00 PM

Canyon Del Oro Assembly of God

HOURS OF OPERATION

Phone 1: (520) 742-1168
Location 1: 2950 West Lambert Lane
Hours: Wed & Sat: 9:00 AM - Noon

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

Wildcat Inn

The Wildcat Inn is a program in a converted hotel and the rooms are studio style. For Helpful Tips, you may Email them or show up in person. If you are already receiving case management, they can give you a referral to the Wildcat Inn if you qualify, see Helpful Tips.

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

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

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 or go in person to fill out an interest form. You will likely receive a call from an assessor within a few business days to complete an assessment.

HOURS OF OPERATION

Phone 1: (520) 323-1708
Location: 2590 N Alvernon Way
Hours: Mon - Thurs from 8am - 4pm

WEBSITE

City of Tucson

To receive an assessment with the City of Tucson, you can call. If you leave a voice mail, someone will get back to you within 24 business hours to complete an assessment. There may be availability to complete an assessment the same day but most likely will be able to schedule an appointment within 2 business days of calling.

HOURS OF OPERATION

Phone 1: (520) 850-0380
Hours: Tues, Wed, Thurs 1pm - 4pm

WEBSITE

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 voice mail 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

Phone 1: (520) 623-5111 **ext. 105**
Hours: Mon, Wed, Thurs, Fri 1pm - 4pm
Tues 8am - 4pm

WEBSITE

Old Pueblo Community Services

If you would like to complete an assessment with OPCS call them , you will leave a voice mail and someone will get back to you to schedule an appointment within a few business days.

HOURS OF OPERATION

Phone 1: (520) 546-0122 **(then press 2)**
Hours: Mon - Fri 8am - 4pm

WEBSITE

Interfaith Community Services

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

HOURS OF OPERATION

Phone 1: (520) 622-5411 (If nobody answers, press 0)
Hours: Mon - Sat 2pm - 7pm

WEBSITE

Sulivan 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 voicemail 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) 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 email: 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](#)

Wildcat INN

The Wildcat Inn is a program in a converted hotel and the rooms are studio style. For more information, you may Email them or show up in person. If you are already receiving case management, they can give you a referral to the Wildcat Inn if you qualify, see details below.

Services

This program is intended to help people who are homeless get an independent place to stay while getting back on their feet. They help with employment, housing, case management, and more.

Requirements

You must be currently Homeless.

Either 65+, disabled, or a family with children under the age of 18.

Availability depends on how many people are currently staying there.

They do not accept sex offenders and accept felons on a case-by-case basis.

HOURS OF OPERATION

Location: 1701 N Oracle Rd, Tucson, AZ
Email: Allison.chappell@tucsonaz.gov
Hours: Monday - Friday 8am - 5pm

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

WEBSITE

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)
Email: 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

WEBSITE

Pio Decimo Transitional Housing

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

Requirements

- 1) \$1,000 down payment and have and 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

HOURS OF OPERATION

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

WEBSITE

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

WEBSITE

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 enrllled with them to access services.

[WEBSITE](#)

[HELPFUL TIPS](#)

+ Locations
+ Hours
+ Requirements

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

HOURS OF OPERATION

Phone 1 INTAKE: 520-637-2004
Phone 2 OFFICE: 520-222-8268
Location: 1400 N Wilmont Rd.
Hours: Cornerstone is open 24/7 and 365 days a year.

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

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

CODAC

Call to schedule an intake.

Requirements

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

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.

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: 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.

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 mailbox with a form to fill

HOURS OF OPERATION

Phone 1: (520) 791 5409
Email: Specialservices@tucsonaz.gov
Location: ADA Paratransit Eligibility Of-
fice, 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

HOURS OF OPERATION

Phone 1 INTAKE: 520-637-2004
Phone 2 OFFICE: 520-222-8268
Location: 1400 N Wilmont Rd.
Hours: Cornerstone is open 24/7 and 365 days a year.

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

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

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

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.

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 posiibility 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

HOURS OF OPERATION

Phone 1 INTAKE: 520-637-2004
 Phone 2 OFFICE: 520-222-8268
 Location: 1400 N Wilmont Rd.
 Hours: Cornerstone is open 24/7 and 365 days a year.

[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.

4 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, they can assist you with alternative plans to assure your safety.

HELPFUL TIPS

+ Locations
+ Hours
+ Requirements

WEBSITE

The National Domestic Violence Hotline

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

WEBSITE

The Arizona Sexual and Domestic Violence Hotline

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

WEBSITE

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

HELPFUL TIPS

+ Locations
+ Hours
+ Requirements

WEBSITE

Domestic Violence Tips

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

Requirements

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

HOURS OF OPERATION

Phone 1: (520) 795-4266

Phone 2: (888) 428-0101

Location: Call for information

Email: info@emergecenter.org

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.

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 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