

This is a comprehensive list of resources for Academic Tools, Career/Employment Services, Children's Services & Programs, Clothing Services, Databases for Resources & Community Help, Disability Services & Programs, Disability Services & Programs, Diversity Services & Programs, Elderly Services & Programs, Financial Services & Programs, Food Services & Programs, Health Databases, Services & Programs, Heat Relief, Housing/Shelter, Services & Programs, Immigrant & Refugee Services & Programs, Mental Health Services & Programs, Multi-Programs & Services, Parents & Caregiver Services & Programs, Specialty Services & Programs, Transportation Services & Programs, Veterans Services & Programs

Academics - Tools & Resources for Students

[Khan Academy](#)

(Free world-class education for all.)

[Ask Benji](#)

(FAFSA support site.)

[College & Financial Aid Support for AZ Students](#)

[AZ Career Information System](#)

(College and career planning site.)

[Arizona Friends of Foster Children Foundation](#)

(Services that cater to children and youth in foster care. Post-secondary scholarship program – funds tuition for young people who age out of foster care in AZ and wish to attend university or community college.)

[Chegg](#)

(Company with an emphasis on low-cost educational products and services. Offers affordable textbooks for rent or buy, study tools, and internship search.)

Career/Employment Services

[AZ Career Information System](#)

(College and career planning site.)

[Arizona at Work](#)

(Workforce development network.)

4425 West Olive Avenue Suite 190

Glendale, Arizona 85302

(602) 372-4200

Monday - Friday: 8am - 5pm

[St. Joseph the Worker](#)

(Largest community funded employment organization in AZ.)

5800 N 19th Ave.

Phoenix, AZ 85015

(844) 759-5627

Monday - Friday: 8:30am - 3:30pm

World Hunger Ecumenical Arizona Task-Force (WHEAT)

(WHEAT's Management Training and Mentoring Program dedicated to on-the-job training and management skills workshop, case management, and mentor support)

4000 N 7th St.
Phoenix, AZ 85014
(602) 955-5076

Tuesday - Friday: 10am - 2pm

Children's Services & Programs

Big Brothers Big Sisters of Central AZ

(One-on-one youth mentoring program.)

1615 E Osborn Rd.
Phoenix, AZ 85016
(602) 264-9254

Monday - Thursday: 9am - 6pm

Friday: 9am - 4pm

Boys & Girls Clubs of the Valley

(Largest, affordable out-of-school-time program and childcare provider in the Valley. Offers after school, summer and sports programs.)

6420 W. Maryland Ave.
Glendale, AZ 85301
(623) 939-6952

Monday, Tuesday, Thursday, Friday: 3pm - 7pm

Wednesday: 12pm - 7pm

Childhelp

(Organization dedicated to the prevention and treatment of child abuse. Offers prevention, intervention, and treatment programs.)

2120 N Central Ave #130
Phoenix, AZ 85004
(602) 271-4500

Monday - Friday: 8am - 5pm

Family Involvement Center

(Programs for families experiencing social, emotional, or behavioral health challenges. Services include but are not limited to family support, Greatness Kids Club, Counseling, and AHCCCS enrollment help.)

5333 N 7th St.
Phoenix, AZ 85014
(602) 288-0155

Monday - Friday: 8:30am - 5pm

[Glendale Public Library](#)

(Kid-centric programs and events for Glendale Public Library goers. Programs for kids (in-person and virtual storytimes and crafts), homework help, ebooks for kids, preschool games, elementary games.)

5959 W Brown St
Glendale, AZ 85302
(623) 930-3600
Monday: 12pm - 8pm Tuesday: 10am - 4pm
Wednesday: 10am - 2pm
Thursday, Friday: 10am - 6pm
Saturday: 10am - 5pm Sunday: 1pm - 5pm

Clothing Services

[Dress for Success Phoenix](#)

(Women's empowerment program providing access to support networks, professional attire, and workforce developmental tools.)

1024 E Buckeye Rd #165
Phoenix, AZ 85034
(602) 489-7397
Monday - Thursday: 8:30am - 4:30pm

Databases

[Arizona Together](#)

(Database on community and COVID-19 resources for individuals and business owners.)

[2-1-1 Arizona](#)

(Online database to various services based on programs, zip code or both.)

[Arizona Department of Economic Services](#)

(Government database of resources based on need.)

4324 W Olive Ave, Glendale, AZ 85302
(855) 432-7587
Monday - Friday: 8am - 5pm

[findhelp](#)

(Online database to various services based on zip code.)

[Maricopa County, AZ](#)

(Database on resources and services within Maricopa County.)

Disability Services & Programs

[Ability360](#)

(Organization offering and promoting programs designed to empower people with disabilities. Services offered are employment services, life transitions, home modifications, social and recreational activities, health and wellness programs.)

6829 N 57th Ave.

Glendale, AZ 85301
(602) 424-4100
Monday - Friday: 8am - 5pm

Division of Developmental Disabilities

(Provides support and services to individuals diagnosed with select developmental disabilities.)

4324 W Olive Ave, Glendale, AZ 85302
(855) 432-7587
Monday - Friday: 8am - 5pm

One Life Unlimited

(Provides Attendant Care, Respite, and Habilitation to children and adults with developmental disabilities.)

5281 N 99th Ave Suite #220
Glendale, AZ 85305
(623) 533-6479
Monday - Friday: 8:30am - 4:30pm

Rise Above Support Services

(Provides Attendant Care, Respite, and Habilitation to children and adults with developmental disabilities.)

18001 N 79th Ave Suite B20
Glendale, AZ 85308
(623) 282-1095
Monday - Friday: 8am - 5pm

Diversity Services & Programs

African Association of Arizona

(Promoting awareness of African and African cultures in Arizona through cultural and educational activities.)

3454 N. 51st Ave.
Phoenix, AZ 85031
(623) 247-4829

Black Family & Child Services (BFCS)

(Non-profit, community-based service agency serving children and families of all ethnic backgrounds.)

1522 E Southern Ave
Phoenix, AZ 85042
(602) 243-1773
Monday - Friday: 8am - 5pm

Chicanos por la Causa

(Community service programs that help in five areas: advocacy, health and human services, education, housing and economic development.)

1112 E Buckeye Rd,

Phoenix, AZ 85034
(602) 253-0838
Monday - Friday: 8am - 5pm

Indian Health Service

(Federal health program for American Indians and Alaskan Natives.)

40 N. Central Avenue, Suite 504
Phoenix, Arizona 85004
(602) 364-5039

Phoenix Indian Center

(Non-profit, urban Indian center dedicated to the urban American Indian community by providing services on employment, education, cultural enrichment, and community engagement.)

4520 North Central Ave, #250
Phoenix, Arizona 85012
(602) 264-6768
Monday - Friday: 8am - 5pm

Native American Connections

(Organization providing Native American culturally appropriate behavioral health, affordable housing, and community development services.)

4520 N Central Ave Suite 600
Phoenix, AZ 85012
(602) 254-3247
Monday - Friday: 8am - 5pm

Elderly Services & Programs

Area Agency on Aging, Region One

(Organization offering programs and services that enhance the quality of life for residents of Maricopa County who are aged 60+, 18+ with HIV/AIDS, 18+ with disabilities and long-term care needs, and family caregivers.)

Vista Alegre

(Senior housing service. Must apply.)

6515 W Maryland Ave.
Glendale, AZ 85301
(623) 937-0418 or (623) 435-3565
Monday - Friday: 8am - 5pm

Financial Services & Programs

Arizona Department of Economic Security

(Department of Economic Security Emergency Rental Assistance Program offers rent and utility assistance to eligible AZ renters impacted by the COVID-19 pandemic.)

4324 W Olive Ave.
Glendale, AZ 85302
(855) 432-7587

Monday - Friday: 8am - 5pm

Friendly House

(Assists homeless, low-income families and seniors through emergency relief depending on the specific need such as food or utility assistance.)

113 W Sherman St.

Phoenix, AZ, 85003

(602) 257-1870

Monday - Friday: 8am - 5pm except holidays.

Glendale AZ

(Neighborhood, family services and COVID-19 assistance programs.)

5850 W. Glendale Ave. Suite B51

Glendale, AZ 85301

(623) 930-2854

Monday - Friday: 8am - 5pm

John F. Long Family Service Center

(Rent and mortgage payment assistance, utility assistance for electric, gas, and water bills. Phoenix residents must provide proof of residence and citizenship.)

3454 N. 51st Ave.

Phoenix, AZ 85031

(602) 262-6510 or (602) 262-6991

Monday - Saturday: 7am - 6pm

Mission Asset Fund

(Organization focused on assisting low-income communities with financial empowerment programs.)

(888) 274-4808

Monday - Friday: 9am - 5pm

Food Services & Programs

Arizona Food Bank Network

(Network of organizations and agencies working together to address hunger. Various locations. Use your location to find one nearest you.)

Andre House

(Dinner, prayer, transitional housing, and hospitality resources such as laundry, clothing closets, showers, lockers, and blanket/sleeping bag distribution.)

213 S 11th Ave.

Phoenix, AZ 85007

(602) 255-0580

Monday - Thursday: 10am - 12pm, 1pm - 3pm

Saturday, Sunday: 1pm - 3pm

Borderlands Produce Rescue

(Fresh food distributions. Please check the website for the location nearest you.)

Desert Mission Food Bank

(Monthly emergency food, community resource center, nutrition outreach and agriculture program. Must have a photo ID and proof of residency.)

9229 N. 4th St
Phoenix, AZ 85020
(602) 870-6062 or (602) 331-5744
Monday - Thursday: 9am - 3pm
Friday: 9am - 12pm

Matthew's Crossing Food Bank

(Emergency food services and programs such as food boxes, and senior doorstep delivery.)

1368 N. Arizona Ave Unit 112
Chandler, AZ 85225
(480) 857-2296
Monday, Tuesday, Thursday, Friday 8am - 11am
Wednesday: 4pm - 6pm

Peoria Unified School District

(Offering free breakfast and lunch for students under 18 throughout June 2022. Meals not limited to PUSD students. Please check the local PUSD school near you.)

Phoenix Rescue Mission

(Serving food Monday through Friday 8 am to noon. Please line up in the first three rows and bring an ID and proof of residence such as a utility bill.)

5605 N. 55th Avenue
Glendale, AZ 85301
(602) 773-4344
Monday - Friday: 8am - 12pm

Society of St. Vincent de Paul - Sunnyslope Dining Room

(Hot meals served to those in need.)

9227 N. 10th Ave.
Phoenix, AZ 85021
(602) 370-8396
Monday - Friday: Lunch: 11am - 12:30pm Dinner 4:30pm - 5:30pm
Saturday, Sunday: Dinner 4:30pm - 5:30pm

St. Mary's Food Bank

(Emergency Food and Drive-Up Food Distribution. Photo ID required.)

2831 N 31st Ave
Phoenix, AZ 85009
(602) 242-3663
Monday - Thursday: 8am - 12pm

St. Mary's Food Bank Alliance - Knight Center

(Emergency Food and Drive-Up Food Distribution. Photo ID required.)

3131 W Thomas Road
Phoenix, AZ 85009
(602) 242-3663
Monday - Friday: 8:30am - 1:30pm

Vineyard Church North Phoenix

(Food and clothing banks are open to those in need. A picture ID is required along with proof of residency such as utility bill or piece of mail.)

6250 W Peoria Ave
Glendale, AZ, 85302
VC Compassion Building
(623) 934-4000
Monday, Tuesday, Thursday: 7pm - 9pm
Wednesday, Friday, Saturday, Sunday: 9am - 11am

World Hunger Ecumenical Arizona Task-Force (WHEAT)

(Organization dedicated to educating, advocating, engaging, and empowering individuals in the fight against hunger and poverty. Also offers SNAP Application Assistance Program, Management Training Program, the Clothes Silo.)

4000 N 7th St.
Phoenix, AZ 85014
(602) 955-5076
Tuesday - Friday: 10am - 2pm

Health Databases, Services, & Programs

AHCCCS

(Arizona's Medicaid agency that offers health care programs to serve eligible Arizona residents.)

801 E Jefferson St
Phoenix, AZ 85034
(602) 417-4000
Monday - Friday: 8am - 5pm

Arizona Department of Health Services

(Information on a variety of topics regarding the health and wellness of Arizonans.)

Arizona Dental Association

(Database for locating affordable dentists.)

Circle the City

(Healthcare services for the homeless.)

210 S 12th Ave
Phoenix, AZ 85007
(602) 254-4282
Monday - Friday: 8am - 5pm

Native Health

(Healthcare organizations providing accessible, holistic patient-centered medical, dental, behavioral health, WIC, food, and wellness programs.)

4041 North Central Avenue, Building C
Phoenix, AZ 85012
(602) 279-5262
Monday - Friday: 8am - 5pm

NOAH (Neighborhood Outreach Access to Health)

(Provides various, affordable and high-quality health care services to the community.)

11851 N. 51st Avenue, Ste. B110
Glendale, AZ 85304
(480) 882-7537
Monday - Thursday: 7am - 7pm Friday: 7am - 5pm

Planned Parenthood - Glendale Health Center

(Women's and men's reproductive health services.)

5771 W Eugie Ave.
Glendale, AZ 85304
(602) 277-7526
Monday, Tuesday: 7am - 5pm
Wednesday: 10am - 5pm Sunday: 7am - 5pm

Maricopa County Public Health Department

(Public health information and database for Maricopa County residents.)

Southwest Center

(Healthcare center providing financially-accessible, culturally-competent, LGBTQ+ friendly healthcare.)

1101 N Central Ave #200
Phoenix, AZ 85004
(602) 307-5330
Monday, Friday: 8am - 5pm
Tuesday, Wednesday, Thursday: 8am - 7pm

Valle del Sol Community Health

(Human services and integrated healthcare providers such as mental, physical and emotional.)

8410 W Thomas Rd Suite 116,
Phoenix, AZ 85037
(602) 258-6797
Monday - Friday: 7am - 7pm

Heat Relief

Heat Relief Regional Network

(Database on heat relief and cooling stations.)

Housing & Shelter Services & Programs

Central Arizona Shelter Services (CASS)

(Offers two shelters (individual and family) and an empowerment center focused on filling the needs of those who walk in.)

230 S 12th Ave.

Phoenix, AZ 85007

Brian Garcia Welcome Center: (602) 229-5155

Families w/ children and Family Housing: (602) 595-8700

Homeward Bound

(Housing and support for homeless families. Comprehensive case management for 2 years. Also offers utility assistance, landlord mediation, and housing navigation. Must have an ID.)

2302 W. Colter St.

Phoenix, AZ 85015

(602) 374-8721

Monday - Friday: 8am - 5pm

House of Refuge Transitional Housing

(Transitional housing and support services for families experiencing homelessness.)

9844 N 7th Pl.

Phoenix, AZ 85020

(602) 678-0223

Monday - Thursday: 9am - 3pm

Living Water Of The Valley Church

(Offers free showers, haircuts, and an air-conditioned place to sleep on Fridays.)

2728 W Maryland Ave.

Phoenix, AZ 85017

(602) 345-0404

Tuesday: 6pm - 9pm

Friday: 9am - 6pm Sunday: 10am - 12pm

Lodestar Day Resource Center

(Offers shelter, mobile showers and restrooms. Assessments based on needs, legal services, and three meals a day.)

204 S. 12th Avenue Phoenix, AZ 85007

(602) 393-9930

Monday - Friday: 7:30am - 5pm

UMOM

(Emergency housing for youth, families and women. Re-housing and affordable housing.)

3333 E Van Buren St, Phoenix, AZ 85008

(602) 275-7852

Monday - Sunday: 8am - 5pm

Immigrant & Refugees Services & Programs

Catholic Charities Community Services

(Over 20 programs, counseling, parenting programs, provide shelter for domestic violence victims, refugee and immigration services, and provide veteran services.)

4747 N. 7th Ave.
Phoenix, AZ. 85013
(602) 285-1999
Monday - Friday: 9am - 5pm

Friendly House

(Assists homeless, low-income families and seniors through emergency relief depending on the specific need such as food or utility assistance. Also has immigration/legal services, and refugee/immigration services.)

113 W Sherman St.
Phoenix, AZ, 85003
(602) 257-1870
Monday - Friday: 8am - 5pm except holidays.

Lutheran Social Services of the Southwest

(Faith based non-profit organization providing community resources such as to children and family services, emergency services, refugee/immigration services, and crisis and transition services.)

2502 E. University Drive, Suite 125
Phoenix, AZ 85034
(602) 248-4400
Monday - Friday: 8am - 5pm

Mental Health Services & Programs

Community Bridges, Inc.

(Integrated behavioral healthcare agency. Resources include but are not limited to crisis care, supportive housing, patient-centered medical home, substance use care, peer support, women and children services, and veterans service.)

824 North 99th Avenue, Suite 107-108
Avondale, AZ 85323
(623) 643-9678

La Frontera Arizona/EMPACT-Suicide Prevention Center (SCP)

(Suicide prevention center offering comprehensive crisis and community behavioral health. Resources include but are not limited to adult programs, child and family programs and crisis services.)

4425 W Olive Ave.
Glendale, AZ 85302
(480) 784-1514
Monday - Thursday: 8am - 8pm Friday: 8am - 6pm

National Alliance on Mental Health (NAMI)

(Mental health organization working to educate, advocate, listen, and lead to improve the lives of people with mental illness and their loved ones. Services include support groups, and mental health education.)

5025 E Washington St Ste 112
Phoenix, AZ 85034
(602) 244-8166

Terros Health

(Healthcare company with an emphasis on holistic care. Provides services on primary care, counseling services, sick visits, pharmacy services, and more.)

6153 W Olive Ave.
Glendale, AZ 85302
(602) 685-6000
Monday - Thursday: 7:30am - 8pm Friday, Saturday: 7:30am - 5pm

Stand Together and Recover (STAR) Centers

(Peer-run recovery agency providing skills to gain employment, enhancing social connections, and improving overall wellness.)

605 N. Central
Avondale, Arizona 85323
(623) 882-8463
Monday - Thursday: 7:30am - 7pm
Friday: 7:30am - 3:30pm Saturday: 7:30am - 2pm

Southwest Behavioral & Health Services

(Healthcare program with a focus on integrative health. Services include crisis services, community living, day treatment, housing, opiate treatment, outpatient clinics, and prevention programs.)

2345 W Glendale Ave
Phoenix, AZ 85015
(602) 584-2909
Monday - Friday: 8am - 5pm

Multi-Programs & Services

Catholic Charities Community Services

(Over 20 programs, counseling, parenting programs, provide shelter for domestic violence victims, and provide veteran services.)

4747 N. 7th Ave.
Phoenix, AZ. 85013
(602) 285-1999
Monday - Friday: 9am - 5pm

Facilitating Independence Building Comprehensive Opportunities (FIBCO Family Services)

(Community resources program based in Downtown Phoenix. Services include but are not limited to food distribution, African immigrant and refugee support, and affordable housing programs.)

1141 E Jefferson St.
Phoenix, AZ 85034
(602) 385-3900
Tuesdays, Wednesdays, Fridays: 10:30am - 12:30pm

Greater Phoenix Urban League

(Non-profit organization that offers multiple programs and resources such as economic empowerment, housing, education, civic engagement, and health and wellness.)

1402 S Seventh Ave.
Phoenix AZ, 85007
(602) 254-5611
Monday - Friday: 8:30am - 5pm

Human Services Campus

(Non-profit organization that addresses various issues in the community. Services include but are not limited to assessment, health, legal, food, housing and employment.)

204 S. 12th Avenue
Phoenix, AZ 85007
(602) 282-0853
Monday - Sunday 7:30am - 11pm

Jewish Family & Children Services

(Community service provider with an emphasis on healthcare and social services for families and children. Services offer but are not limited to family and foster care services, Jewish community services, domestic violence services, and youth and children services.)

5701 W Talavi Blvd #180
Glendale, AZ 85306
(623) 486-8202
Monday - Thursday: 8am - 7pm Friday: 8am - 5pm Saturday: 8am - 4pm

Phoenix First Assembly - Phoenix Dream Center

(Ending childhood hunger, ending child trafficking, life recovery, and career development.)

3210 NW Grand Ave
Phoenix, Arizona, 85017
(602) 346-8700
Monday - Friday: 8:30am - 12pm

Parents & Caregivers Services & Programs

Child & Family Resources

(Private, community-based, non-profit organization serving children, youth, and families with prevention and education services.)

Child Care Resource & Referral (CCRR)

(Referral program locating child care centers and programs.)

1951 W. Camelback Road Suite 370
Phoenix, AZ 85015
Phone: (602) 234-3941

DES Child Care Administration

(Government program providing child care assistance to eligible families.)

Diaper Bank of Central Arizona

(Organization providing an emergency supply of diapers to partner agencies that work with people in need.)

First Things First

(Early childhood agency committed to the healthy development and learning of young children from birth to age 5.)

4000 N Central Ave
Phoenix, AZ 85012
(602) 771-5100

Family Involvement Center

(Programs for families experiencing social, emotional, or behavioral health challenges. Services include but are not limited to family support, Greatness Kids Club, Counseling, and AHCCCS enrollment help.)

5333 N 7th St.
Phoenix, AZ 85014
(602) 288-0155
Monday - Friday: 8:30am - 5pm

notMYkid

(Non-profit organization providing children and families support, resources, and education.)

5310 E Shea Blvd
Scottsdale, AZ 85254
(602) 652-0163
Monday - Friday: 9am - 5pm

Southwest Human Development

(Early childhood development services provider. Resources include child development and mental health, easterseals disability services, early literacy, head start and early head start, and family support and child welfare.)

2850 N. 24th St
Phoenix, AZ 85008
(602) 266-5976
Monday - Friday: 8am - 5pm

Quality First

(Database of licensed and regulated childcare and preschool providers across AZ.)

WIC State Agency - Arizona

(Services pregnant, breastfeeding, and postpartum women, infants, and children under 5 years. Resources include supplemental nutrition programs, nutrition education, breastfeeding support services, supplemental nutritious foods, and referrals to health and social services.)

18th Ave and Van Buren
Phoenix, AZ 85017
(800) 252-5942 or (602) 542-1886
Monday - Friday: 8am - 5pm

Specialty Services & Programs

Arizona Coalition Against Domestic Violence

(Health and human services for victims of domestic violence.)

301 E. Bethany Home Road
Phoenix, AZ. 85012
(602) 279-2900 or (602) 279-2980
Monday - Friday: 8:30am - 5pm

The Bridge to Hope

(Housing for homeless single mothers who have experienced domestic violence, financial crisis or have recovered from substance abuse.)

5530 N. 17th Ave.
Phoenix, AZ 85015
(602) 589-5556
Monday - Friday: 8am - 3pm or by appointment.

Transportation Services & Programs

2-1-1 Transportation Hotline

(2-1-1 Arizona's free transportation program.)

DES Transportation Community Resources

(Community resources for assistance with transportation needs.)

Valley Metro

(Reduced fare rates for valley metro public transportation services.)

Valley Metro Dial-a-Ride

(ADA Dial-a-Ride provides transportation to people who are unable to utilize local bus service to people with disabilities, seniors age 65+, or other members of the general public.)

Veterans Services & Programs

Arizona at Work

(Workforce development network.)

VA Clinic

(Various veteran clinics around the valley. Find the location nearest you.)

US Department of Veterans Affairs

(Government site for VA benefits, healthcare, and other resources.)