

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

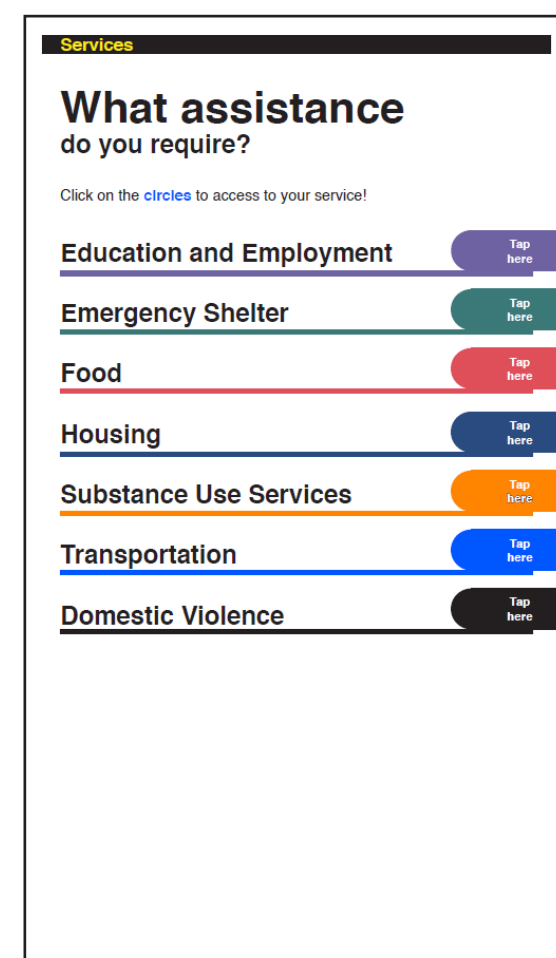
Arizona Crisis Hotline: 1-844-534-4673 Text: 44673

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.



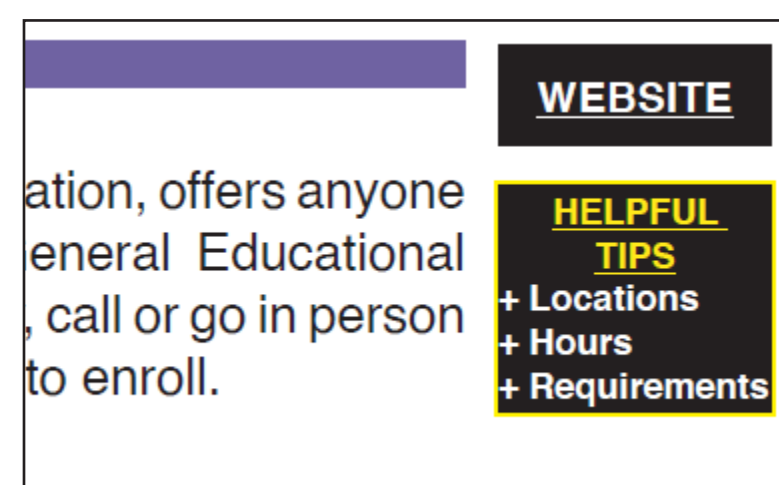
Click on the “Tap here” buttons to find the resources you are looking for.



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



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 & Drop In

Tap
here

Food

Tap
here

Housing

Tap
here

Substance Use Services

Tap
here

Transportation

Tap
here

Domestic Violence

Tap
here

Eviction and Utility

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 Adult Basic Education

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**

4 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 hours.

[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

Las Artes, Arts and Education Program

AGE: 17 - 22

Structured classroom study that allows students to prepare for GED and learn job-readiness. Classes are 30 hours per week and students are expected to attend daily. Students receive a weekly stipend and can receive bonuses if academic and attendance requirements are met.

[WEBSITE](#)

[HELPFUL TIPS](#)

+ Locations
+ Hours
+ Requirements

Youth on Thier Own (YOTO)

Dropout prevention program that supports students 6th grade -12th who are experiencing homelessness by providing students with resources such as financial assistance (up to \$350 a month), basic needs (hygiene, food, and school supply), and social service support so that they can graduate sucessfully and with the support they need.

[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

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

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](#)

Education Tips

Youth aged **14-24 years**

Las Artes, Arts & Education Program

GED prep for youth ages 17-22 are eligible to enroll. You must take a basic academic assesment to determine placement level for Las Artes. Offers students a weekly incentive to assist with hardships that interfere with student's ability to learn. TABE appointments are available Mon-Thur from 8a-1:30p.

Additional Services

Case Management
Job readiness
Community Art Projects

Requirments

- Must take TABE test to determine eligibilty for enrollment and coursework
- Ages 17-22
- Scheduled appointment to take TABE.

HOURS OF OPERATION

Phone 1: (520) 724-5050

Location: 23 W 27th St

Hours: Monday - Friday 8a-5p

[CLICK HERE for directions](#)

Youth on Their Own (YOTO)

To enroll you must submit an intent to enroll online. You can also speak with your school to see if they participate for more help.

Additional Services (when enrolled)

Food reources
Hygiene and Showers
School Supply Help

Requirements

- Ages 13-21
- Enrolled in a Pima County Middle or Highschool
- Must be in grades 6-12, under the age of 22
- **Must be unaccompanied by no fault/choice of your own and not in physical custody of a parent/gaurdian; and not have a stable home**

HOURS OF OPERATION

Phone 1: (520) 293-1136

Location: 2525 N Country Club Rd

Hours: Monday - Friday 9a-5p

[CLICK HERE for directions](#)

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.

Services

Highschool Equivalency Prep.
English Classes
GED Testing
Refugee Education

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.

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: adulthood@pima.edu

CLICK HERE for directions

Phone 2: (520) 206-3800

Location: 1390 W Speedway Blvd

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

E-mail: adulthood@pima.edu

CLICK HERE for directions

Phone 3: (520)206-3550

Location: 4355 E Calle Aurora

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

E-mail: adulthood@pima.edu

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, Language 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.

4 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 welcome.

[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)

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 Tips

Youth aged **16-24 years**

Goodwill Youth Reengagement Centers

To enroll, go in person, reach out to them via phone, or send them an E-mail 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

[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)

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

[CLICK HERE for directions](#)

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 & Drop In

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

Tap here

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

5 services

General services

Primavera Foundation

Primavera has three emergency shelter programs: The Family Pathways program, Casa Paloma and a Mens Shelter. Casa Paloma is strictly for Women and operates as a day drop in center. For more information call Primavera M-F between 8:30a-4:30p. See “Helpful Tips” for information on each shelter.

[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. Additional housing programs offered at this site.

[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

Old Pueblo Community Services (OPCS)

ALLOWS CHILDREN **NO DRUGS OR WEAPONS**

OPCS operates shelter programs but you must complete a SPDAT as part of the intake process to determine eligibility. Call for more information

[WEBSITE](#)

HELPFUL TIPS

+ Locations
+ Hours
+ Requirements

Community Bridges Inc

Offers two emergency shelters for families and individuals. CBI Toole and CBI Desert Cove. Call for more information and bed availability.

[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 Foundation

Family Pathways

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

[CLICK HERE for directions](#)

Casa Paloma (Women Only)

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)

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 offense conviction.

HOURS OF OPERATION

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

[CLICK HERE for directions](#)

Sister-Jose Women's Shelter & Day Drop In

Services

Short-term Emergency Women's Shelter
Allows Pets (must be on leash and with owner)
Day drop in for meals, laundry, first aid, resources and more

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).
E-mail: welcome@sisterjose.org

[CLICK HERE for directions](#)

Emergency Shelter Tips

Gospel Rescue Mission Shelter and Drop In

Immediate support to families and individuals experiencing homelessness.

How to access:

- Schedule and intake by **CALLING** and speaking to the intake team. Or fill out an intake form online
- **Go in person for an intake:**
Begins daily at 8a

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

Salvation Army Hospitality House

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

CLICK HERE for directions

Old Pueblo Community Services (OPCS)

Call to self refer yourself to the emergency shelter. You will be asked to complete an SPDAT and given instructions.

Requirements

18 years of age or older, no children
or

Families with at least one child who are homeless

HOURS OF OPERATION

Phone 1: (520) 546-0122

Location: 2323 S Park Ave

Hours: Monday- Friday 8a-4p

CLICK HERE for directions

Community Bridges Inc

Toole Shelter= Men Only

Desert Cove= Individuals and Families

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: Toole Shelter

Phone 1: (520) 618-8631

Location: 250 S Toole Ave

Hours: Open 24 hours

CLICK HERE for directions

HOURS OF OPERATION: Desert Cove

Phone 1: (520) 347-5715

Location: 1833 W Anklam Rd

Hours: Open 24 hours

Food

[FIND FOOD NEAR YOU](#)[Tap Here](#)[Services for **60 years and over**](#)[Tap here](#)[5 services](#)

General services

Nutrition Assistance (Previously 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

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 Community Food Bank of Southern Arizona (TEFAP)

Provides The Emergency Food Assistance Program (TEFAP) families and individuals in the Pima County that are in need of extra food for the month. The Food Bank partners with various agencies across the county that operate as satellite locations so that everyone in the community can access this service. View these locations on their website or see more information by tapping 'Helpful Tips.'

[WEBSITE](#)

[HELPFUL TIPS](#)

- + Locations
- + Hours
- + Requirements

Caring Ministries

Operates over 19 locations across Tucson that each distribute food boxes to those in need. Each location offers different times for pickup for more convenience. See website for locations and hours.

[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

Food

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

Individuals aged **60 and over**

2 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

Pima Council On Aging (PCOA) Meals on Wheels

This program gives food to those 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 (CFB)



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

Nutrition Assistance (Previously 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

Community Meal Site Information

- No ID required- will not affect monthly food box eligibility
- Meal sites are open to the public. You may visit sites as often as you would like
- Sites can only serve guests who are **PHYSICALLY** present
- Meal serving times are strictly observed! Meals cannot be served outside of listed days and times.

HOURS OF OPERATION

Phone 1: (520) 882-5641

Location: 845 N Main Ave

Hours: Tuesdays & Thursdays 2p-4p

[CLICK HERE for directions](#)

Caring Ministries

Free Food Boxes

Caring ministries organizes multiple food drives across 19 Church locations in Tucson which are available to anyone in need. See website for list of all churches that are partnering with Caring Ministries to pack and provide food to those in need.

HOURS OF OPERATION

Phone 1: (520) 882-2645

Location: 820 W Calle Sur (Caring Ministries)

Hours: Monday - Friday 7am - 9a

[CLICK HERE for directions](#)

Community Meals | LOCATIONS

Each location listed offers prepared or grab & go meals to the public, no requirements. Information is subject to change. Be sure to call or go to the locations website for the most up to date information on meal schedule changes/updates.

His Presence Church**HOURS OF OPERATION**

Phone 1: 520-722-2217
Location: 4108 E North St
Hours: 2nd & 4th Thursday 2p-4p

CLICK HERE for directions**Casa Maria****HOURS OF OPERATION**

Phone 1: 520-722-2217
Location: 352 E 25th St
Hours: Daily 8:30a-11:30a

CLICK HERE for directions**Saguaro Christian Church****HOURS OF OPERATION**

Phone 1: 520-296-5901
Location: 8302 E Broadway Blvd
Hours: Wednesdays 5p-6:30p

CLICK HERE for directions**His Presence Church AZ****HOURS OF OPERATION**

Phone 1: 520-722-2217
Location: 4108 E North St
Hours: 2nd & 4th Thursday 2p-4p

CLICK HERE for directions**Northminster Presbyterian****HOURS OF OPERATION**

Phone 1: 520-327-7121
Location: 2450 E Ft. Lowell
Hours: Mondays 5p-6p

CLICK HERE for directions**Friendship Baptist Church****HOURS OF OPERATION**

Phone 1: 520-622-2690
Location: 850 N 11th Ave
Hours: 2nd & 4th Saturdays 11am

CLICK HERE for directions**Holy Family Catholic Church****HOURS OF OPERATION**

Phone 1: 520-623-6773
Location: 338 W University Blvd
Hours: Sundays 3p-4p

CLICK HERE for directions**Salvation Army****HOURS OF OPERATION**

Phone 1: 520-622-5411
Location: 1002 N Main Ave
Hours: Mon, Wed, Fri 11a-12:30p

CLICK HERE for directions**The Lot on 22nd****HOURS OF OPERATION**

Phone 1: 520-331-4209
Location: 4343 E 22nd
Hours: Thurs & Sun 5:15p-7:15p

CLICK HERE for directions**Southside Presbyterian****HOURS OF OPERATION**

Phone 1: 520-623-6857
Location: 317 W 23rd St
Hours: Monday & Friday 7a-9a

CLICK HERE for directions**Grace St. Paul's Church****HOURS OF OPERATION**

Phone 1: 520-327-6857
Location: 2331 E Adams St
Hours: Mon, Wed, Fri 9a-12p

CLICK HERE for directions**Z Mansion****HOURS OF OPERATION**

Phone 1: 520-623-6850
Location: 288 N Church Ave
Hours: Saturday & Sunday 8a-10a

CLICK HERE for directions

The Emergency Food Assistance Program (CFB)

How to Recieve a Food Box:

When you arrive you will self-declare your income (you will not be asked for proof)

You will be asked to provide the following:

- Your full name
- Your Date of Birth
- The Date of Birth for Each Member of Your Household
- The Number of People in Your Household
- A Photo ID (drivers license, work ID, school ID, or other document with your name and picture. Does not have to be AZ ID)

HOURS OF OPERATION

Phone 1: 520-622-0525

Location: 3003 S Country Club Rd

Hours: Tues, Wed, Fri: 8a-2p
Thurs: 12p-6p; 4th Sat: 9a-12p

CLICK HERE for directions

Income guidelines:

| Household Size | Annual | Monthly | Weekly |
|-----------------------------|--------------|-----------|-----------|
| 1 | \$29,526 | \$2,461 | \$568 |
| 2 | \$40,034 | \$3,337 | \$770 |
| 3 | \$50,542 | \$4,212 | \$972 |
| 4 | \$61,050 | \$5,088 | \$1,175 |
| 5 | \$71,558 | \$5,964 | \$1,377 |
| 6 | \$82,066 | \$6,839 | \$1,579 |
| 7 | \$92,574 | \$7,715 | \$1,781 |
| 8 | \$103,082 | \$8,591 | \$1,983 |
| For each additional person: | Add \$10,508 | Add \$876 | Add \$203 |

TEFAP Locator Map:

You can use the food bank locator to find the nearest TEFAP distribution site to you.

- Enter your ZIP code
- Select “More Information” for the location closest to you.

You will be able to view all the details about the food distribution site you select.

Tips:

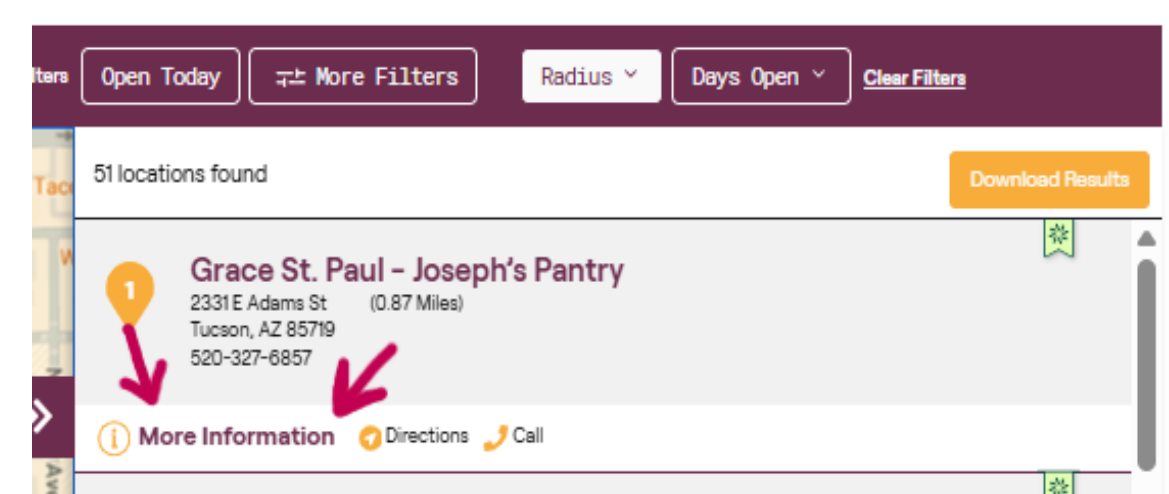
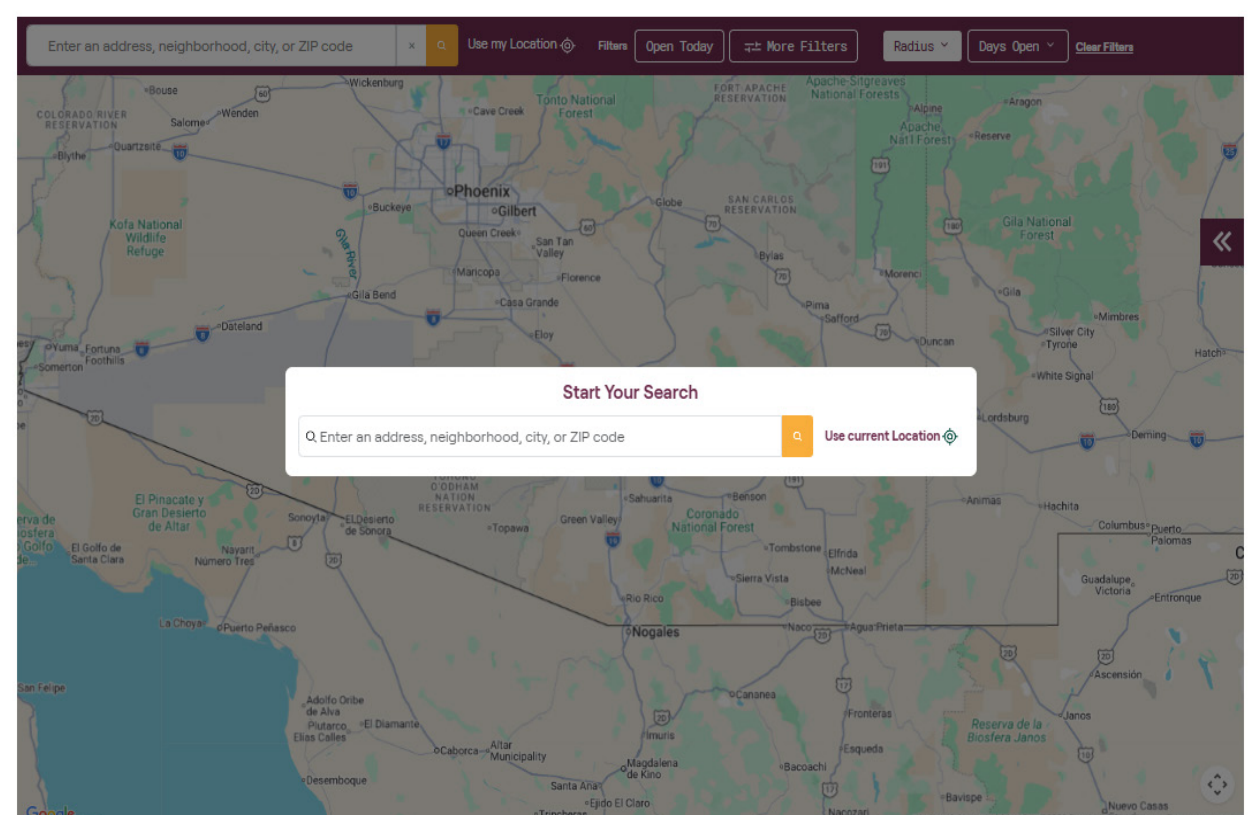
1. Use the filter feature on the map to find a food distribution site that meets your specific needs
2. Some locations may be a general food pantry site and have different requirements, be sure to call if you are unsure about information you see
3. If you have limited access to the web, you have the option to PRINT this food directory

Find Food Near You

Search our interactive map below by zip code or cross streets to find food assistance or prepared meals in your area.

You can also download a printable copy of food directories here:

[CFB Food Partner Directory \(TEFAP, CSFP, General\)](#) | [Caridad Community Meals Schedule](#)



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 E-mail 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

Emergency Eviction Legal Services (EELS)

Free legal help for tenants in need of legal advice and representation in eviction cases. Contact EELS to find out if you qualify. If you do not you can be connected with other resources.

WEBSITE

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 Foundation HIP

IN PERSON ONLY INFORMATION

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. This location offers over the phone options.

HOURS OF OPERATION

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

WEBSITE

[CLICK HERE for directions](#)

Receive a Housing Assessment (SPDAT)

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.

OVER THE PHONE LOCATIONS

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

Hours: Mon - Fri 9am - 4pm

WEBSITE

[CLICK HERE](#) for directions

City of Tucson

To receive an assessment with the City of Tucson, you can call. If you leave a voice E-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 E-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

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 E-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 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.

HOURS OF OPERATION

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

Hours: Mon - Sat 2pm - 7pm

WEBSITE

Sullivan Jackson (Pima County)

If you would like to complete an assessment with Sullivan 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) 724-7300 (Ask for a SPDAT)

Phone 2: (520) 477-0989

Hours: Mon - Fri 8am - 5pm

WEBSITE

Emergency Eviction Legal Services (EELS)

You may call or complete a Contact Request Form online to find out if you are eligible for legal services. Services are **FREE**. If you are a tenant and your income is at or below 80% of median income you also qualify for an access attorney

Call and leave detailed contact information for a team member to reach out.

Services

Navigation services for tenants and landlords

Requirements

Income at or below 80% of AMI (see chart on website or call)

Have received an eviction notice

HOURS OF OPERATION

Phone 1: (520) 724-3357

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](#)

Wildcat INN

The Wildcat Inn is a program in a converted hotel and the rooms are studio style. For more information, you may E-mail 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

E-mail: Allison.chappell@tucsonaz.gov

Hours: Monday - Friday 8am - 5pm

CLICK HERE for directions

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 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 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 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.

[CLICK HERE for directions](#)

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

[CLICK HERE for directions](#)

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.

[CLICK HERE for directions](#)

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.

[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 & Sun On Demand

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 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.

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, non-shelter/housing related services are always available to callers.

[WEBSITE](#)

[HELPFUL TIPS](#)

+ Locations
+ Hours
+ Requirements

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.

[WEBSITE](#)

[HELPFUL TIPS](#)

+ Locations
+ Hours
+ Requirements

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.

[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

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

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

E-mail: info@emergecenter.org

CLICK HERE for directions

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

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

Eviction & Utility Help

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

5 services

Interfaith Community Services

Provides individual and family emergency financial assistance for housing, utilities, and other living needs to those experiencing unexpected emergency situations such as job loss, illness or injury, or while waiting for other forms of public assistance.

Currently has NO funding. (as of 3/23/26)

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Pima County Community Action Agency

The community Action Agency partners with various community-based organizations to meet the diverse needs of the community and assists low-income individuals and families by delivering assistance with basic needs services and advocacy.

Currently HAS funding. (as of 3/23/26)

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Chicanos Por La Causa (CPLC)

CPLC operates programs that give families and individuals and opportunity to support their own growth through five Areaa of Impact: Health & Human Services, Housing, Education, Economic Development, and Advocacy.

Currently HAS limited funding for Utility (as of 3/23/26)

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Portable, Practical Educational Preperation, INC (PPEP)

PPEP Human Services offers emergency services to rural and low-income residents of Arizona so that families can become self-sufficient or self-stabilized from crisis situations.

Call for more info

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Primavera Foundation

Offers emergency rent and utility assistance if funding is available. Emergency services are offered to families and individuals facing hardships, crisis, and homelessness. Call for more information.

Call for more info

WEBSITE

HELPFUL TIPS

- + Locations
- + Hours
- + Requirements

Eviction & Utility

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

The organizations provided in this section are known to receive funding periodically and may not have funding available at the time you call for assistance

Interfaith Community Services

Financial Assistance Services Include:

- Rent and Mortgage Assistance
- Utility Assistance (Gas, Water, Electric)
- Small Car Repairs
- Gas Vouchers
- Clothing Vouchers

FUNDING NOTE: ICS MAY POSSIBLY RECEIVE FUNDING ON 4/1 FOR RENTAL AND UTILITY ASSISTANCE. CALL DAY OF FOR MORE INFO.

*MUST CALL FIRST, NO WALK INS

How to access:

- You may begin calling at 9a (3/2/26) and daily for assistance.
- Once you request assistance you are placed on a request list and the ICS team will let you know what documents/information you should bring to the appointment to move forward with the process.

General Document Recommendation:

- Government Issued ID
- Utility Bill/ Past Due Notice /5 Day Notice
- Proof of Income for Household

HOURS OF OPERATION

Phone 1: (520) 297-6049 x 3

Location 1: 2820 W Ina Rd

Location 2: 122 N Craycroft Rd

[CLICK HERE for directions](#)

[CLICK HERE for directions](#)

Pima County Community Action Agency

Financial Assistance Services Include:

- Rental Assistance
- Utility Assistance (Gas, Water, Electric)
- Mortgage Assistance
- Eviction Prevention
- Utility Repair, replacements, and deposits
- More

How to access:

- Call during business hours and ask if there is funding available based on your need.
- If funding is available, the operator will help you schedule an appointment
- Eligibility will be determined at the time of your appointment

HOURS OF OPERATION

Phone 1: (520) 724-2667

Location 1: 801 W Congress St

Hours: M-F 8a-5p (Closed 12-1)

[CLICK HERE for directions](#)

Helpful Tips:

1. Appointments are scheduled on a weekly basis; you are more likely to receive an appointment by calling at the beginning of the week.
2. Wait times may vary, sometimes you may be on hold for a very long time or your call will disconnect, if this happens CALL BACK.

Hold times vary, you may wait up to an hour some days for an answer.

Eviction & Utility

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

Chicanos Por La Causa (CPLC)

Financial Assistance Services Include:

- Rental Assistance
- Utility Assistance

Additional programming to support the stabilization of families is also provided by CPLP

How to access:

MUST CALL, NO WALK INS

- Call, the operator will tell you what funding is currently available
- If the funding you are in need of is available leave a detailed voicemail with your name, phone number, and reason for calling
- Your call will be returned in the order it was received and you will be provided **with details on how to apply and what documents you need.**

HOURS OF OPERATION

Phone 1: (520) 882-0018

Location 1: 1525 N Oracle Rd

Hours: Phone Line 24/7

[CLICK HERE for directions](#)

Helpful Tips:

1. Process is done completely through appointments only
2. Make sure you leave a phone number where you can be reached if they do call back! (Friends, sibling, partners phone number that you can borrow if you do not have one)

Portable, Practical Educational Preparation (PPEP)

This program is for emergency needs only (not ongoing economic problems) and may only be utilized once per year by a household. Financial services include:

- Rental/Mortgage Assistance
- Utility Assistance
- Other Services

Assistance is based on availability of funding at the time of need.

How to access:

- Call the assistance line you are needing help from.
- If funding is available, leave a detailed voicemail with your name and contact information and they will return your call in the order it was received.

HOURS OF OPERATION

Phone 1 (rent): (520) 770-2506

Phone 2 (utility): (520)741-4397

Hours: Phone Line 24/7 for Voicemail

Eviction & Utility

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

Primavera Foundation

This program is for emergency needs only (not ongoing economic problems) and may only be utilized once per year by a household. Financial services include:

- Rental/Mortgage Assistance
- Utility Assistance
- Other Services

Assistance is based on availability of funding at the time of need

HOURS OF OPERATION

Phone 1: (520) 623-5111 x 1

Location 1: 702 S 6th Ave

Hours: Phone Line M-F 8:30a-4:30p

CLICK HERE for directions

How to access:

- Call line and ask if funding is available, if yes you will be scheduled for a “slot”
- Provide the operator with your contact information so that the assistance team can reach out and let you know what to bring during your appointment (VERY IMPORTANT)

Thank you!