



MASTER RESOURCE GUIDE

NAU Counseling Services

Case Management

Campus and community resources addressing a variety of mental and physical health and wellness needs, housing, transportation, and financial necessities.

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Counseling Services, Case Management

Case.Management@nau.edu

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Introduction

Welcome to our Master Resource Guide! This document is by no means exhaustive, as there are many additional resources that we continue to add to this guide on a regular basis. If you cannot find what you are looking for, please reach out to Counseling Services to schedule a FREE Case Management appointment today. While this guide has a lot of useful information, our greatest resource is our wonderful case management team. Throughout this document, you will find many “Pro-Tips” that provide insightful suggestions to assist you in accessing the help you need.

Case management is all about wellness and autonomy. Through advocacy, communication, education, and identification of resources the case manager helps identify appropriate providers and facilities connections. Case management services are best offered in a climate that allows direct communication between the case manager, the client, and appropriate service personnel, in order to optimize the outcome for all concerned.

How to Schedule a Case Management Apt

There are several ways that you can schedule a free Case Management appointment today!

- Call Campus Health Services at 928-523-2261 and request a case management appointment.
- Stop by the front desk of Campus Health Services and schedule in-person with our wonderful scheduling staff.
- Schedule through your health portal at www.campushealth.nau.edu . Click on APPOINTMENTS > SCHEDULE APPOINTMENT > CASE MANAGEMENT and choose a time that works best for you.
- If none of the available apt time slots work for you, please email Kristin at Case.Management@nau.edu and we will find a time to meet with you!

Appointments are available in multiple formats, including in-person or virtually by zoom or telephone.

Contact Us

We are a part of Counseling Services, located inside of Campus Health Services:

- Health and Learning Center (HLC) Building 25
824 S. San Francisco St
Flagstaff, AZ 86011
- Counseling Services Phone: 928-523-2261
- Email: Case.Management@nau.edu
- Website: <https://in.nau.edu/campus-health-services/common-counseling-referrals/>

Student Health Insurance Plan

For information regarding the Student Health Insurance Plan (SHIP) available to NAU students, please visit: <https://in.nau.edu/campus-health-services/major-medical-insurance/> If you have additional questions after reviewing the information listed on the website, please email ask-insurance@nau.edu

If you are receiving care at Campus Health services:

- Primary Care: \$15 copay for each office visit
- Lab: \$10 copay
- Counseling Services: \$15 copay for each counseling appointment

If you are wishing to seek care off campus in the community, you must first receive a referral from a provider in medical or counseling services. For assistance finding a community provider that accepts SHIP, please contact the insurance customer service number found on your insurance card. If you need additional assistance contacting your insurance provider or finding an in-network provider in your area, please schedule a free case management appointment and a member of our team can help.

Crisis and Mental Health Emergency Resources

Local 24/7 Crisis Support & Hotlines

<p>Terros/Solari Crisis and Human Services</p> <ul style="list-style-type: none"> ➤ 1-844-534-4673(HOPE) ➤ https://crisis.solari-inc.org/ 	<p>Available 24/7, 365 days a year for anyone experiencing a mental health crisis. Providers are available to meet with you in person for crisis care. Excellent resource for anyone struggling with suicide or needs extra support.</p>
<p>National Suicide Prevention Lifeline</p> <ul style="list-style-type: none"> ➤ Dial 988 	<p>For individuals in need of mental health crisis services anywhere in the US. Calls will be routed to the nearest crisis center based on your telephone area code from which you are calling.</p>
<p>Police/Fire</p> <ul style="list-style-type: none"> ➤ Dial 911 	<p>For assistance in an emergency, including medical or mental health emergency situations.</p>
<p>Northland Family Help Center</p> <ul style="list-style-type: none"> ➤ 928-527-1900 ➤ https://northlandfamily.org/ 	<p>Sexual Assault and Domestic Violence Crisis line available 24/7. NFHC can connect you to Victim Witness Services or NACASA (Northern Arizona Care and Services After Assault) for additional sexual assault resources. Also has a domestic violence shelter for both men and women and a youth homeless shelter. Free counseling to anyone who has been victim of a crime at any point in time.</p>
<p>Flagstaff Medical Services (FMC)</p> <ul style="list-style-type: none"> ➤ 928-214-3937 ➤ 1200 North Beaver St. Flagstaff, Arizona 86001 	<p>Inpatient and Outpatient care available for those experiencing a mental health crisis and in need of stabilization. Emergency Room services are always available as needed.</p> <p>Arrive at FMC (or your nearest emergency room) and let them know that you are experiencing a mental health crisis or considering suicide. You may also call 877-756-4090 and they can help with transport to the hospital. Alternatively, call 911, they can help with this kind of transport too.</p>

<p>The Guidance Center (TGC)</p> <ul style="list-style-type: none"> ➤ 928-527-1899 ➤ 2187 N Vickey St Flagstaff, AZ 86004 <p>Jim Crisman- Case management SARP (Substance Misuse rehabilitation inpatient/outpatient info @ the Guidance center 928-714-5304</p>	<p>TGC has an inpatient unit and a Crisis Stabilization Unit available where you can leave when you are ready but have nurses there to monitor you.</p> <p>If you are in crisis, you may also come to TGC (at any hour) and ask to speak to a crisis counselor to discuss admission into their inpatient unit. There is a doorbell to ring and signs on the front doors of the building that will direct you if you are coming in after-hours.</p>
<p>JacksCare 24/7</p> <ul style="list-style-type: none"> ➤ 866-656-9983 ➤ nau.edu/jacks-care 	<p>Free resource to all NAU students. Connect with professional mental healthcare providers at no cost 24 hours a day, 7 days a week, 365 days a year. Real-time chat with a counselor over the internet or through the MySSP app. Additionally, access articles, podcasts, infographics, and videos addressing a variety of wellbeing topics.</p>
<p><i>Pro-tip: Know that there are resources for you at all hours. Most of the time, people struggle most at night; it's dark, you feel alone. Know that there are helpers awake all the time hoping to help.</i></p> <p style="text-align: center;"><i>~ Kristin Anderson</i></p>	

Additional Local Crisis Resources (Not 24/7)

These resources are not available 24/7 but are limited to the specified business hours.

<p>NAU Counseling Services Same-Day Triage/Crisis Appointments</p> <ul style="list-style-type: none"> ➤ 928-523-2261 ➤ https://in.nau.edu/campus-health-services/nau-counseling-services/ 	<p>Counselors are available Monday-Friday 8am-5pm (Wednesdays 9am-5pm) for walk-in crisis/triage apts. For ease of access, call and schedule an apt prior to arriving, but no apt is necessary, simply walk into the Health and Learning Center (Bld 25). For after-hours support outside of business hours, please call 928-523-2261 and you will be transferred to JacksCare 24/7.</p>
<p>NAZCARE Warm Line</p> <ul style="list-style-type: none"> ➤ 1-888-404-5530 <p>Hours of Operation:</p> <ul style="list-style-type: none"> ➤ Mon – Thur: 4 pm – 10:30 pm ➤ Fri – Sun: 3 pm – 10:30 pm 	<p>If you need support, are feeling overwhelmed, or just want to talk: Trained staff offer callers active listening skills, coping skills when requested, and make referrals to resources and crisis services to cities and counties throughout AZ.</p>

Nationwide & International Crisis Support Lines

Crisis support, information, and general support numbers, including text lines and call lines.

<p><i>Pro-Tip: I'm a big fan of calling a crisis line when you are NOT in a crisis and just getting a feel for what it's like and how it works. That way when you are really in a crisis, it will be a little less scary to reach out for help. Just a thought.</i></p> <p><i>~ Kristin Anderson</i></p>	Impact Suicide Prevention Center <ul style="list-style-type: none">➤ (855) 785-1500
	Trans Lifeline: <ul style="list-style-type: none">➤ 877-565-8860➤ https://translifeline.org/
	Crisis Text Line (all ages): <ul style="list-style-type: none">➤ Text "Matters" to 741741
	Trevor Chat (LGBTQ): <ul style="list-style-type: none">➤ Text "Trevor" to 1-202-304-1200
	GLBT National Youth Talk line <ul style="list-style-type: none">➤ 1-800-246-7743
	Teen Line Online: <ul style="list-style-type: none">➤ Text "Teen" to 839863
	Your Life, Your Voice (Youth): <ul style="list-style-type: none">➤ Text "Voice" to 20121
	Rape, abuse, incest, National Network (RAINN): <ul style="list-style-type: none">➤ 1-800-656-HOPE (4673)➤ Online live chat available at https://www.rainn.org/➤ En Español: https://www.rainn.org/es
	National Domestic Violence Hotline: <ul style="list-style-type: none">➤ 800-799-7233➤ Text "START" to 88788➤ Online live chat: https://www.thehotline.org/
	New Hope for Women: <ul style="list-style-type: none">➤ 1-800-522-3304 24/7 Helpline➤ https://newhopeforwomen.org/advocacy-services/➤ Helps victim survivors with legal/court support, emergency sheltering, hospital accompaniment, Group healing, and transitional housing.
	WISE (crisis management/mental health support): <ul style="list-style-type: none">➤ 866-3488-WISE
International Crisis Line Number Collection <ul style="list-style-type: none">➤ https://www.opencounseling.com/suicide-hotlines➤ Multiple hotline numbers all together in one place to make finding a crisis line in your native language easier.	

Non-Emergency Mental Health Resources

<p>Charlie Health</p> <ul style="list-style-type: none"> ➤ 866-484-8218 ➤ Crisis counseling: 1-800-273-TALK ➤ To speak with a counselor: 406-361-3001 ➤ https://www.charliehealth.com/ 	<p>Virtual intensive out-patient (IOP) program for teens and young adults who need more than once-a-week therapy. The program lasts 9-12 weeks for 10-11 hours of treatment a week, including individual and group counseling. Charlie Health partners with schools across the country for easier access and care coordination. Virtual model allows for flexible scheduling so students can remain enrolled in school while addressing depression, anxiety, self-harm, and suicidal ideation. Most insurance, including Medicaid, is accepted. Meetings with a financial specialist to ensure that insurance will cover treatment is available prior to enrollment.</p>
<p>SAMHSA</p> <ul style="list-style-type: none"> ➤ 800-662-4357 ➤ https://www.samhsa.gov/ 	<p>Provides treatment referrals, an online behavioral health treatment services locator tool, and info on available helplines.</p>
<p>National Council for Behavioral Health</p> <ul style="list-style-type: none"> ➤ www.theNationalCouncil.org 	<p>Can assist with finding a local behavioral health provider.</p>
<p>National Eating Disorders Association (NEDA)</p> <ul style="list-style-type: none"> ➤ 800-931-2237 ➤ https://www.nationaleatingdisorders.org/ 	<p>Online chat, call and text options to receive help and support. Additional information and opportunities to connect to the community can be found on the website.</p>
<p>Be Connected Arizona</p> <ul style="list-style-type: none"> ➤ 866-429-8387 	<p>Connecting Arizona service members, veterans, families & helpers to information, support and resources.</p>
<p>National Resource Center on Domestic Violence</p> <ul style="list-style-type: none"> ➤ 800-537-2238 ➤ https://www.nrcdv.org/ 	<p>Comprehensive source of info for those wanting to education themselves and help others on the many issues related to domestic violence.</p>
<p>Victim Witness Services</p> <ul style="list-style-type: none"> ➤ 928-679-7770 ➤ 201 E Birch Ave, Suite 4 Flagstaff, AZ 86001 	<p>Provides resources and support for those dealing with a recent (or not so recent) sexual assault, stalking, harassment, intimate partner violence, etc. They are available to answer questions.</p>

Eating Disorder Resources


<p>Katherine Meyer, LCSW</p> <ul style="list-style-type: none"> ➤ 928-286-7229 ➤ kmeyerlcsw@protonmail.com ➤ 405 N. Beaver St. Flagstaff, AZ 86001 	<p>Katherine runs the Eating Disorder Support Group, Gender Expansive Support Group, DBT Skills Building Group and is an individual counselor at Balance Mental Health and Wellness.</p>
<p>Jennifer Roberts, LAC</p> <ul style="list-style-type: none"> ➤ 928-267-6042 ➤ 624 North Humphreys Street Flagstaff, AZ 86001 	<p>I integrate person-centered therapy, motivational interviewing, mindfulness, and cognitive behavioral therapy. I also run a free Body Image Support group for Women 18+.</p>
<p>Anna McClaugherty, LPC</p> <ul style="list-style-type: none"> ➤ 928-774-6364 ext. 223 ➤ 408 N. Kendrick St. Suite #4 Flagstaff, AZ 86001 	<p>Specializes in eating disorders and has extensive training and experience in the field. Also specializes in LGBTQ, trauma, transitions, chronic medical conditions, and mood disorders. Based out of Flagstaff Counseling Center.</p>
<p>Ann Claw, JD, MA, LPC</p> <ul style="list-style-type: none"> ➤ 520-349-6086 ➤ ann@annclaw.com ➤ 223 N. San Francisco St. Flagstaff, AZ 86001 	<p>Specializes in eating disorders, addictions, and relationship issues.</p>
<p>Laura Lyn, Ph.D.</p> <ul style="list-style-type: none"> ➤ 928-607-4595 ➤ 928-214-0429 ➤ lauralynphd@hotmail.com ➤ 519 N. Leroux St. Flagstaff, AZ 86001 	<p>Specializes in eating disorders, transcare, trauma, sexuality issues, and personality issues.</p>
<p>Jen Emmerich, LCSW, ACSW, CEDS</p> <ul style="list-style-type: none"> ➤ 928-723-3797 ➤ 6446 AZ 179 (Castle Rock Plaza) Suite 207-B Sedona, AZ 	<p>For 12+ years, I have worked in private practice while teaching part-time, and working with young university students. My specialties include gender identity and LGBTQA; eating issues / eating disorders; bariatric evaluation post-surgical support; PTSD/trauma.</p>
<p>Abby Chan, RDN, RYT Registered Dietitian Nutritionist</p> <ul style="list-style-type: none"> ➤ abby@evolveflg.com ➤ https://www.evolveflg.com/whoweare ➤ Evolve Flagstaff LLC 123 W. Birch, Suite 100 Flagstaff, AZ 86001 	<p>Specializations: Performance nutrition, intuitive eating, falling in love with food.</p> <p>Abby Chan, MS, RDN, RYT, a Registered Dietitian Nutritionist, strength coach, and registered yoga teacher with a master's degree in nutrition and dietetics. She has more than a decade of coaching, training and teaching experience. She specializes in helping people re-establish their relationship to food, movement and their bodies while practicing body neutrality, in conjunction with principles of Intuitive Eating. She believes that every human deserves to connect socially and culturally with food, movement, and each other. She is also an avid cyclist, runner, skier, and aerialist.</p>

<p>Rosewood Centers for Eating Disorders</p> <ul style="list-style-type: none"> ➤ 928-223-6082 ➤ https://www.rosewoodranch.com/locations/rosewood-ranch/?utm_source=gmb&utm_medium=organic&utm_campaign=rosewood-wickenburg ➤ 36075 S. Rincon Road Wickenburg, AZ 85390 	<p>Rosewood Ranch is licensed as an inpatient behavioral facility, which enables us to treat adults with the most severe eating disorder. Our acute-care inpatient behavioral facility can accommodate patients who are too medically compromised to be admitted to traditional inpatient eating disorder treatment facilities.</p>
<p>Support Groups in Flagstaff</p> <ul style="list-style-type: none"> ➤ 928-864-5024 ➤ 624 N Humphreys St. Suite 1 ➤ 2615 N 4th St. Suite 1 	<p>Cultivate Counseling of Flagstaff frequently offers group therapy opportunities, including:</p> <ul style="list-style-type: none"> ➤ Men’s Body Image and Self-Esteem Group ➤ Beginning Body Image Support Group ➤ Advanced Body Image Healing Group <p>For information on availability, please contact Cultivate.</p>
<p>Within</p> <ul style="list-style-type: none"> ➤ (866) 526-1702 ➤ https://withinhealth.com/ 	<p>Home Treatment for Eating Disorders. “We match clinical expertise with cutting-edge technology to design highly-personalized treatment programs. You will be supported by a community of compassionate clinicians, individual and group psychotherapy sessions, accessed with our always-there app and care partners.</p>

NAU Campus Resources & Offices for Support

<p>Live Well NAU</p> <ul style="list-style-type: none"> ➤ https://in.nau.edu/livewellnau/ 	<p>Live Well NAU is a framework to help the NAU community to manage their health and wellness, based on the 8 Dimensions of Wellness.</p>
<p>Cap and Gown Rental</p> <ul style="list-style-type: none"> ➤ https://in.nau.edu/asnau/ 	<p>Rent or donate your cap and gown.</p>
<p>NAU Dental Hygiene Clinic</p> <ul style="list-style-type: none"> ➤ 928-523-3500 ➤ https://nau.edu/dental-hygiene/clinic/ 	<p>Affordable preventative dental work done by NAU students in the dental hygiene program. Additionally, there is a program through the county in which students can get a free dental exam and cleaning. Reach out to the dental clinic for an application.</p>
<p>NAU Physical Therapy Clinic</p> <ul style="list-style-type: none"> ➤ 928-523-4092 ➤ nauptclinic@nau.edu ➤ 208 E Pine Knoll Dr (Bld 66) Room 129 	<p>Free clinic led by supervised doctoral PT students who provide free evaluation and treatment on Fridays 8:15 am - 3:30 pm. 3 consecutive apts are provided if uninsured, under-insured or otherwise financially challenged.</p>

<p>University Coaching for Activity and Nutrition (U.C.A.N.)</p> <ul style="list-style-type: none"> ➤ 928-523-2566 ➤ Dawn.Clifford@nau.edu ➤ https://in.nau.edu/ucan/ 	<p>Health coaching services available to students, faculty, and staff who are residential, online or at satellite campuses.</p>
<p>Counseling Services</p> <ul style="list-style-type: none"> ➤ 928-523-2261 ➤ https://in.nau.edu/campus-health-services/nau-counseling-services/ 	<p>Offers short-term counseling for mental health and substance abuse. Individual, couples, and group counseling available.</p>
<p>Native American Cultural Center Free Counseling Consultation to Native American Students</p> <ul style="list-style-type: none"> ➤ 928-523-9557 ➤ Dazhoni.Scott@nau.edu 	<p>Free mental health counseling to Native American students on Mondays from 12pm-4pm at the NACC building on NAU Campus. Email to schedule an appointment.</p>
<p>IMQ Free Counseling Consultation</p> <ul style="list-style-type: none"> ➤ IMQ Office in the NAU Union, room 134 ➤ Lisa Taylor, LCSW Lisa.Taylor@nau.edu ➤ Marca McCallie, LPC Marca.McCallie@nau.edu 	<p>NAU Counseling Services Counselors Lisa Taylor (Diversity Coordinator) and Marca McCallie (LGBTQIA+ Specialist) provide free consultations for LGBTQIA+ individuals & students of color every week at the IMQ office. Email for days/times and to schedule an appointment.</p>
<p>Counseling Practicum Clinic</p> <ul style="list-style-type: none"> ➤ 928-523-7135 ➤ EPSPracticumClinic@nau.edu ➤ https://nau.edu/coe/labs/ ➤ Eastburn Education Building (#27), Room 169 	<p>Free counseling is available for NAU students & community members. Graduate students in the Department of Educational Psychology training programs provide counseling under the supervision of licensed counseling faculty.</p>
<p>Free Counseling at the International Pavilion</p> <ul style="list-style-type: none"> ➤ Neshay.Mall@nau.edu ➤ Calendly.com/nau_neshay-mall 	<p>A partnership between the Center for International Education (CIE), College of Education (COE), Educational Psychology, and the COE Practicum Clinic. Interested in a International Graduate Student Support Group? Call 928-487-0720</p>
<p>Louis Stokes Alliance for Minority Participation (LSAMP)</p> <ul style="list-style-type: none"> ➤ 928-523-6740 ➤ LSAMP@nau.edu ➤ https://nau.edu/ses/louis-stokes-award-for-minority-participation-lsamp/ 	<p>STEM students provide free mentoring to underrepresented minority students also pursuing degrees in STEM.</p>

<p>NAU Health Promotion</p> <ul style="list-style-type: none"> ➤ 928-523-6867 ➤ Healthpromotion@nau.edu ➤ https://in.nau.edu/campus-health-services/health-promotion/ 	<p>Assists with living a healthy, balanced college life. Information & resources on nutrition, fitness, stress, sexual health, and alcohol and drug use. Provides free items, including condoms and menstrual cups.</p>
<p>U.C.A.N University Coaching for Activity and Nutrition</p> <ul style="list-style-type: none"> ➤ Dean.Clifford@nau.edu ➤ 928-523-2566 ➤ https://in.nau.edu/ucan/ 	<p>Health coaching services are available for students, faculty, and staff who are residential, online or at satellite campuses. Appointments are available both in person and virtually.</p> 
<p>Office of the Dean of Students</p> <ul style="list-style-type: none"> ➤ 928-523-5181 ➤ DeanofStudents@nau.edu ➤ https://in.nau.edu/dean-of-students/ 	<p>Whether you are a student, family member of a student, or a university staff or faculty member, we are happy to assist and answer any questions you may have. The Lumberjack Case Management, Advocacy, Resources, & Essential Needs (CARE) Center addresses concerns such as food insecurity, financial needs, and wellness.</p>
<p>First Generation programs</p> <ul style="list-style-type: none"> ➤ 928-523-6980 ➤ https://nau.edu/first-gen/ 	<p>Assist first-generation college students succeed in school. Scholarships, emergency textbook loan programs, and resources available.</p>
<p>Office of Indigenous Student Success</p> <ul style="list-style-type: none"> ➤ 928-523-8086 ➤ https://in.nau.edu/iss/ 	<p>We provide individualized support in a caring and professional environment that respects and values our Native American, Alaska Native, Native Hawaiian, and all people who identify as Indigenous students.</p>
<p>Office of Inclusion (IMQ)</p> <ul style="list-style-type: none"> ➤ 928-523-5656 ➤ https://in.nau.edu/inclusion/ 	<p>Serves all students, focusing on gender, sexual orientation, and racially diverse populations.</p>
<p>Student Support Services</p> <ul style="list-style-type: none"> ➤ 928-523-6980 ➤ https://nau.edu/first-gen/sss/ 	<p>Assist students with peer-led workshops, mentoring, and scholarship opportunities, including funding to cover counseling fees at NAU Counseling Services.</p>
<p>Disability Resources</p> <ul style="list-style-type: none"> ➤ 928-523-8773 ➤ https://in.nau.edu/disability-resources/ 	<p>Assist students with disabilities in accommodating their needs on campus.</p>
<p>Academic Success Centers (ASCs)</p> <ul style="list-style-type: none"> ➤ 928-523-7391 ➤ https://in.nau.edu/academic-success-centers/ 	<p>Offers tutoring, assistance with study skills, test preparation, and mentoring.</p>
<p>Veteran and Military Services</p> <ul style="list-style-type: none"> ➤ 928-523-8387 ➤ https://in.nau.edu/veteran-and-military-services/ 	<p>Assist veteran students with tuition, resources, careers & job searching.</p>

Office of Registrar <ul style="list-style-type: none"> ➤ 928-523-2109 ➤ https://in.nau.edu/registrar/ 	Assist students with academic records, enrollment, and withdrawing from classes.
Office of Scholarships and Financial Aid <ul style="list-style-type: none"> ➤ 1-855-628-6333 ➤ https://nau.edu/office-of-scholarships-and-financial-aid/scholarships/ 	Answer questions about applying for financial aid and finding scholarship opportunities. (NAU School Code 001082).
Campus Living <ul style="list-style-type: none"> ➤ 928-523-3978 ➤ https://nau.edu/campus-living/ 	Assist students with resources and meeting their needs for on campus and off campus living.
NAU Police Department <ul style="list-style-type: none"> ➤ 928-523-3611 (non-emergencies) ➤ 911 ➤ Located at 525 E Pine Knoll Dr (Building 98A) 	Assist students with emergency and non-emergency situations; reporting; resources.
Interpersonal Conflict Resources (ODOS)	https://docs.google.com/document/d/1n1NoeKNvTI-soBKia gauJfHnCKkkq6BR/edit
<p><i>*This is not an extensive list of resources offered for students at NAU. For additional resources and information, please visit NAU's website at https://in.nau.edu/academic-affairs/guide-to-student-resources/</i></p>	

Day-to-Day Living Resources

Housing & Shelter

Includes information on rental assistance, eviction assistance, local shelters, and utility assistance.

<p>Flagstaff Shelter Services</p> <ul style="list-style-type: none"> ➤ 928-225-2533 Ext 307 ➤ 4185 E. Huntington Drive Flagstaff, AZ 86004 ➤ https://flagshelter.org/ 	<p>Emergency shelter for men and women. Assistance with applying for the Front Door housing program. Rapid Rehousing program also available for application, helps people get into their own apartment by paying first month's rent/move-in fees. Eviction assistance.</p>
<p>Emergency Rental Assistance Program (ERAP)</p> <ul style="list-style-type: none"> ➤ 833-912-0878 ➤ https://era.azdes.gov/ 	<p>The Emergency Rental Assistance Program (ERAP) provides Arizona households who rent their homes with assistance for both rent and utility. Eligible households may receive up to \$3,500 per month for up to 18 months.</p>
<p>Coconino County Health and Human Services</p> <ul style="list-style-type: none"> ➤ 928-679-7300 ➤ 928-679-7453 ➤ www.coconino.az.gov 	<p>Rental and utility assistance is available for seniors, disabled, families, veterans, and those affected by COVID-19.</p>
<p>Catholic Charities</p> <ul style="list-style-type: none"> ➤ 928-774-9125 Ext 53007 ➤ 2101 North Fourth Street Flagstaff, AZ 86004 	<p>Front Door specialist can help with getting on housing waitlists like Section 8 and assist with rental/eviction assistance. May provide short term rental assistance.</p> <p><i>Pro-Tip: You don't need to be Catholic to utilize services from Catholic/Christian Charities.</i></p>
<p>Northland Cares</p> <ul style="list-style-type: none"> ➤ Debra Webster, Support Services Case Manager ➤ 928-899-9356 (cell) ➤ 928-776-4612 (office) ➤ webster@northlandcares.org ➤ 3112 Clearwater Dr, Suite A Prescott, AZ 86305 	<p>Rental/Mortgage assistance for individuals who are HIV Positive. Client must receive case management from Northland Cares. 2 Programs: Tenant Based Rental Assistance (TBRA) Short Term Rent Mortgage Utility (STRMU)</p>
<p>Clark Homes</p> <ul style="list-style-type: none"> ➤ 928-779-1247 ➤ 980 North Thorpe Rd. Flagstaff, AZ 86001 	<p>Waitlists can be up to 3 years. Apply in person M-Th 8-12 and 1-6 and on Fri 8-12. Applicant must be below 50% area median income, pass a background check for the past 3 years, pass credit check. Preferences given to people fleeing domestic violence.</p>
<p>Low Income Public Housing (Siler and Brannen Homes)</p> <ul style="list-style-type: none"> ➤ 928-213-2730 ➤ 3481 N. Fanning Dr. Flagstaff, AZ 86004 	<p>Waitlist can be 5 years long. Apply in person. Applicant must be 80% under the area median income, pass a background and credit check.</p>

<p>The Salvation Army</p> <ul style="list-style-type: none"> ➤ 928-774-1403 ➤ 507 North Humphreys St. Flagstaff, AZ 86001 	<p>Offers both financial assistance, emergency utility bill financial assistance, and money to be used for rental assistance.</p>
<p>Sharon Manor Transitional Housing</p> <ul style="list-style-type: none"> ➤ 928-853-3525 ➤ https://www.housingnaz.org/sharon-manor 	<p>Offers housing for survivors of domestic violence who are experiencing homelessness. Trained in trauma informed care. Available to women, men, children, and families. Will soon have single occupancy units. Also has case management, group classes, and a children’s program.</p>
<p>Domestic Violence Shelters Directory</p> <ul style="list-style-type: none"> ➤ https://www.domesticshelters.org/ 	<p>Directory of various shelters nationwide for domestic violence victims. Numerous locations. Available 24/7.</p>
<p>Arizona Department of Housing’s COVID-19 Rental Eviction Prevention Assistance Program</p> <ul style="list-style-type: none"> ➤ Dial 211 ➤ Online Application: www.azhousing.gov 	<p>The State’s assistance program, which is available to residents of the entire county. Eviction prevention and utility assistance offered.</p>
<p>APS (Arizona Public Service)</p> <ul style="list-style-type: none"> ➤ (602) 371-7171 ➤ www.aps.com 	<p>Crisis Bill Assistance- receive up to 800\$ per year to cover current or past due bills.</p>
<p>UniSource Energy</p> <ul style="list-style-type: none"> ➤ Call 2-1-1 for your local agency info 	<p>UniSource cooperates with several community agencies to offer emergency bill-payment assistance to customers facing hardships. Unisource also offers rate reductions during winter months for qualifying low-income customers.</p>
<p>Affordable Connectivity Program (ACP)</p> <ul style="list-style-type: none"> ➤ 602-529-1519 ➤ Connectaz.help@gmail.com ➤ Connect-arizona.com/acp 	<p>ACP is a discount on monthly internet bills for qualifying low-income households. Service discounts up to \$30 a month for broadband services, and up to \$75 for households located on tribal lands. Device discount of up to \$100 when purchasing a laptop, desktop computer, or tablet from participating providers. One-on-one phone assistance available.</p>
<p>Low Income Household Water Assistance Program (LIHWAP) – DES</p> <ul style="list-style-type: none"> ➤ 833-453-2142 ➤ https://des.az.gov/lihwap 	<p>Provides financial relief to families for water and wastewater bills to avoid shutoffs or disconnections. Eligible households can receive up to \$1,800 in water assistance (inc. water service restoration, past-due obligations, and future bills).</p>
<p>McKinney Vento Homelessness Resource Center</p> <ul style="list-style-type: none"> ➤ 928-527-6000 ➤ https://www.fusd1.org/domain/66 	<p>If you have lost your housing due to a family crisis, unemployment, an eviction or financial issues, you may be eligible for services under the McKinney-Vento Homeless Assistance Act which protects children and youth who lack a fixed, regular and adequate nighttime accommodation by providing additional rights and educational support services.</p>

Food Insecurity

<p>Louie’s Cupboard (NAU)</p> <ul style="list-style-type: none"> ➤ 928-523-5181 ➤ LouiesCupboard@nau.edu ➤ https://in.nau.edu/dean-of-students/louies-cupboard/ 	<p>Offers free groceries to NAU students on certain days. Check website for distribution days and know that walk-ins are welcome. Located in the Lumberjack CARE Center (Sechrist Annex).</p> <p>Pro-Tip: Bring a friend!</p>
<p>Pocket Pantry (NAU)</p> <ul style="list-style-type: none"> ➤ Located in NAU Counseling Services (HLC) 	<p>Grab and Go bags, toiletries, and more are available in the waiting room at NAU Counseling Services. All items are free.</p>
<p>Louie’s Leftovers Program (NAU)</p> <ul style="list-style-type: none"> ➤ https://in.nau.edu/experience-design/louies-leftovers/ 	<p>Notifies NAU students of free leftover food from campus events through the NAUGo Mobile App (first come first serve). Visit the website for details on how to sign up.</p>
<p>Meal Swipes for Jacks (NAU)</p> <ul style="list-style-type: none"> ➤ 928-523-0930 ➤ Azah.Quach@nau.edu ➤ https://in.nau.edu/dean-of-students/meal-swipes-for-jacks/ 	<p>If you or a student you know are experiencing an emergency with food insecurity, short-term free on-campus meal swipes may be available to you. Each recipient student will receive 6 meal swipes for use at the Hot Spot or Dubois Center (Flagstaff Mountain Campus, no transfers) while resources last.</p>
<p>Flagstaff Family Food Center</p> <ul style="list-style-type: none"> ➤ 928-526-2211 ➤ 3805 East Huntington Drive, Flagstaff, AZ 86004 ➤ https://www.hotfood.org/ 	<p>Drive-by food box pick-ups (no contact distribution) Tues-Sat 9am-1pm. Individuals and families in need can receive food boxes twice per month. No photo ID, proof of residency or proof of income is required.</p> <p>Free sack lunches served daily at the food kitchen from 10:00 am -3:30 pm</p> <p>Free hot meals served daily at the food kitchen from 4:00 - 5:30 pm</p> <p>Food box home delivery just call and request a drop-off. Can receive once per month.</p>
<p>Golden Rule Pantry</p> <ul style="list-style-type: none"> ➤ 928-440-5375 ➤ 2573 E 7th Ave ➤ Flagstaff, AZ 86004 ➤ http://the-pantry.org/ 	<p>A free food distribution center where you can pick your own food. The center is set up like a grocery store. Bring an ID. “Shoppers” can come to collect free food once every 7 days. Open weekly on Wed-Sun 3 pm – 6 pm.</p>
<p>The Salvation Army</p> <ul style="list-style-type: none"> ➤ 928-774-1403 ➤ 507 North Humphreys St. Flagstaff, AZ 86001 	<p>Emergency Food Pantry Walk-up window Mon-Thurs 9am-5pm Home Delivery also available upon request</p>
<p>St Vincent De Paul</p> <ul style="list-style-type: none"> ➤ 928-774-6511 	<p>Delivers food and non-perishables. People can also pick up foods. Helpline available Monday-Friday 9am-10:30am.</p>

<p>AHCCCS & SNAP (Food Stamps) Application Assistance</p> <ul style="list-style-type: none"> ➤ Abby Sanchez ➤ 928-522-9586 ➤ vesanchez@nchcaz.org ➤ 2920 N. Fourth St. Flagstaff, AZ 86004 ➤ https://www.azahcccs.gov/ 	<p>North Country Healthcare offers free assistance with applying for food stamps (in-person & over the phone). Can also assist with applying for AHCCCS (Medicaid insurance) and TAF (Temporary Assistance for Needy Families).</p> <p><i>Pro-Tip: In 2020 the government changed the standards for qualifying to include many students.</i></p>
<p>AHCCCS Application Assistance, NACA</p> <ul style="list-style-type: none"> ➤ ➤ AHCCCS and SNAP: https://www.azahcccs.gov/ 	<p>In addition to free services offered by North Country Health Care to apply for SNAP and AHCCCS, Native Americans for Community Action (NACA) also provides free assistance with applying for AZ State Medicaid. Individuals do not need to be Native American to receive services at NACA.</p>
<p>WIC (Women, Infants, & Children)</p> <ul style="list-style-type: none"> ➤ 928-679-7250 ➤ 2625 N. King St. ➤ Flagstaff, AZ 86004 	<p>The Arizona Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding, and postpartum women; infants; and children under the age of five.</p>
<p>Sunshine Rescue Mission</p> <ul style="list-style-type: none"> ➤ 928-774-3512 ➤ 124 S. San Francisco St. Flagstaff, AZ 86001 	<p>Free Breakfast and Dinner to anyone in need. Dinner is at 5:00 pm. Showers are offered at 4:00 pm.</p>
<p>Budget Friendly Nutrition Resources (NAU)</p> <ul style="list-style-type: none"> ➤ https://in.nau.edu/campus-health-services/budget-friendly-nutrition-resources/ 	<p>On this page you will find numerous nutrition resources that will help you stay healthy and within your budget. Check out the various recipes, tools, tips, and tricks to get started!</p>
<p>Roots Nutrition</p> <ul style="list-style-type: none"> ➤ Megan Meyer, registered dietician ➤ https://rootsnutritionflg.com/ 	<p>Accepts AHCCCS (physician referral required) and has a sliding scale available.</p>
<p>Feeding America</p> <ul style="list-style-type: none"> ➤ www.feedingamerica.org 	<p>Assistance finding a foodbank in your area.</p>

Employment Resources

<p>NAU Career Services</p> <ul style="list-style-type: none"> ➤ 928-523-1087 ➤ https://in.nau.edu/career/ 	<p>Career Advising, mock Interviews, internship placements, job fairs, and career pathway plans. Newly opened career closet offers career-style clothing to NAU affiliates for one outfit or 4 items per semester. Call or email to schedule an appointment.</p>
<p>Handshake</p> <ul style="list-style-type: none"> ➤ https://in.nau.edu/career/handshake/ 	<p>Access on-campus, student wage, federal work study, and part-time off campus jobs by searching their database of current job opportunities.</p>
<p>Vocational Rehab</p> <ul style="list-style-type: none"> ➤ https://des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr 	<p>The Vocational Rehabilitation program provides a variety of services to persons with physical and mental disabilities, with the ultimate goal to prepare for, enter into, or retain employment.</p>
<p>Goodwill</p> <ul style="list-style-type: none"> ➤ (928) 556-5096 ➤ 4308 E. Route 66 Flagstaff, Arizona 86004 ➤ https://www.goodwill.org/training-and-work-opportunities-for-goodwill-programs/ 	<p>Contact a local Good Will for career training and support. Offers career training certificates. Opportunities include resume building, e-Learning, interviewing skills, occupational skills training, and job readiness training. Also has a job placement program.</p>
<p>Indeed.com</p> <ul style="list-style-type: none"> ➤ www.indeed.com 	<p>Job Listings for local and non-local jobs. Also has information about salary trends, job searches, resume writing, and the interview process.</p>
<p>NAU Student Veteran and Military Services</p> <ul style="list-style-type: none"> ➤ 928-523-8387 ➤ vets@nau.edu 	<p>Assists veteran students with tuition, resources, career & job opportunities.</p>
<p>BPL Plasma</p> <ul style="list-style-type: none"> ➤ (928) 773-1334 ➤ 1250 S Plaza Way C Flagstaff, AZ 86001 ➤ https://www.bplplasma.com/flagstaff-plasma-center 	<p>Earn money for donating plasma. See website for rates. Need ID, SSS card, and proof of address.</p>
<p>Live Your Dream</p> <ul style="list-style-type: none"> ➤ https://www.liveyourdream.org/get-help/index.html 	<p>Offers various grants/scholarships for those who are looking for a job and need help after the domestic violence experience.</p>
<p>Dress for Success (Nationwide, AZ location: Phoenix)</p> <ul style="list-style-type: none"> ➤ https://dressforsuccess.org/ 	<p>A global nonprofit organization that empowers women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.</p>
<p>College Suit-Up Event (JCPenney)</p> <ul style="list-style-type: none"> ➤ See Handshake for details 	<p>Semi-Annual event exclusively for NAU students to receive discounts on select men's and women's career and professional attire. Optional transportation available. Register through Handshake website.</p>

<p>The Dean’s Closet Program</p> <ul style="list-style-type: none"> ➤ 928-523-3657 ➤ https://nau.edu/franke-college-business/deans-closet/ 	<p>The Dean’s Closet provides monetary assistance to students who cannot afford to buy business professional attire for the Career Exploration Day, mock and job interviews, presentations, and other FCB and job-related occasions. This program is completely confidential and discreet.</p>
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Misc. Resources

Including financial, legal, and medical necessities.

<p>NAU Lumberjack Emergency Assistance Fund (LEAF)</p> <ul style="list-style-type: none"> ➤ 928-523-5181 ➤ LEAF@nau.edu ➤ https://in.nau.edu/dean-of-students/lumberjack-emergency-assistance-fund/ 	<p>The Lumberjack Emergency Assistance Fund (LEAF) has provided emergency grants of \$500 per student since fall 2020. LEAF funded over 1,000 students with \$500 grants used to meet their most urgent needs. With funding from the NAU Foundation and the Associated Students of Northern Arizona University (ASNAU), LEAF distributed over \$500,000 directly to students since fall 2020.</p>
<p>NAU Course Materials Assistance Program (CMAP)</p> <ul style="list-style-type: none"> ➤ 928-523-5181 ➤ Textbook.loan@nau.edu ➤ https://in.nau.edu/dean-of-students/course-materials-assistance-program/ 	<p>Northern Arizona University’s Course Materials Assistance Program (CMAP) assists students with limited financial means in obtaining required course materials for classes by providing a \$200 credit at the NAU Bookstore. All rented materials must be returned to the bookstore pursuant to the rental agreement.</p>
<p>DNA Legal Services</p> <ul style="list-style-type: none"> ➤ 928-774-0653 ➤ 2323 E. Greenlaw Ln #1 Flagstaff, AZ 86004 	<p>Nonprofit legal aid organization that provides free civil legal services to those who otherwise could not afford to hire an attorney.</p>
<p>FEMA</p> <ul style="list-style-type: none"> ➤ https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance/faq 	<p>FEMA provides Covid-related funeral payment assistance.</p>
<p>Poore Medical Clinic</p> <ul style="list-style-type: none"> ➤ (928) 213-5543 ➤ https://pooremedicalclinic.org/about/ 	<p>Free Dental and Medical Care. The Poore Medical Clinic is a community-based and community-supported free medical and dental clinic. Our mission is to increase the availability of healthcare by providing free medical and dental care to low income, uninsured individuals and families living in Coconino County.</p>
<p>Dental Voucher Program, Coconino County</p> <ul style="list-style-type: none"> ➤ 928-679-7355 ➤ 2625 N King St Flagstaff, AZ 86004 ➤ https://coconino.az.gov/234/Dental-Voucher-Program 	<p>Free dental care for income eligible individuals ages 19+ without insurance and those 21+ with AHCCCS, WIC, SNAP, or TANF.</p>

<p>Northern Arizona Oral Health Coalition</p> <ul style="list-style-type: none"> ➤ https://oralhealthnaz.org/naoh-c-find-care.php ➤ Contact information can be located under the “Contact” tab of their website 	<p>Our mission is to improve the public’s oral and general wellness, with a focus on vulnerable populations, through community partnerships. We help people living in Northern Arizona access dental health education, resources, and services, including info about AHCCCS providers for Dental coverage.</p>
<p>Remedy Direct Primary Care</p> <ul style="list-style-type: none"> ➤ 928-223-4823 ➤ contact@remedydpc.com ➤ https://www.remedydpc.com/ ➤ 1600 W University Ave, Ste 202 Flagstaff, AZ 86001 	<p>Primary medical Care with a fixed membership fee – no insurance. Flexible, unlimited appointments available.</p>
<p>Nationwide Vision</p> <ul style="list-style-type: none"> ➤ 928-213-1400 ➤ https://www.nationwidevision.com/ ➤ 801 S Milton Rd Flagstaff, AZ 86001 	<p>Accepts AHCCCS insurance for individuals under 21. No referral necessary, schedule directly with Nationwide.</p>
<p>Helpful City of Flagstaff Resources for Residents, Businesses, & Visitors</p> <ul style="list-style-type: none"> ➤ https://www.flagstaff.az.gov/2440/Community-Resources 	<p>Contains links to various maps, sustainability & waste resources, Housing, parks, open spaces & recreation, roads & transportation, and public safety resources.</p>

Family Resources

Foster Youth Resources

<p>NAU Foster Youth Resources (First-Generation)</p> <ul style="list-style-type: none"> ➤ 928-523-6980 ➤ Student.Support.Services@nau.edu ➤ https://nau.edu/first-gen/foster-youth-resources/ 	<p>Includes programs and services designed for youth who were in foster care, including info on the AZ ETV program, AFFCF, AZ DES, FosterCare Alumni of America, and Foster Club.</p>
<p>Transitional Independent Living Program (TILP)</p> <ul style="list-style-type: none"> ➤ Text or Call: 480-247-1413 ➤ YAS@arizonaschildren.org 	<p>Arizona Children’s Association supports young adults with an intensive case manager who can connect youth to free health care until age 26, special ETV Pell grant, free/discounted counseling, housing, and education. Must have been/be in foster care at age 16 or older.</p>
<p>Blavin Scholars Program</p> <ul style="list-style-type: none"> ➤ 928-523-9080 ➤ Caitlin.absher@nau.edu ➤ NAU University Union Room 241 Building 30 	<p>Scholarship program for those who apply and are accepted. Applicants must: be accepted as incoming freshman, demonstrate need, and experienced foster care. Apply online at: https://nau.edu/blavin-scholars-program/eligibility-application/</p>
<p>Arizona Education and Training Voucher (ETV)</p> <ul style="list-style-type: none"> ➤ https://www.fc2sprograms.org/ 	<p>A federally funded, state-administered program designed to help youth who were in foster care. You may be eligible to receive up to \$5,000 a year for qualified-school related expenses.</p>
<p>Arizona Friends of Foster Children Foundation</p> <ul style="list-style-type: none"> ➤ https://www.affcf.org/caa/ 	<p>If you are a current or former foster youth between the ages of 14 to 20, you can request financial assistance for help with:</p> <ul style="list-style-type: none"> ➤ Rent ➤ Tutoring ➤ Driver’s education ➤ Childcare ➤ Transportation ➤ And more!
<p>AFFCF Focus Forward Fund</p> <ul style="list-style-type: none"> ➤ www.affcf.org/focusforward 	<p>Financial assistance for post-secondary students who were in foster care at age 16+ in AZ (DCS or tribal) who are under the age of 27. Applications can be submitted on a rolling basis as needed. Visit the website for more information.</p>

Pregnancy and Young Families Resources

<p>NAU Childcare Voucher Program</p> <ul style="list-style-type: none"> ➤ 928-523-5181 ➤ childcare@nau.edu ➤ https://in.nau.edu/dean-of-students/childcare-voucher-program/ 	<p>If you are a student parent, you may be eligible to receive an award to help subsidize the cost of childcare so you can concentrate on your studies and graduate on time. Funds are available for qualifying undergraduate, graduate, online, and statewide campus students.</p>
<p>NAU Higher Education Child Care Project (HECCP)</p> <ul style="list-style-type: none"> ➤ 928-523-5181 ➤ ADES.HECCP@nau.edu ➤ https://in.nau.edu/dean-of-students/Higher-Education-Child-Care-Project/ 	<p>The Dean of Students team is administering a pilot project for reimbursement of qualified child care expenses through the Higher Education Child Care Project (HECCP) funded by the Arizona Department of Economic Security (ADES). The pilot project end date is June 30, 2024. The purpose of the NAU HECCP is to provide qualified child care assistance to income eligible undergraduate student-parents (of children age twelve (12) and under) who are enrolled full-time in one of the following programs/areas: School of Nursing, Early Childhood Education, or K-12 Education.</p>
<p>MOPS (Mothers of Preschoolers) Flagstaff</p> <ul style="list-style-type: none"> ➤ For moms of infants through kindergarten: https://www.mops.org/groups/flagstaff-mops ➤ For moms of school-aged children through high school: https://www.mops.org/groups/flagstaffmomsnext 	<p>A MOPS meeting includes practical teaching through speakers, demonstrations and videos. Plus, there's usually food... food you didn't make! But more important, you'll get to have honest conversations with other moms who understand the joys and frustrations of motherhood. Faith-based organization. Membership dues.</p>
<p>Big Brothers Big Sisters of Flagstaff</p> <ul style="list-style-type: none"> ➤ 928-774-0649 ➤ https://www.flagstaffbigs.org/ ➤ 102 W. Hunt Ave. ➤ Flagstaff, AZ 86001 	<p>Big Brothers Big Sisters of Flagstaff makes meaningful monitored matches between adult volunteers (Bigs) and children (Littles), ages 6 through 18.</p>
<p>Christmas Gift Assistance, Salvation Army</p> <ul style="list-style-type: none"> ➤ 928-774-1403 ➤ Saangletree.org 	<p>The Salvation Army is providing families with children 0-17 years old Christmas assistance with toys and food.</p>
<p>Hope Pregnancy Resource Center</p> <ul style="list-style-type: none"> ➤ 928-774-8302 ➤ https://hopeprc.net/ ➤ 224 S Kendrick St. ➤ Flagstaff, AZ 86001 	<p>Provides support for pregnancies including clothing and baby equipment.</p>
<p>WIC (Women, Infants, and Children)</p> <ul style="list-style-type: none"> ➤ 928-679-7272 ➤ https://www.coconino.az.gov/251/WIC 	<p>Pregnancy through age 5. Includes assistance with food, formula, nutrition education, breastfeeding support, and breast pump.</p>

<ul style="list-style-type: none"> ➤ 2625 N. King St. Flagstaff, AZ 86004 	
<p>Child Passenger Safety, Coconino County Health Department</p> <ul style="list-style-type: none"> ➤ https://www.coconino.az.gov/2746/Child-Passenger-Safety 	<p>Contact WIC office to attend car seat education and receive a free seat (no income qualification required).</p>
<p>Health Start, Coconino County Health Dept.</p> <ul style="list-style-type: none"> ➤ 928-522-1104 ➤ https://coconino.az.gov/247/Health-Start 	<p>Helps women and teens who are pregnant.</p>
<p>Flagstaff Family Resource Center (FUSD)</p> <ul style="list-style-type: none"> ➤ https://www.fusd1.org/frc#calendar35434/20220915/month ➤ Located in Summit High School @ 4000 N Cummings St Flagstaff, AZ 86004 	<p>Services include free K-12 tutoring by FUSD Teachers, FUSD school info & forms, community resources & referrals, free computer/internet access, printing/fax/copy, parenting info & books, Adult Ed, & clothing/food pantry items.</p>
<p>Early Head Start & Head Start (NACOG)</p> <ul style="list-style-type: none"> ➤ (928) 774-1895 ➤ https://www.nacog.org/location/locationDetail/flagstaff-early-head-start.html ➤ 119 E Aspen Ave Flagstaff, AZ 86004 	<p>HEAD START provides early education, most typically on a part-day basis (ex. 3 ½ hours); parent involvement, education, and family support; and comprehensive health and nutrition education for children.</p> <p>EARLY HEAD START serves women who are pregnant and children birth to 3 years old. Head Start serves children 3 to 5 and their families who are at or below the federal poverty level.</p>
<p>KidsCare</p> <ul style="list-style-type: none"> ➤ 928-522-1104 ➤ https://www.azahcccs.gov/Members/GetCovered/Categories/KidsCare.html 	<p>Health Insurance for children that do not qualify by income for AHCCCS.</p>
<p>Healthy Steps for Young Children, Summit Healthcare</p> <ul style="list-style-type: none"> ➤ 928-367-6550 <p>https://summithealthcare.net/healthy-steps-for-young-children/</p>	<p>Free. An expert in child development, behavior, early learning, parenting, and even breastfeeding is available to come to your home or to meet with you at our office.</p>
<p>Healthy Families Arizona</p> <ul style="list-style-type: none"> ➤ 928-679-7216 ➤ healthyfamilies@coconino.az.gov ➤ https://dcs.az.gov/services/prevention/healthy-families-arizona 	<p>Weekly in-home visits with flexible scheduling, info on prenatal and postnatal self-care, routine screening for child development, education about your child and activities to help you bond, skills to strengthen family relationships, and information/referral to community resources. Services for any family living in/within 50 miles of Flagstaff. Enrollment period: pregnancy-3 months postpartum (services continue through 5 yrs). Free, no income restrictions.</p>

<p>Lactation Support Services – North Country Healthcare</p> <ul style="list-style-type: none"> ➤ Flagstaff (4th St Location): (928) 522-9400 ➤ Lake Havasu City: (928) 505-7501 ➤ Winslow: (928) 288-8700 	<p>Available to help you on your breastfeeding/chest feeding journey. Appointment are available in person or Telehealth appointments available at all clinic locations.</p>
<p>Family Involvement Center (FIC)</p> <ul style="list-style-type: none"> ➤ 928-440-6180 877-568-8468 ➤ info@familyinvolvementcenter.org ➤ https://www.familyinvolvementcenter.org/ ➤ 5200 E Cortland Blvd, Ste A16 Flagstaff, AZ 86004 	<p>Offers services to individuals with family members that have emotional, physical or behavioral health challenges. Family Support, Youth Programs, Counseling, AHCCCS Enrollment Help, Mental Health Outpatient Services, Parent/Caregiver Leaders, Covid-19 Counseling, and Parents for Parents.</p>
<p>Pathways Program for Single Moms</p> <ul style="list-style-type: none"> ➤ 928-226-4356 ➤ Pathways@coconino.edu ➤ Pathwaysflagstaff.org 	<p>Earn a certificate in just one year for fast-growing careers that pay self-sufficient wages. Enrollment in the program includes paid tuition for a certificate in technical education, a stipend and flexible funds with active program participation, child care resources, and wraparound services such as ongoing coaching and support, cohort events/activities, workforce development and community resources. For more information, visit pathwaysflagstaff.org</p>
<p>A Mothers Journey</p> <ul style="list-style-type: none"> ➤ Zoom link: https://bit.ly/nchcjourney 	<p>The group meets virtually every Wednesday from 1:30pm to 3:00pm. A community support, connection, and empowerment group for mothers who are pregnant or have recently had a baby. This support group aims to create a safe space to share, listen and learn as we navigate the parenting journey together, as well a pre-natal and post-partum adjustment.</p>
<p>Support After Miscarriage and Infant Loss</p> <ul style="list-style-type: none"> ➤ https://www.nahealth.com/women-infants/support-after-miscarriage-and-infant-loss 	<p>Northern Arizona Healthcare has a list of resources and online support for those bereaved by miscarriage or infant loss.</p>
<p>TGC Moms and Babies Program</p> <ul style="list-style-type: none"> ➤ 928-714-5218 (Lizette Melis, Program Coordinator) ➤ 928-714-6414 (Deleslie Foster, Case Manager) 	<p>Are you pregnant or have an infant? We can help you navigate this exciting and sometimes challenging time. Services available include service coordination & priority appointments, peer support and groups, incentives for appointment attendance, access to car seats and breast pumps, and cell phones for telehealth appointments. To learn more, contact Lizette or Deleslie directly by phone.</p>
<p>National Child Abuse Hotline</p> <ul style="list-style-type: none"> ➤ 1-800-4-A-CHILD (1-800-422-4453) 	<p>Hotline to report child abuse.</p>

<p>Abortion</p> <ul style="list-style-type: none"> ➤ https://www.ineedana.com/ ➤ https://www.justthepill.com/ ➤ Online consult for abortion pills by mail ➤ Home - National Network of Abortion Funds ➤ https://brigidalliance.org/ ➤ Please email me at for help: kristin.anderson@nau.edu 	<p>Where to go, how to pay for it and get supports.</p>
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Diversity Resources

LGBTQIA+ Resources

<p>NAU Library Gender Affirming Healthcare Resource List</p> <ul style="list-style-type: none"> ➤ https://libraryguides.nau.edu/pbclibrary/transgenderhealthcare 	<p>websites to find info about healthcare options, primary care, therapists, surgeons, and other medical providers.</p>
<p>Southern Arizona Gender Alliance</p> <ul style="list-style-type: none"> ➤ https://sagatucson.org/ 	<p>support groups, advocacy, doctor directory, name change resources, trainings. Search for medical providers in Arizona and beyond.</p>
<p>Addiction Resources & Rehabs for the LGBTQ+ Community</p> <ul style="list-style-type: none"> ➤ https://www.rehab.com/specialty/lgbtq 	<p>This website contains a medically reviewed list of LGBTQ addiction and mental health organizations and community allies. The list includes free hotlines, suicide prevention support and services, youth organizations, and online mental health and addiction resources.</p>
<p>Transgender Map</p> <ul style="list-style-type: none"> ➤ https://www.transgendermap.com/ 	<p>Transgender resources nationally including providers in Arizona.</p>
<p>Trans Spectrum AZ</p> <ul style="list-style-type: none"> ➤ https://tsaz.org/ 	<p>Support group meetings held virtually. Resource guide for Phoenix.</p>
<p>World Professional Association of Transgender Health</p> <ul style="list-style-type: none"> ➤ wpath.org 	<p>Search for WPATH medical providers in AZ, nationwide, and globally.</p>
<p>Banner Health LGBTQ+ Resource Guide</p> <ul style="list-style-type: none"> ➤ https://www.arizonafamilyhealth.org/wpcontent/uploads/2020/12/LGBTQ-Resource-Guide-Banner-Dec-2019.pdf 	
<p>Genderbands</p> <ul style="list-style-type: none"> ➤ https://www.genderbands.org/ 	<p>Genderbands helps transgender and gender non-conforming people pay for their gender-affirming top surgery.</p>

It Gets Better Project ➤ https://itgetsbetter.org/	Education, trainings, advocacy, resources
One-N-Ten Project ➤ https://oneten.org/	Programs, resource guides, support for youth and parents. Community trainings, search for community-based providers.
Queer Trans Pueblo ➤ https://www.tqpueblo.org/	A refuge for LGBTQ+ migrants of color - create community solutions to solve basic needs, cultivate the leadership of LGBTQ people and migrants of color to transform needs into community power and fight for social justice for all
Transhealth ➤ http://www.trans-health.com/	Trans healthcare articles for the transgender community and providers.
Trevor Project ➤ https://www.thetrevorproject.org/	Info and support 24/7. 365 days a year. Crisis counselors via chat, text, or call.
NAZGEM ➤ https://az-gycc.org/nazgem/# ➤ nazgem@gycc.lgbt	Transgender support organization servicing all of Northern AZ (operates out of Prescott). Meets virtually, email for connection info.
Trans Voice Training ➤ https://www.yourlessonsnow.com/trans-voice-training/	Trans voice training for all trans people – MTF, FTM, non-binary, and others.
NAU Office of Inclusion ➤ 928-523-5656 ➤ https://in.nau.edu/inclusion/transgender-resources/	Includes information and resources related to trans health & wellness services, relevant NAU policies, gender-inclusive housing, and a gender-inclusive restroom map
Additional (if not included already)	Prism, flaunt (drag club), support groups (CS), IMQ, advocacy team (MMM), Liminal (unofficial space), Ferocity (greek group, non-gender specific), Out & Proud list at NAU Commission.

Flagstaff Fully Affirming Spiritual Communities

Beacon Unitarian Universalist Congregation	510 North Leroux St, Flagstaff, AZ, 86001 (928) 779-4492 http://www.beaconuu.com/E
Episcopal Church of the Epiphany	423 N Beaver St, Flagstaff, AZ 86001 (928) 774-2911 https://epiphanyaz.org/
Federated Church	400 W Aspen Ave, Flagstaff, AZ 86001 (928) 774-7383 https://www.flagstafffederatedchurch.org/

First Congregational Church Flagstaff	740 N Turquoise Dr Flagstaff, AZ 86001 (928) 774-0890 https://fccflagstaff.org/
Flagstaff Insight Meditation Center	Online meditation classes, dharma talks and book study. http://flagstaffinsight.org/index.php
Lev Shalom	2609 N Patterson Blvd, Flagstaff, AZ 86004 (928) 527-8747 https://www.levshalomaz.org/
Living Christ Lutheran	500 W Riordan Rd, Flagstaff, AZ 86001 (928) 526-8595 https://www.lclclflag.org/
Shepherd of the Hills Lutheran	1601 N San Francisco St, Flagstaff, AZ 86001 (928) 774-4832 http://www.sothflagstaff.org/WP/
The Commons	755 N Bonito St, Flagstaff, AZ 86001 (928) 788-0888 https://flagstaffcommons.com/
Trinity Heights Methodist	3600 N Fourth St, Flagstaff, AZ 86004 (928) 526-1397 https://www.thumc.com/

BIPOC Resources

Lived Black Experience Events ➤ flagstafflivedblack@gmail.com	The Murdoch Community Center hosts Lived Black Experience events.
Native Americans for Community Action (NACA) ➤ 928-773-1245 ➤ https://nacainc.org/ ➤ 1500 E Cedar Ave #26 Flagstaff, AZ 86004	Native Americans for Community Action, Inc. provides quality healthcare services to the Native and non-Native populations of Flagstaff, and other surrounding communities. NACA accepts and provides services to all ethnic groups of all ages, focusing on holistic and family care, and we prioritize the overall wellbeing of our patients by honoring their customs, culture, and beliefs. Our providers and all clinic staff have had extensive experience and training in working with Native American patients.
Black, African, and African American Resources & Initiatives (NAU) ➤ 928-523-5656 ➤ inclusion@nau.edu ➤ https://in.nau.edu/inclusion/black-african-and-african-american-resources-and-initiatives/	The goal for Black Excellence and Student Services is to create culturally relevant programs and provide services to advance the holistic support of Northern Arizona University's Black community. Through intentional partnerships that will work together to increase the recruitment, retention, academic achievement, and self-advocacy of our Black student population we want our Black/African American Students, Staff, and faculty to

	celebrate their culture. Through our initiatives, the office of Black Excellence and Student Initiatives is here to address the needs of the Black/African American student community and provide support throughout their time at Northern Arizona University.
NAU Native American Cultural Center (NACC) <ul style="list-style-type: none"> ➤ 928-523-9557 ➤ Nau-nacc@nau.edu ➤ https://in.nau.edu/native-american-cultural-center/ ➤ 318 W McCreary Dr Flagstaff, AZ 86011 	The Native American Cultural Center (NACC), a unit under the Office of Native American Initiatives opened its doors to become a “Home Away from Home” for many in the NAU Community in October 2011. From its inception, the NACC has striven to support students and to educate the larger community on the histories, cultures, and issues facing Native American/Alaskan Native/ Native Hawaiian and Indigenous communities.
Flagstaff Nuestras Raices <ul style="list-style-type: none"> ➤ president@flagstaffnuestrasraices.org ➤ info@flagstaffnuestrasraices.org ➤ https://flagstaffnuestrasraices.org/contact-us/ 	We are dedicated to promoting Hispanic culture and history through events, gatherings, the performing and visual arts. To further this purpose Flagstaff Nuestras Raíces draws on the Arizona Hispanic family stories, history, traditions and talents as tools for cultural transmission. We are a 501©3 nonprofit organization.
NAU Hispanic, Latine Student Services <ul style="list-style-type: none"> ➤ 928-523-5656 ➤ inclusion@nau.edu ➤ https://in.nau.edu/inclusion/hispanic-latina-o-x-student-services/ 	The mission of Hispanic, Latine Student Services is to promote, amplify, and celebrate the Hispanic, Latine student community and partner across campus to develop, implement, and assess the practices and strategies that help ensure a positive and successful student experience.
Kinlani (Flagstaff) Mutual Aid <ul style="list-style-type: none"> ➤ 928-666-0250 ➤ https://www.facebook.com/groups/flgmutualaid/?mibextid=6NoCDW 	<p>Kinlani/Flagstaff Mutual Aid is a community response to the threat of Covid-19. We have organized a hub to coordinate volunteers to collect and distribute necessary resources to those most vulnerable in our community. This group is created for autonomous relief organizing based on the principles of mutual aid, solidarity, and direct action.</p> <p>To volunteer or to request support, please use this form: www.tiny.cc/FlagMutualAid</p>

Groups, Clubs, & Connective Places

<p>Hillel at NAU</p> <ul style="list-style-type: none"> ➤ Hillel@nau.edu ➤ https://nau.campuslabs.com/engage/organization/hillelatnau 	<p>Hillel at Northern Arizona University connects NAU students with their Jewish heritage and one another via cultural, religious, and social activities.</p>
<p>NAU Clubs and Organizations</p> <ul style="list-style-type: none"> ➤ https://nau.edu/leap/clubs/ ➤ https://nau.edu/experience/clubs-and-organizations/ 	<p>NAU is home to nearly 400 student organizations, meaning there are nearly 400 opportunities for you to find other Lumberjacks who share your interests and passions.</p>
<p>Alcoholics Anonymous</p> <ul style="list-style-type: none"> ➤ 928-556-9588 ➤ http://flagstaffaa.org/ 	<p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p>
<p>Connection Trail</p> <ul style="list-style-type: none"> ➤ 928-525-6593 ➤ www.connectiontrail.com ➤ www.facebook.com/connection.trail ➤ 1813 N Main St Flagstaff, AZ 86004 	<p>Peer-driven recovery social center to assist with finding healthy substitutes, common peers, and to achieve the type of social community that is often absent in recovery. Includes a free gym, yoga classes, hiking workshops, adventure hikes, community events, meditation classes, community referrals, and career building.</p>
<p>DBT Skill Building Group (Adults)</p> <ul style="list-style-type: none"> ➤ 928-286-7229 ➤ kmeyerlcsw@protonmail.com ➤ https://www.balancementalhealthandwellness.org/groups 	<p>Balance Mental Health and Wellness - DBT/Coping Skills Group on Wednesday evenings from 5:00 - 6:00 pm over zoom for a \$10 drop-in fee. This is a drop-in skill building group open to all individuals to increase mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.</p>
<p>NAU Sexual Assault Survivor Support Group</p> <ul style="list-style-type: none"> ➤ 928-522-9460 	<p>A space for sharing, feeling safe and learning new coping skills. All Genders Welcome. For NAU Students. What you say within the group stays within the group. It's always okay not to share/talk.</p>
<p>NAU HP Sexual Assault Resources</p> <ul style="list-style-type: none"> ➤ https://in.nau.edu/campus-health-services/sexual-assault-resources/ 	<p>Includes information on how to report an incident, NAU resources, Flagstaff community resources, online resources, apps, and tips for helping a survivor of sexual assault.</p>
<p>Chabad at NAU</p> <ul style="list-style-type: none"> ➤ www.jewishflagstaff.com 	<p>The Rohr Chabad Jewish Student Center encourages you to enhance your college experience by participating in a variety of Jewish activities.</p>
<p>Cancer Support Community AZ</p> <ul style="list-style-type: none"> ➤ 928-236-2333 ➤ 914 N San Francisco St, Ste G Flagstaff, AZ 86001 ➤ www.cscaz.org/NorthernArizona 	<p>Ensuring all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.</p>

<p>Acts of Kindness</p> <ul style="list-style-type: none"> ➤ https://aokflag.org/home ➤ 550 Sunset Dr Flagstaff, AZ 86004 	<p>Acts of kindness' core mission focuses on supporting families devastated by suicide. Our programs are designed to help families meet urgent financial needs and provide comfort during this time. Financial assistance for funeral expenses due to suicide. Volunteer opportunities available.</p>
<p>Be Connected AZ (Veterans support network)</p> <ul style="list-style-type: none"> ➤ www.BeConnectedAZ.org ➤ 1-866-429-8387 	<p>Connecting Arizona service members, veterans, families & helpers to information, support and resources.</p>
<p>NAU's guide to Volunteer Work in Flagstaff</p> <ul style="list-style-type: none"> ➤ https://in.nau.edu/center-for-service-and-volunteerism/local-volunteer-opportunities/ 	<p>If you are looking for opportunities to volunteer around greater Flagstaff, we have compiled a list of organizations who are always seeking individuals to offer support. You can find opportunities on their website or contact them for more information about how you can help! If you are looking for opportunities around Arizona, see our program openings page.</p>

Online Resources & Mental Health Apps

<p>NAU's Counseling Services Resources and Mental Health Links</p>	<p>https://nau.edu/campus-health-services/resources-and-forms/</p>
<p>Speaking of Suicide</p>	<p>A site for suicidal individuals and their loved ones, survivors, mental health professionals, & others who care: https://www.speakingofsuicide.com/resources/</p>
<p>Stronger As One Coalition</p>	<p>Resource hub for mental health in Coconino County https://coconino.az.gov/2333/Mental-Health-andWell-Being-Resources</p>
<p>The Trevor Project</p>	<p>Crisis Intervention and Suicide Prevention for LGBTQIA Youth https://www.thetrevorproject.org/</p>
<p>Suicide Prevention Resource Center</p>	<p>https://www.sprc.org/</p>
<p>National Institute of Mental Health</p>	<p>https://www.nimh.nih.gov/health/find-help/index.shtml</p>
<p>National Center for Victims of Crime</p>	<p>https://victimsofcrime.org/</p>
<p>Guide for Women in Abusive Relationships</p>	<p>https://edubirdie.com/blog/financial-help-women-abusive-relationships</p>
<p>Free Online Resources for Mental Health</p>	<p>http://www.oprah.com/omagazine/free-online-resources-for-mental-illness</p>
<p>Top 25 Helpline Resources from National Alliance on Mental Illness</p>	<p>https://www.nami.org/Find-Support/NAMI-HelpLine/Top-25-HelpLine-Resources</p>

US Dept of Health and Human Services website for Mental Health Support	https://www.mentalhealth.gov/
Love is respect	Free resources and support specifically aimed at teen and young adult relationships: https://www.loveisrespect.org/
The Children’s Health Insurance Program (CHIP)	https://www.healthcare.gov/medicaid-chip/childrens-health-insurance-program/
Top 10 Mental Health Apps according to Medical News Today	https://www.medicalnewstoday.com/articles/320557.php
The Best Happiness Apps according to Psychology Today	https://www.psychologytoday.com/us/blog/click-here-happiness/201801/the-best-happiness-apps-2018
Phone Apps for Better Mental Health according to Psychology Today	https://www.psychologytoday.com/us/blog/millennial-media/201204/phone-apps-better-mental-health
Online Therapy	<ul style="list-style-type: none"> ➤ www.talkspace.com ➤ www.betterhelp.com ➤ www.psychologytoday.com

Appendix A: Flagstaff's Resource Guide (Front Door)



INDIVIDUAL INTAKE LOCATION

Flagstaff Shelter Services
4185 East Huntington Drive
Flagstaff, AZ 86004

SERVICE TIMES

Monday - Friday 9am - 3pm

☎ 928-225-2533

FlagstaffFrontDoor.org



AGENCY	PHONE	SERVICES PROVIDED	WHEN?	FOR WHOM?
2-1-1 Arizona	211	2-1-1 Arizona operators will help individuals and families find resources that are available to them locally, throughout the state, and provide connections to critical services. Get help paying bills, finding food, and locating other resources near you.	24/7	Anyone
AARP Foundation Tax-Aide	928-919-9277	Free income tax preparation/e-filing by IRS-certified advanced tax counselors for all ages/income levels. Appointments recommended. Call or visit taxaideflagstaff.setmore.com . Walk-ins permitted as time permits	Mon 8am-12pm (Montoya Senior Ctr); Thurs 4-7 pm (College America); Sat 12-4:30 pm (Downtown Library)	Anyone except farm or rental income
Alcoholics Anonymous	928-779-3569	Support for people who want to quit drinking or are affected by a friend or relative's drinking problem. http://www.simeetings.com/LA/AZ/NArizonaMtgs.html	Call for schedule	Anyone
American Legion 204 W Birch Ave	928-774-7682	Jackets/Coats for kids (Fall & Winter only), blankets, trips to V.A. Clinic and Hospital.	10am-7pm	Veterans
American Red Cross 1750 Railroad Springs Blvd Ste. 1	928-779-5494	Emergency Services for individuals and families – burn outs, disasters, etc.	8am-5pm	Anyone in need
Anew Living P.O. Box 1931 Flagstaff, AZ 86002	928-440-5064	Affordable Transitional Housing for those that are homeless or threatened with eviction; Life Skills, Budgeting, Coping Skills, Job Interviewing Skills, Healthy Lifestyle, Computer Literacy, and Financial Literacy Classes on site	www.anewliving.org	Homeless Individuals & Families
Area Agency on Aging (NACOG) 323 N. San Francisco St. #200	877-521-3500	Medicare / Benefits Counseling; Resident Advocacy; Information and Referrals; Family Caregiver Support; Contracts with other social service agencies to coordinate meals, transportation; and in-home case management, care for seniors health and wellness.	8am-5pm	Seniors 60 yrs+ Adults with disabilities, and Family Caregivers
Arizona's Children Association 906 W University, #150	928-527-1000	Foster care recruitment/training; adoption; home assessments; courtesy supervision; independent living skills training and aftercare services for youth and young adults exiting foster care; family finding services for children and youth in foster care; supervised visitations and parent/caregiver skills training services (DCS referral only); birth to three community-based education classes; intensive support services for families and children referred by the behavioral health system; day respite services.	8am-5pm M-F	Families and children and youth; some by referral
Arizona Department of Veterans' Services 1016 West University Avenue, Suite 210	928-779-4166	Eligibility / Enrollment, Primary Care, Women's Health, Mental Health, Substance Use Treatment, Homeless Services, Telehealth, Home Based Primary Care, Veterans Justice Outreach and Audiology.	8am-3:30pm M-F	Veterans
Arizona Early Intervention Program	888-592-0140 or 602-532-9960, Spanish Speakers 602-635-9810	The Arizona Early Intervention Program (AzEIP) is Arizona's statewide interagency system of services and support for families of infants and toddlers, birth to three years of age, with disabilities or delays.	Anytime	Infants and toddlers with developmental delays, disabilities, or substance dependent from birth to three years of age.

Protecting Children, Supporting Families, Strengthening Communities.

AGENCY	PHONE	SERVICES PROVIDED	WHEN?	FOR WHOM?
Big Brothers/Big Sisters of Flagstaff 102 W. Hunt Ave.	928-774-0649	Mentoring for children (Girls from ages 6 to 15 and Boys from ages 7-18) Volunteering/Mentoring Opportunities	www.flagstaffbigs.org	Parents, Children, & Volunteers
Boys and Girls Club of Flagstaff 301 S. Paseo De Flag	928-266-0489	Afterschool Programs; Adult Mentors; High-Impact Youth Development, Homework Room Help; Minimal Annual/Weekly Fees; Call for details	www.bgcfag.org	Parents, Children, & Volunteers
CASA of Coconino County Juvenile Court 1001 E. Sawmill Rd.	928-226-5420	Court-Appointed Special Advocates (CASA) volunteers are appointed by a judge to speak up for abused and neglected children in court.	8am-5pm M-F	Coconino County children in foster care
Catholic Charities Community Services 2101 N. 4th St.	928-774-9125	Sack lunches; Homeless Outreach/ Case Management to Coconino County. Walk-In Hours on Mondays 1-5pm, Family and Individual Housing Applications, Foster Care/Adoption, Diapers, Clothing Vouchers, Referrals, and other help – Call agency for more information	8:30am-5pm M,T,Th,F 8:30am-4pm W	Anyone
Catholic Charities PATH Program 2101 N. 4th St.	928-774-9125	Homeless outreach program that provides referrals, daily living supplies and other services for individuals who have or think they may have a serious mental illness (SMI), and are homeless or threatened with homelessness.	8:30am-5pm M,T,Th,F 8:30am-4pm W	Homeless SMI and suspected SMI individuals
Catholic Charities Veterans Services	928-774-9125	Housing case management and short-term financial assistance to veteran households who are homeless or at risk of becoming homeless. Walk-ins 1-5 pm Mondays	8:30am-5pm M,T,Th,F 8:30am-4pm W	Veterans
Cedar Closet/ Assistance League 2919 N West Street	928-779-3029	Low cost clothing; free clothing available via agency referral. Proceeds go towards new school clothing for Flagstaff kids.	10am-4pm Tues – Sat	Anyone
Child and Family Support Services 1515 E. Cedar Ave. Ste D2	928-774-0775	Behavioral health services for children and families, including assessment, counseling, behavior support, outpatient substance abuse services and family support.	M-F 8am-5pm	Children and Families
Coconino County Health and Human Services, Office of Community and Career Services 2625 N King Street	928-679-7453	Rent, Move-in, and Utility Assistance, Appliance Repair and Replacement, Financial Empowerment Workshops and Coaching, Case Management, Senior Nutrition & Transport, Homecare Services, Housing Rehabilitation, Basic Business Empowerment training, Individual Development Accounts (match savings grants for business capitalization and post secondary education), and special needs programs: <i>please call for documentation needed.</i> Vocational training; on-the-job training; Summer youth jobs; career center with computers.	8am-5pm M-F	Coconino County Residents
Coconino County Health and Human Services, Office of Health Services 2625 N King St	928-679-7272	WIC (nutrition ed., vouchers), Healthy Families, Tobacco/Chronic Disease and Injury Prevention, Oral Health Services (Dental Vouchers), Immunizations, Sexual Health Clinic, Vital Records, Enviro Health, Animal Mgmt. Opioid Crisis Response, Dental Services, Healthy Families Flagstaff and WIC.	8am-5pm M-F	City & County Residents
Coconino County Health and Human Services, Senior Services 2625 N King St	928-679-7452	The Senior Services Division provides senior citizens, families and other adults with information and referrals on home care, personal care, respite care, and nutrition assistance (Meals on Wheels/Congregate meal - NACOG), and benefit searches throughout Coconino County.	8am-5pm M-F	Anyone above the age of 60
Coconino County Transformative Learning Center	928-679-8060	Family Development Course hosted at Killip, Puente de Hozho and Summit High School Teenage Parent Program	August and January	Guardians of children 0-5 years old
Code RED	928-679-8311 coconino.az.gov/ready	Providing emergency information and warnings throughout Coconino County	Anytime	Anyone
Congressman Tom O'Halleran 405 N Beaver	928-286-5338	Constituent services - for details visit https://ohalleran.house.gov/	9am-5pm M-F	Anyone

Protecting Children, Supporting Families, Strengthening Communities.

AGENCY	PHONE	SERVICES PROVIDED	WHEN?	FOR WHOM?
Connect2Help Circle http://www.swifamilies.org/	website	Anyone can use this site. The Purpose of C2HC is to connect people in need with those that can meet that need. This includes information, items, services, day care, or anything anyone might be able to help with.	24/7	Anyone in Northern AZ
DCS AZ Department of Child Safety 1701 N. 4th St.	928-779-3681 or 1-888-767-2445	Investigates child abuse or neglect	8am-5pm	Anyone under 18
DES Dept of Economic Security 1701 N. 4th St.	1-800-352-8168 928-774-4572	Information about DES services for Arizona	8am-5pm	State Residents
DES Aging & Adult Services 1701 N. 4th St.	779-6141 or 1-877-767-2385 (APS)	Investigates abuse, neglect, or exploitation of vulnerable or incapacitated adults in Arizona	8am-5pm	Anyone 18 and over
DES (FAA) Food Stamps, Public Assistance, AHCCCS 1701 N. 4th St.	1-855-432-7587	Cash assistance; Food Stamps; medical insurance For JOBS program and childcare eligibility, call 779-0327	8am-5pm	County Residents
DES Vocational Rehabilitation DES (RSA) 1701 N. 4th St.	928-779-4147	Training, schooling, and necessary resources to physically, mentally, or emotionally disabled clients for work	8am-5pm M-F	Disabled Local Residents
Division of Developmental Disabilities	844-770-9500	Eligible Arizonans diagnosed with Autism Spectrum Disorder, Cerebral Palsy, Epilepsy, Cognitive/Intellectual Disability or under the age of six and at risk of having a developmental disability. des.az.gov/services/disabilities/developmental-disabilities	Anytime	
DNA People's Legal Services 2323 E Greenlaw Ln, #1	928-774-0653	Free legal services to low income or indigenous people. Emergency intakes accepted anytime. New Intakes on Tuesdays from 9-11am and 1-3pm	8am-5pm M-F	County Residents
Dorsey Manor	928-606-4651	One-year transitional housing program for men only. Must be working or receiving SSI or SSDI. Applications can be completed at Sunshine Rescue Mission on Fridays at 10 am.	8am - 2pm	Men only
East Flagstaff Community Library 3000 N. 4th St. Ste. 5	928-213-2348	Free access to books, periodicals, movies, and music, Wi-Fi and computer access, technology and computer instruction, job help computer with resume software, online access to databases including GED test preparation, downloadable legal forms, and Foundation Center, events and programs for all ages	M-Th 9am-8pm Fri 9am-6pm Sat 9am-1pm Sun 9am-5pm	Anyone
Elevate PreK Resource Finder	928-714-1716	Tool to find child care assistance and programs, connect with a Family Partner to find supports for children under 5. Visit elevateprek.com/resourcefinder .	M-F 8am-5pm	Anyone
Family Involvement Center (FIC) 5200 E. Cortland Blvd. A-16	928-379-5077 PAC (Parent Assistance Center) Line: 877-568-8468 (8:30am-5pm, M-F)	Family Involvement Center serves parents who are struggling to raise at-risk or other special need children. Services can include: Support in navigating child services systems such as DCS, parenting classes and support, respite for parents, youth services. PAC phone line for real-time support.	Vary (please call first)	Parents who are at risk of losing their children and those who need guidance and help raising children with behavioral health challenges. Parents must be eligible for AHCCS.
Family Resource Center 4000 N. Cummings St.	928-774-1103	Tutoring, District/Community Resources, Computer use for families of FUSD students, Homelessness assistance for FUSD families, CPR/First Aid courses available	M-Th 8:30am-5:30pm Closed Fridays	Flagstaff Unified School District Families

Protecting Children, Supporting Families, Strengthening Communities.

AGENCY	PHONE	SERVICES PROVIDED	WHEN?	FOR WHOM?
Flagstaff City- Coconino County Public Library 300 W. Aspen Ave.	928-213-2330	Free access to books, periodicals, movies and music, Wi-Fi and computer access, technology tutoring, resume help, and events and programs for all ages. Snack bags and Better Bucks available while supplies last.	M-Th 9am-8pm Fri 9am-6pm Sat 9am-5pm Sun 9am-1pm	Anyone
Flagstaff Family Food Center: Food Bank & Kitchen 1903 N 2nd Street	928-774-3188	FREE, hot evening meal daily 4-5:30pm. Supervised children's reading room open during meal time.	4pm-5:30pm	Anyone
Flagstaff Family Food Center: Food Bank & Kitchen 3805 E. Huntington Drive	928-526-2211	Food boxes available between 9am-1pm Tuesday-Saturday. Individuals and families can receive food boxes twice per month as supplies allow.	Tu-Sat 9am - 1pm	Anyone
Flagstaff Housing Authority 3481 N Fanning Dr.	928-213-2730 Fax: 928-526-3734	Operates Flagstaff-area low-income public housing and Section 8 Housing Choice Voucher (HCV) Programs. Applications available online at apply.havconnect.com . Wait times vary from 3-36 months or longer. Flagstaff residents/workers processed ahead of those who neither live nor work in Flagstaff. Computers available for applying to the Low-Income Public Housing, Section 8 HCV, and Clark Homes. Internet access available to print requested documents. Questions please call or email housing@flagstaffaz.gov or visit flagstaffaz.gov/4372	M-Th 8am-4:30pm Fri 8am-12pm	Flagstaff Residents
Flagstaff Shelter Services 4185 E Huntington Drive	928-225-2533	Year-round emergency shelter and services for any adult experiencing homelessness. Additional day drop-in services available, including access to showers, food, clothing, hygiene products, and on-site nursing clinic (M-Th). Front Door Coordination Entry and housing services, including case management, also available on site.	Shelter Hours: 5pm-8am (arrive 4:30-5pm)	Homeless Adults
Flagstaff VA Clinic 1300 W. University Ave., Ste. 200	928-226-1056	There are 5 departments in the Community Based Outreach Clinic (CBOC): Audiology, Homeless Outreach, Primary Care, Homebased Primary Care, and Mental Health Social Work	M-F 7am-5pm except Federal Holidays	Veterans
Goodwill of Central and Northern Arizona Career/Learning Center 4308 E Route 66	928-556-5096	Job readiness workshops, Digital Literacy, career guidance, job search assistance, resume writing, computer use.	M-Th 10am-3pm Fridays by appointment	Anyone
The Guidance Center 2187 N. Vickey Street	928-527-1899	Counseling, Behavior Analysis, Substance Use Treatment, Inpatient & Outpatient Psychiatry, Crisis Services	M-F 8am-5pm (crisis anytime)	Anyone All Ages
Habitat for Humanity of Northern Arizona 2016 N. 4th St.	928-779-1314	Building Homes for Qualifying Families; Provides Home Preservation and Repair Services; Volunteer Opportunities	W-Sat 10am-6pm Sun 11am-4pm	Homeowners & Those Wishing to Become Homeowners
Head Start/Early Head Start (NACOG) 121 E. Aspen Ave.	928-774-9504 ext. 1112	We provide early learning and family support for children and families Prenatal through age 5. Areas: Education, Nutrition, Health, Disabilities, Family Support	M-F 8am-5pm	Parents, Children & Volunteers
Hope Cottage 2211 E Johnson	928-774-9270	Emergency women and children's shelter. Breakfast & dinner daily. Check in and new intakes from 4pm to 6pm. Granted work program; recovery classes. Sober environment. Onsite nurse. Shower & clothing available to community.	Daily 8am-8pm	Homeless Women and Children
Hope Crisis Pregnancy Center 224 S. Kendrick St.	928-774-8302	Free Pregnancy Testing; Ultrasound Access; Counseling; Referrals; Related Pregnancy Information; Maternity and Baby Items; Confidentiality; Walk-Ins welcome during business hours	Tu,W,Th 10am-4pm	Women
Hope Lives (Vive La Esperanza) 2308 N. 4th St.	1-855-747-6522	Peer/community run nonprofit that provides outreach and behavioral health support to adults who are or may be eligible for SMI/GMHSA services. Forensic peer support, life-skills building, supported employment program, peer support group for survivors of attempted suicide, community re-entry for the justice involved, psycho-education, psycho-social rehabilitation, substance use prevention and recovery, and community and family awareness.	Call for information	SMI/GMHSA individuals

Protecting Children, Supporting Families, Strengthening Communities.

AGENCY	PHONE	SERVICES PROVIDED	WHEN?	FOR WHOM?
The Hope Receiving Center 1001 E. Sawmill Rd.	928-226-5400 928-310-6527	Juvenile Deflection Center; Youth and family needs assessments, Community agency referral and support, AHCCCS enrollment, Youth community engagement opportunities, Connections to therapeutic interventions, short term youth mentorship, Family Strengthening, Youth and Family Yoga Class-Monday and Thursday at 5:30pm	Daily 8am-9pm	Coconino County Families with children ages 17 and younger
Housing Solutions of Northern Arizona 2304 N 3rd Street	928-214-7456	HUD approved housing counseling; foreclosure prevention counseling; Homebuyer education and down payment loans for first-time homebuyers. Rentals for low-moderate income	M-Th 9am-3pm	1st time homebuyers; Low-Income Renters (may be waitlisted)
Job Corps	928-606-4162	Free Trade School for up to 24 months. Must be willing to relocate outside of northern Arizona. Tuition, Travel to the Center and Winter Break, Room, Board, Uniform, Books, GED, Stipend all provided.	7:15-4:15 M-F	Ages 16-24; upper age may be waived with a documented disability
Kid's Care – Health Insurance Program	1-877-764-5437	Free or low-cost health insurance for children	Anytime	Arizona Residents
The Literacy Center 2500 N. Rose St. Ste. 102	928-556-0313	One-to-One Tutoring; Drop-In Tutoring; Volunteer Opportunities; Family Literacy; Partnership for Literacy Rehabilitation (jail program); Classes include: Reading, Writing, Speaking, Pronunciation, Pre-GED Topics, English as a 2nd Language, and Citizenship	Tu,W,Th 11am-7pm	Adults, Teens, & Families
NAMI Flagstaff The National Alliance on Mental Illness	flagnami@gmail.com	Offers educational classes for peers, family members, and parents/caregivers, as well as weekly support groups. NAMI Flagstaff is open to anyone who wants to join as a member, and those who are interested in becoming involved in community advocacy, education, and support.	NAMIFlagstaff.org See Website for time and date details	People living with mental illness or their family/friends
Nation's Finest 1515 E Cedar Ave. Ste A-5	928-266-1984	Case management and temporary financial assistance to Veteran households who are homeless or at-risk of becoming homeless	8am-5pm M-F	Homeless Veterans and Veterans at risk of Homelessness.
Native Americans for Community Action (NACA) Family Health Center 1500 E. Cedar Ave. #26	928-773-1245	Substance Abuse Counseling and Prevention Services; Primary Care Clinic; Mental Health Counseling (youth and adult); Chronic Disease prevention and management; Wellness Center; DUI, Alcohol and Drug education classes and Domestic Violence Groups. Call agency for details or visit www.nacainc.org	8am-6pm M-F	Serving both Native American and non-Native populations
Native Americans for Community Action (NACA) 1500 E. Cedar Ave. #56	928-526-2968	Job Services; Native American Artisan Market; Youth Pathways Program; RUI Suicide Training and Prevention Program; Native Connections youth mental health program administration; Rental/Utility/Burial/Education assistance and clothing - call agency for details or visit www.nacainc.org .	8am-5pm M-F Closed Noon-1pm.	Some programs are Native American only
North Country HealthCare 2920 N 4th Street	928-522-9400	Medical; Dental; Behavioral; Pediatrics; Pharmacy; Sliding Fee Scale Available. www.northcountryhealthcare.org	7am-7pm	Local Residents
Northern Arizona Alzheimer's and Dementia Alliance (NAZADA)	nazada.org	NAZADA provides Alzheimer's and related dementia educational seminars and online resources to help navigate living with or caring for someone with dementia.	24/7	Anyone with Dementia or caring for a loved one with Dementia
Northern Arizona Care and Services after Assault (NACASA)	Information: 928-527-9460 Crisis Line for appt: 928-527-1900	Forensic medical exams which address health needs following assault and support the criminal justice system. Exam includes preventative treatment and follow-up of medical and emotional needs. Exam is free.	Anytime	Anyone

Protecting Children, Supporting Families, Strengthening Communities.

AGENCY	PHONE	SERVICES PROVIDED	WHEN?	FOR WHOM?
Northern Arizona Council of Governments (NACOG) 119 E. Aspen Ave.	928-774-1895	NACOG Divisions: Area Agency on Aging, Economic workforce, Head Start, Regional Planning, Weatherization - grab bars, heating assistance	8am-5pm M-F	Serving low income families throughout Northern Arizona
Northern Arizona Healthcare 1200 N Beaver St.	928-779-3366	Emergency and hospital services; primary and specialty care; behavioral health; cancer center; children's health center; rehab and sports medicine; diabetes and nutrition education.	24/7	Anyone
Northland Family Help Center	928-527-1900 24 hour crisis line	Domestic Violence Shelter; Youth Shelter; Counseling; Legal Advocacy; Mobile Advocacy; Human Trafficking Program (FIAT); Homeless Youth Outreach; Shelter Services 24/7	Anytime	Call for services and eligibility
Northland Free Tax Assistance (VITA) 4000 N. Cummings St.	928-221-4977	Prepare and File FREE Federal and State Income Tax Returns for Individuals and Families. Appointments, Walk-Ins, Answer Tax ?'s www.northlandfreetaxassistance.weebly.com	By appointment	Household Incomes of \$60,000 or less
The Pantry 2573 E. 7th Avenue		Select up to 15 lbs. of food once per week. Open to all members of the community.	Wed-Sun 3-7pm	Anyone
Parenting Arizona 201 E. Birch Avenue, Suite 1	928-773-9133	Parenting Education, home visitation, after school programs, school based programs, community outreach	www.parentingaz.org	Parents
Poore Free Medical Clinic 9120 W Fine Ave 2700 N. Isabel St.	928-213-5543	A non-profit, volunteer run clinic providing free medical care to Coconino County's low-income, uninsured population. Clinic Hours: Tue 10am-4pm, Thur Noon-6pm Eligibility Review Hours: MW 10am – Noon	M,W 10am-noon (initial eligibility review) T,Th 10am-4pm (clinic)	Uninsured Low-Income Residents of Coconino
The Salvation Army 507 N. Humphreys St.	928-774-1403	Emergency food boxes; utility and rental assistance, hygiene kits, and sack lunches M-Th 9 am - 12 pm, 1-5 pm while supplies last. Seasonal: Thanksgiving and Christmas food boxes and toys for kids with application and ID	M-Thur 9am-12pm; 1-4:30pm Fri 9am-12p	Anyone+
Sharon Manor	928-266-2548	Transitional housing for victims of domestic violence. Not a walk-in shelter.	Call for information	Men, women and children with past DV
Social Security Administration 2715 S. Woodlands Village Blvd.	1-800-772-1213 www.socialsecurity.gov	Apply for Disability, Retirement, Medicare Only, Spouse's Benefits, & Child's Benefits; Medicare Replacement Cards and Prescription Cost Assistance; Soc. Security Replacement Cards; Appeal a Decision; Check Application Status	M,Tu,Th,Fri 9am-3pm Wed. 9am-12pm	Anyone
Solari	877-756-4090	Crisis Line support for anyone in crisis, regardless of age, insurance, or legal status. Provides support and connection to community resources, especially those experiencing behavioral or mental health crisis	24/7	Anyone
Southwest Behavioral Health Services 1515 E Cedar Avenue, #B-4 Flagstaff, Arizona 86004	928-779-4550 Crisis Line: (877) 756-4090	Services may be provided in office or home-based settings and address substance abuse, mental health, family functioning, crisis, planning, and skill building. Services include Counseling, Case Management, Psychiatric Evaluations/Medication Monitoring, Health and Wellness, Behavior Coaching, and Opiate Treatment	Call for schedule	Call for eligibility information
St Vincent de Paul In-Town Help Line	928-774-6511 If you reach a busy signal, try again. No messages please.	Emergency utility/rental, identification and medication assistance. Food boxes; Pantry shopping 10:45-11:30 M-F. First time callers require a home visit. Repeat customers can call the helpline for food pick up or delivery.	9am-10:30am M-F	Anyone in need
Stronger as One	928-679-7130	Free Mental Health First Aid Trainings, Teen Clubs for teens and young adults ages 12-19, and collaboration among community organizations to support mental health and wellbeing in the community. If you are interested in becoming a coalition member, email strongerasone@coconino.az.gov .	8am-5pm M-F	Anyone

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AGENCY	PHONE	SERVICES PROVIDED	WHEN?	FOR WHOM?
Sunshine Rescue Mission 124 S San Francisco Street	928-774-3512	Men's shelter: 4-6pm check-in. Job Programs Meals (all welcome): Breakfast 7am, Lunch 12pm, Dinner 6pm Men's Clothing: M-F 4-6pm	4-6pm check-in for lodging	Men only (for lodging)
Terros Health Mobile Crisis	877-756-4090	Meet adults and children wherever they are to provide crisis assessment, intervention, and connection to ongoing care resources, at no cost.	24/7	Anyone
Traveler's Aid by Saint Vincent de Paul 2101 N. 4th St.	No phone available; meets at offices of Catholic Charities.	Emergency transportation aid (bus assistance, gas assistance, car repairs, & other services for travelers). An in person meeting is required to determine eligibility. For bus ticket aid, the traveler is required to cover 1/2 the cost of their total needed assistance	M,Tu,Th,F 4pm-5pm	Stranded Travelers
U.S. Dept. of Veterans Affairs-Flagstaff CBOC (Community Based Outpatient Clinic) 1300 W. University Ave. Ste. 200	928-226-1056 or 1-800-949-1005 Ext. 5650	Elegibility/Enrollment, Primary Care, Mental Health, Substance Use Treatment, Homeless Services, Telehealth, Home-based Primary Care, Veterans Justice Outreach and Audiology.	8am-4:30pm M-F	Veterans
Victim Witness Services of Coconino County 201 E Birch Ave, Suite 4	928-856-7676	Victim Witness Services provides FREE and confidential services, crisis counseling, 24/7 Crisis Response. For services after hours & weekends call: 928-774-1414 (Flagstaff Dispatch) and ask for VWS. Police reports are not required for services.	M-Th, 8am-5pm F 9am-4pm 24/7 crisis response	Victims, Witnesses, and Survivors of Crimes/Crisis

FAMILY INTAKE LOCATION
Catholic Charities
2101 North Fourth Street
Flagstaff, AZ 86004

SERVICE TIMES
Monday - Friday 9am - 3pm

📞 928-774-9125

FlagstaffFrontDoor.org



Protecting Children, Supporting Families, Strengthening Communities.

Special thanks to Arizona Community Foundation of Flagstaff and Coconino County Continuum of Care for providing the information included in this Resource Guide.

Last updated 12/21

Appendix B: City of Flagstaff Housing Resources

Flagstaff Housing Resources



Emergency Housing Services

If you are experiencing homelessness, contact the **Front Door Program** from 9:00 am-3:00 pm, Monday-Friday at:

- **Flagstaff Shelter Services**
4185 E Huntington Ave
(928) 225-2533 ex 307
- **Catholic Charities Community Services** 2101 N 4th St
(928) 774-9125 ex 53007

Outside of these hours, go directly to Flagstaff Shelter Services. The Front Door refers families and individuals to the Flagstaff Housing Authority for Emergency Housing Vouchers (EHV). More at frontdoorofcoconino.org.

Emergency Rent & Utility Assistance

If you need immediate support paying rent or utilities, contact:

- **Coconino County Community Services**, 2625 N King St,
(928) 679-7453
- **St. Vincent de Paul Help Line**,
(928) 774-6511, call back instead of leaving a voicemail
- **The Salvation Army of Flagstaff**,
507 N Humphreys St,
(928) 774-1403

Other Emergency Services

- **Mobile Home Relocation Fund** for displaced mobile home residents. housing.az.gov/manufactured-housing, (602) 364-1032.

Housing Choice Voucher Programs

Families with a voucher typically pay 30% of income in rent and the voucher covers the remaining amount. Voucher programs administered by the City of Flagstaff are detailed below.

Section 8 Housing Choice Vouchers

The waiting list for Section 8 Housing Choice Vouchers will open 8:30 am on September 1, 2021. The waiting list is sorted by **Residency Preference**, without which you may never receive a voucher. More information available at flagstaff.az.gov/2375. Applications will be online at apply.havenconnect.com.

Veterans Affairs Supportive Housing

The Veteran's Administration offers case management to veterans who are homeless or at risk of homelessness. Vouchers are available by referral only. **In Flagstaff, call Megan Studer, (928) 499-0284 or (800) 949-1005 ex 5692.**

Emergency Housing Vouchers

EHVs are by referral from **Front Door of Coconino County**, contact them to be considered. (See column to the left for contact info.) EHVs serve families:

- Experiencing/risking homelessness;
- Fleeing/attempting to flee domestic violence, sexual assault, stalking or human trafficking; or
- Were recently homeless/have high risk of housing instability.

Continued on reverse side.

Affordable Rental Options

Low-Income Public Housing

Public housing rent is based off of household income. Apply for public housing at apply.havenconnect.com, learn more at flagstaff.az.gov/2342, or visit us at 3481 N Fanning Dr.

Public housing includes Siler and Brannen Homes. The waiting list is sorted by:

- **Residency:** Flagstaff residents or those employed in Flagstaff. Without residency, you may never be housed.
- **Elderly/Disabled:** The one-bedroom list sorts seniors/those with disabilities ahead of others.

Applicants are reviewed for:

- Income of 80% AMI or less,
- Criminal screening for adults, and
- Relevant credit checks.

Clark Homes

Clark Homes offers rental units where rent is based off of income. Apply online at apply.havenconnect.com or file an application at 980 N Thorpe Rd in Flagstaff, 8:00 am-6:00 pm, Monday-Thursdays (closed 12:00-1:00 pm). Learn more at flagstaff.az.gov/2375.

The Clark Homes list is sorted by points and then evaluated:

- **Flagstaff Residency (2 pts)**
- **Underhoused (1 pt)**
- **Fleeing Domestic Violence (1 pt)**

Continued on reverse side.

Home Ownership Services

Details and applications for these programs are at flagstaff.az.gov/4376 and with Housing Solutions of Northern Arizona at housingnaz.org/pre-purchase-assistance.

Community Housing Assistance Program

The Community Housing Assistance Program is a down payment and closing cost assistance initiative that provides up to \$15,000 in three-to-one matching funds to households that do not have sufficient cash to purchase a home within Flagstaff city limits, but are otherwise mortgage eligible.

Employer Assisted Housing

The City of Flagstaff provides up to \$10,000 per household in one-to-one matching funds to eligible City of Flagstaff employees per household for down payment and/or closing costs.

Community Land Trust

This City-administered program provides first-time home buyers with opportunities to purchase a home below market rate. The home buyer agrees to certain restrictions placed on the home, including those placed on the equity at resale. The home buyer purchases only the home while leasing the land from the City for \$30-\$50/month through a 99-year renewable ground lease.

Voucher Programs Continued

Mainstream Vouchers

Mainstream Vouchers are issued from the same waiting list as Section 8 HCV and serve families with a member with a disability who is age 18-61. Updates will be posted at flagstaff.az.gov/2347.

SRO Moderate Rehabilitation

This program offers homes for homeless individuals with serious mental health illness. Available by referral only. **To learn more, contact The Guidance Center at (928) 527-1899.**

Foster Youth to Independence Vouchers

Foster Youth to Independence Vouchers serve those age 18-24 who are leaving or have left the foster care system within 90 days. Participants are referred to the Flagstaff Housing Authority by the Department of Child Safety (AZ DCS) with an online application at dcs.az.gov/housing-voucher.



Affordable Rentals Continued

- **One Bedroom Requirement:** One-bedroom homes are available only to households with someone who has a disability or is 62+ years old.
- Income must be 50% AMI or less,
- Criminal screening for adults, and
- Relevant credit checks.

Additional Affordable Rentals

These properties offer some affordable rental units. Contact them directly for availability or see flagstaff.az.gov/4374.

The following properties serves families earning 60% AMI and below:

- **Flagstaff Senior Meadows** for seniors, 1351 N Pine Cliff Dr, (928) 527-6998
- **Sandstone Highlands** for seniors and people with disabilities, 300 W High Country Trail, (928) 773-4420
- **Cedar Crest Apartments**, 2251 N Izabel St, (928) 773-1699
- **High Country Estates**, 250 W High Country Trail, (928) 213-0600
- **Oakwood Village Apartments**, 3770 S Yaqui Dr, (928) 773-8500
- **Pinehurst Apartments**, 1001 N 4th St, (928) 527-8600
- **Timber Trails Apartments**, 200 W High Country Trail, (928) 556-0500
- **Village at Lake Mary**, 60 E Anita Ave, (928) 779-0744

The following properties serves families earning 80% AMI and below:

- **Ridge at Clear Creek**, 997 E Pine Knoll Dr, (928) 774-0223
- **Elevation Apartments**, 5000 N. Mall Way, (928) 526-0599
- **Trailside Apartments**, 600 W University Heights Dr N, (928) 526-0599



What is Area Median Income (AMI)?

Area Median Income are values provided by the Department of Housing and Urban Development (HUD) to identify target populations. Households **can earn no more than** the program's listed AMI for their family size. For example, a family of four cannot earn more than \$38,400 to qualify for Section 8.

2021 AMI Limits for Flagstaff, AZ

Household Size	50%	80%	100%	125%
1	\$26,900	\$43,050	\$53,800	\$67,250
2	\$30,750	\$49,200	\$61,500	\$76,875
3	\$34,600	\$55,350	\$69,200	\$86,500
4	\$38,400	\$61,450	\$76,800	\$96,000
5	\$41,500	\$66,400	\$83,000	\$103,750
6	\$44,550	\$71,300	\$89,100	\$111,375
7	\$47,650	\$76,200	\$95,300	\$119,125
8	\$50,700	\$81,150	\$101,400	\$126,750
Relevant Programs	Section 8, Clark Homes	Public Housing, Additional Affordable Rentals	Community Land Trust: New Home	Housing Assistance Programs, Some Community Land Trust

3481 N Fanning Dr, Flagstaff, AZ 86004 | (928) 213-2730 | housing@flagstaffaz.gov | flagstaff.az.gov/4372