

Flagstaff Community Resource Guide

WHAT IS THIS?

This guide serves as a one-stop-shop for all your community needs including assistance resources on Housing, Clothing, Family, Health, Financial, Food, Mental Health, and Sexual Health.

WHAT WILL I FIND HERE?

You'll find phone numbers, addresses, descriptions, hours of operation, and bus route information from campus for every resource!

WHO IS THIS FOR?

While this guide is meant for NAU students, all community members can benefit from this resource!



Public Transit Information

WHAT IS PUBLIC TRANSIT?

NAU students can show their JacksCard and ride the Mountain Line on campus, and Route 10 for free. Student employees can request a free ecoPASS from NAU's Parking and Shuttle Services office to ride around Flagstaff for free!

BUS ROUTE INFORMATION

- Route 2 - Blue
- Route 3 - Green
- Route 4 - Gold
- Route 5 - Orange
- Route 66 - Red
- Route 7 - Purple
- Route 8 - Teal
- Route 10 - Maroon
- Route 14 - Brown

Unless specifically stated the agencies listed in this Resource Guide have no affiliation with Northern Arizona University. This Guide is provided for informational purposes only and does not constitute an endorsement or approval of any listed group or agency. Students are advised to do their own independent research and investigation prior to utilization of the listed agencies or resources.

TABLE OF CONTENTS

Housing Assistance	4-7
Family Support	8
Health Assistance	9-11
Food Assistance	12-13
Mental Health Assistance	14-15
Sexual Health Assistance	16
Misc. Assistance	17
Directory	18-19

Housing Assistance

Anew Living

2100 E W HISTORIC RTE 66, FLAGSTAFF, AZ 86004

Offers affordable Transitional Housing for those that are experiencing homelessness or threatened with eviction. Provides life skills, coping skills, job interviewing skills, healthy lifestyle, and financial literacy classes on site.



[Website Link](#)



R010 from McConnell
--> Forest Meadows
--> Destination



Call for Hours



928-440-5064

Catholic Charities

2101 N FOURTH ST, FLAGSTAFF, AZ 86004

This catholic based charity offers free sack lunches, referrals, and housing case management for anyone, daily living supplies for those that live with a serious mental illness and are experiencing homelessness, and short-term financial assistance to veteran households who are experiencing homelessness or at risk.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R007 --> Fourth
--> walk .1 miles



8:30-5pm M,T,Th,F
8:30-4pm W



928-774-9125

Dorsey Manor

3 E COTTAGE AVE, FLAGSTAFF, AZ 86001

This Christian-based housing program is a free one-year transitional housing program only for men. It offers affordable housing in a sober environment.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> walk .2 miles



8am-2pm



928-606-4651

Housing Assistance

Flagstaff Housing Authority

3481 N FANNING DR, FLAGSTAFF, AZ 86004

Operates Flagstaff area's low-income public housing. Free applications available at flagaz.myhousing.com.

Caution: wait times can be 3-36 months. Flagstaff residents are processed ahead of non-residents.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R002 -->
Lockett/Fanning
--> walk .1 miles



Call for Hours



928-213-2730

Flagstaff Shelter Services

4185 E HUNTINGTON DR, FLAGSTAFF, AZ 86004

A free, wet, and year-round shelter and services for any adult experiencing homelessness. There is access to showers, food, clothing, hygiene products, and an on-site nursing clinic (M-Th).



[Website Link](#)



R010 from Beaver -->
Downtown Connection
Center --> R066 --> Route
66/Fanning --> Walk .8
miles



5pm-8am daily



928-225-2533

Hope Cottage

2211 E JOHNSON AVE, FLAGSTAFF, AZ 86004

This Christian-based program is an emergency woman and children's shelter. It provides breakfast and dinner daily, a work program, and recovery classes. It has a sober environment with an onsite nurse, shower, and clothing provided.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R066 --> Route
66/Arrowhead --> walk .2 miles



8am-8pm daily



928-774-9270

Housing Assistance

Housing Solutions of Northern Arizona

2304 N 3RD ST, FLAGSTAFF, AZ 86004

Gives HUD approved housing and foreclosure prevention counseling, homebuyer education and down payment loans. This service is for first time homebuyers and low-income renters.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> walk .2 miles



8am-2pm



928-214-7456

Northland Family Help Center (Halo House)

2532 N FOURTH ST #506, FLAGSTAFF, AZ 86004

A Domestic Violence/Sexual Assault and youth shelter that offers counseling, legal advocacy, mobile advocacy, a human trafficking program, and outreach for youth experiencing homelessness. Halo House is accepting of all identities.



[Website Link](#)



R014 from Lone Tree -->
Butler/Elden --> R007 -->
Fourth/Felice (Wells Fargo)
--> walk .1 miles



24/7



928-527-1900

Sharon Manor

2423-2301 N 3RD ST, FLAGSTAFF, AZ 86004

Transitional housing for victims of domestic violence. This is not a walk-in shelter and requires a referral. This is for anyone with a history of Domestic Violence. Offers 1:1 case management and group trainings with longer-term affordable housing.



[Website Link](#)



R010 from Knoles -->
Downtown Connection Center
--> R066 --> Route 66/Fourth --
> walk .4 miles



8am-8pm daily



928-856-2348

Housing Assistance

Sunshine Rescue Mission

124 S SAN FRANCISCO ST, FLAGSTAFF, AZ 86001

This Christian organization runs Hope Cottage and Dorsey Manor. It's mission is based on restoring lives through faith. It offers daily meals at 7am, 12pm, and 6pm and clothing/food boxes from 4:30-5:30pm Monday - Friday, and daily Chapel Services at 6:30am and 7pm.



[Website Link](#)



R014 from Lone Tree/Pine --> Butler/San Francisco --> walk .1 miles



4pm-6pm M-F for intakes.



928-774-3512

Family Support

Child and Family Support Services

3100 N WEST ST STE 300, FLAGSTAFF, AZ 86004

Offers personalized behavioral health services for children and families, assessment, counseling, behavior support, outpatient substance abuse services and family support.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R002 -->
Cedar/West --> walk .3 miles



8am-5pm M-F



928-774-0775

Kid's Care Health Insurance Program

NO OFFICE

Free or low-cost health insurance for children (under age 19) that are Arizona residents who are not eligible for other AHCCCS health insurance.



[Website Link](#)



8am-8pm daily



877-764-5437

Parent and Family Services

ROOM 104 BUILDING 30, UNIVERSITY UNION,
1050 S KNOLES DR., FLAGSTAFF, AZ, 86011

This office engages family members, fosters open communication between the university and our student's family members, and encourages interest, participation, and support of the university.



[Website Link](#)



University Union



8am-5pm M-F



928-523-5181

Health Assistance

Campus Health - NAU

824 S SAN FRANCISCO ST, FLAGSTAFF, AZ 86001

Provides medical services to students in-person and through telehealth. Offers flu shots, immunizations, physical therapy, immediate care, chronic care, a nutritionist, trans+ health care, women's health care, and other Primary Care health services.



[Website Link](#)



Health and Learning Center



8am-5pm M-F



928-523-2131

Coco. County Health and Human Services, Office of Community and Career Services

2625 N KING ST, FLAGSTAFF, AZ 86004

Provides rent, move-in, and utility assistance, appliance repair and replacement, financial empowerment workshops and coaching, and housing rehabilitation for any county residents.



[Website Link](#)



R010 from Knoles -->

Downtown Connection

Center --> R007 -->

Fouth/Felice --> Walk .4 miles



8am-5pm M-F



928-679-7453

Coco. County Health and Human Services, Office of Health Services

2625 N KING ST, FLAGSTAFF, AZ 86004

This service offers WIC vouchers, tobacco and injury prevention, oral health services, immunizations, a sexual health clinic, vital records, animal management, opioid crisis response, and dental services for any county residents.



[Website Link](#)



R010 from Knoles -->

Downtown Connection

Center --> R007 -->

Fouth/Felice -->

Walk .4 miles



8am-5pm M-F



928-679-7272

Health Assistance

DNA People's Legal Services

2323 E GREENLAW LN # 1, FLAGSTAFF, AZ 86004

Free civil legal services to low-income or indigenous people. Emergency intakes at any time.

Services help folks use existing laws to protect property, stay physically, mentally, and fiscally safe, avoid exploitations, and safeguard civil rights.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R007 -->
Fouth/Felice (Wells Fargo) -
-> Walk .3 miles



8am-5pm M-F



928-774-0653

Lumberjack Emergency Assistance Fund Application

ROOM 104 BUILDING 30, UNIVERSITY UNION,
1050 S KNOLES DR., FLAGSTAFF, AZ, 86011

A \$500 emergency assistance per student to meet urgent needs. Must be enrolled in one or more classes at NAU, limited 1 LEAF grant per NAU career.



[Website Link](#)



University
Union



8am-5pm M-F



928-523-5181

Native Americans for Community Action

2717 N STEVES BLVD STE 11, FLAGSTAFF, AZ 86004

Provides substance abuse counseling and prevention services, primary care clinic, mental health counseling, wellness center, DUI, Alcohol/Drug education classes, and Domestic Violence groups for the indigenous population.



[Website Link](#)



R014 from Lone Tree/Pine
--> Downtown
Connection Center -->
R066-> Route 66/Steves --
> walk .2 miles



8am-6pm M-F



928-773-1245

Health Assistance

North Country HealthCare

2920 N FOURTH ST, FLAGSTAFF, AZ 86004

Offers family medicine, pediatrics, gynecology, obstetrics, dental care, behavioral health services, and a pharmacy, on a sliding fee to anyone.



[Website Link](#)



R014 from Lone Tree/Pine --
> Butler/Elden --> R007 -->
Fourth/Cedar --> Walk .2
Miles



8am-5pm M-F



928-522-9400

Poore Free Medical Clinic

120 W FINE AVE, FLAGSTAFF, AZ 86001

A non-profit clinic providing free medical and dental care to the county's low-income, uninsured population.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> walk .7 miles



Clinic: Tue 10am-4pm &
Thu 12pm-6pm
Eligibility Review: M,W
10am-Noon



928-213-5543

Salvation Army

507 N HUMPHREYS ST, FLAGSTAFF, AZ 86001

This Christian-based group offers emergency food boxes, utility and rental assistance, hygiene products, and sack lunches.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> walk .7 miles



9am-12pm M-Thu



928-774-2348

Food Assistance

Flagstaff Family Food Center

1903 N 2ND STREET, FLAGSTAFF, AZ 86001

Serves anyone a hot evening meal daily 4-5:30pm with no identification required. Home deliveries are now available if clients are home-bound. Offers a supervised children's reading room open during meal time.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R066 --> Route
66/Fourth --> walk .3
miles



8am-4pm M-F



928-774-3188

Flagstaff Family Food Center: Food Bank and Kitchen

3805 E HUNTINGTON DR, FLAGSTAFF, AZ 86004

Free food boxes available between 9am-1pm Tue-Sat. Individuals and families can receive food boxes twice per month as supplies allow.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R002 -->
Lockett/Fanning --> walk
.5 miles



9am-1pm Tue-Sat



928-526-2211

Louie's Cupboard

ROOM 104 BUILDING 30, UNIVERSITY UNION,
1050 S KNOLES DR., FLAGSTAFF, AZ 86011

This service provides perishable/non-perishable food to NAU students. Services include bi-weekly food distributions and grab and go bags available any day.



[Website Link](#)



University Union



8AM-5PM M-F



928-523-5181

Food Assistance

The Pantry

2573 E 7TH AVE, FLAGSTAFF, AZ 86004

Anyone may go and select up to 15 lbs. of food once per week.



[Website Link](#)



R010 from Beaver -->
Downtown Connection
Center --> R007 -->
Fourth/Felice --> walk .4
miles



3-6pm W-Sun



928-440-5375

St. Vincent de Paul In-Town Help Line

2113 N EAST ST, FLAGSTAFF, AZ 86004

Emergency utility/rental assistance, identification and medication assistance, food boxes, and pantry shopping 10:45-11:30 M-F. Requires home-visit for first-time users and available to anyone.



[Website Link](#)



R014 from Lone Tree/Pine
--> Butler/Elden --> R007 -->
Sixth/West --> walk .2 miles



9am-11am M-F



928-714-2987

Think Jesus Project

7326 MOONBEAM DR, FLAGSTAFF, AZ 86004

Serves free food every Sunday at Killip Elementary School to anyone in need. Can provide a referral to transitional Housing.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R002 -->
Lockett/Fanning --> walk .5
miles



Sunday 1pm-4pm



928-380-2565

Mental Health Assistance

Campus Health- Counseling Services - NAU

824 S SAN FRANCISCO ST, FLAGSTAFF, AZ 86001

Receive individual, group or couple counseling services from licensed professionals on campus on topics including but not limited to: adjustment to college, relationships, depression, eating concerns, anxiety and stress, substance abuse, academic issues, career and vocational issues.



[Website Link](#)



Health and Learning Center



8am-5pm M-F



928-523-2131

The Guidance Center

2187 N VICKEY ST, FLAGSTAFF, AZ 86004

Provides counseling and mental health help for adults, children, and families, for drug and alcohol programs, psychiatric acute care unity, and crisis stabilization.



[Website Link](#)



R010 from Knoles -->
Downtown Connection center --> R007 -->
Routh/Huntington --> walk .4 miles



8am-5pm M-F



928-527-1899

NAMI Flagstaff

NO OFFICE

Educational classes and support groups for peers, family members, and caregivers of those living with mental illness.



[Website Link](#)



flagnami@gmail.com



11am-7pm T-Th

Mental Health Assistance

Southwest Behavioral Health Services

1515 E CEDAR AVE #B-4, FLAGSTAFF, AZ 86004

Offers counseling on substance abuse, mental health, family functioning, crisis planning, skill-building, case management, psychiatric evaluations and medications, and behavior coaching for anyone.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R002 -->
Cedar/West --> walk .1 miles



Call for schedule



928-779-4550

Stronger as One

219 E CHERRY AVE, FLAGSTAFF, AZ 86001

Gives free mental health first aid training, teen clubs for teens and young adults 12-19, and collaborations among community organizations.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> walk .7 miles



8am-5pm M-F



928-679-7130

Terros Health Mobile Crisis

NO OFFICE

This service meets adults and children wherever they are to provide crisis assessment, intervention, and connection to ongoing care resources.



[Website Link](#)



24/7



877-756-4090

The Corner

525 S. SAN FRANCISCO ST., FLAGSTAFF, AZ 86001

Offers free walk-in sessions through Balance Mental Health and Wellness for any NAU student.



[Website Link](#)



Across the street from the
Health and Learning Center.



9am-6pm Tuesday
or Thursday



928- 606-9113

Sexual Health Assistance

Campus Health

824 S SAN FRANCISCO ST, FLAGSTAFF, AZ 86001

Offers STI testing by appointment, free condoms (internal and external) through the Condom Club, free menstrual products like cups tampons and pads, and can present at any NAU event on sexual health.



[Website Link](#)



Health and Learning Center



8am-5pm M-F



928-423-2131

Hope Crisis Pregnancy Center

224 S KENDRICK ST, FLAGSTAFF, AZ 86001

Free pregnancy tests, ultrasound access, counseling, referrals, related pregnancy information, maternity and baby items, confidentiality.



[Website Link](#)



R010 from McConnell -->
Downtown Connection
Center --> Beaver/Franklin
--> walk .3 miles



10am-4pm T-Th



928-774-8302

Northern Arizona Care and Services after Assault (NACASA)

2920 N FOURTH ST, FLAGSTAFF, AZ 86004

Provides free forensic medical exams that address health needs following an assault and support the criminal justice system. Gives prevention treatment and follow-up of medical and emotional needs.



[Website Link](#)



R014 from Lone Tree/Pine -->
Butler/Elden --> R007 -->
Fouth/Cedar --> Walk .2 Miles



7am-7pm



928-527-1900

Planned Parenthood of Northern Arizona

2500 S WOODLANDS VILLAGE BLVD SUITE 12, FLAGSTAFF, AZ 86001

Offers affordable healthcare, sexual education, abortion services, birth control, HIV services, emergency contraception, pregnancy testing, STI testing and treatment, and sexual health counseling.



[Website Link](#)



R010 from McConnell -->
Forest Meadows -->
walk .2 miles



9am-5pm M-F



928-779-3653

1

6

Misc. Assistance

Cedar Closet/Assistance League

2919 N WEST ST, FLAGSTAFF, AZ 86004

Low cost or free clothing via agency referral. Proceeds go towards new school clothing for Flagstaff kids.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> R002 -->
Cedar/West --> walk .2
miles



10am-4pm
Tues-Sat



928-779-3029

Student Legal Counsel - NAU

1050 S KNOLES DR. FLAGSTAFF, AZ 86011 ROOM
104 BUILDING 30

This resource assists NAU students with issues of a legal nature, provides students with a licensed attorney and certified mediator to aid a student in protecting their legal rights.



[Website Link](#)



8am-5pm M-F



928-523-6943

Victim Witness Services of Coconino Country

201 E BIRCH AVE #4, FLAGSTAFF, AZ 86001

Free and confidential services including court advocacy, victim's compensation, employer and school mediation, crisis counseling, support groups, 24/7 crisis response, and community resources and referrals.



[Website Link](#)



R010 from Knoles -->
Downtown Connection
Center --> walk .5 miles



9am-4pm M-F



928-856-7676

Directory

Housing Assistance

Anew Living	928-440-5064
Catholic Charities	928-774-9125
Dorsey Manor	928-606-4651
Flagstaff Housing Authority	928-213-2730
Flagstaff Shelter Services	928-225-2533
Hope Cottage	928-774-9270
Housing Solutions of Northern Arizona	928-214-7456
Northland Family Help Center	928-527-1900
Sharon Manor	928-856-2348
Sunshine Rescue Mission	928-774-3512

Family Support

Child and Family Support Services	928-774-0775
Kid's Care Health Insurance	877-764-5437
Parent and Family Services	925-523-5181

Health Assistance

Coconino County Health and Human Services Office of Community and Career Services	928-679-7453
Coconino County Health and Human Services Office of Health Services	928-679-7272
DNA People's Legal Services	928-774-0653
Lumberjack Emergency Assistance Fund	928-523-5181
Native Americans for Community Action	928-773-1245
North Country Health Care	928-522-9400
Poore Free Medical Clinic	928-213-5543
Salvation Army	928-774-2348

Food Assistance

Flagstaff Family Food Center	928-774-3188
Flagstaff Family Food Center Food Bank and Kitchen	928-526-2211
Louie's Cupboard	928-523-5181
The Pantry	928-440-5375
St. Vincent de Paul Help Line	928-774-6511
Think Jesus Project	928-380-2565

Directory

Mental Health Assistance

Campus Health	928-523-2131
The Guidance Center	928-527-1899
NAMI Flagstaff	flagnami@gmail.com
Southwest Behavioral Health Services	928-779-4550
Stronger as One	928-679-7130
Terros Health Mobile Crisis	877-756-4090
The Corner	928-606-9113

Sexual Health Assistance

Campus Health	928-523-2131
Hope Crisis Pregnancy Center	928-774-8302
Northern Arizona Care/Services after Assault	928-527-1900
Planned Parenthood of Northern Arizona	928-779-3653

Misc. Assistance

Cedar Closet	928-779-3029
Student Legal Counsel	928-523-6943
Victim Witness	928-856-7676