

Surviving Unemployment

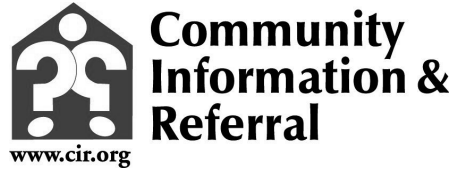
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Community Information & Referral at 602-263-8856.

English/Spanish operators are available at this number 24-hours a day, 7 days a week.

Visit us on the web at www.cir.org

Email at firstcall@cir.org



Losing a job, however temporary, can be very disruptive. Is there anything you can do to ease the burden of such a crisis? Community Information & Referral has compiled helpful information to help you and your family through this period.

This booklet is designed to acquaint you with services available in Maricopa County to help you with problems resulting from the loss of your job. Look through this booklet, find the service category in which you need information or assistance. A number of services are listed for each category. Decide which services are appropriate and pursue them.

Unemployment is probably one of the most difficult experiences you may ever have to endure. But you can get through it with patience, some effort and by taking advantage of the help that is available. When companies are streamlining operation, it often means that they have laid off employees to stay competitive. Thousands of people in every type of position and industry are surviving unemployment, just like you.

Don't be passive in your unemployment. Take advantage of the organizations that offer services to assist you. Seek personal support like counseling, get help with your finances and look into job placements services. Stay active in the community through volunteering.

Like many people, work is probably an important part of your identity and self-esteem. It's only natural to feel rejected and depressed when you're hit by unemployment. Keep in mind it is also difficult for your spouse and children. They probably feel as helpless as you do. Try to be understanding of your family. Begin supporting each other emotionally by talking about your problems and planning your next steps together. Even youngsters know when there is tension in the family. No matter what their ages, it is best to explain your unemployment situation and your plans to deal with it.

No matter what your situation, you are not alone. These services are designed to help you . . . services you have supported through the years, and have a right to use.

Community Information & Referral, a free non-profit confidential telephone information service, can give you information about or refer you to agency programs or organizations in Maricopa County. If you have questions or problems, don't wait to call. Bilingual Information & Referral Specialists are available 24 hours a day, 365 days a year, and stand prepared to help you cope.

Men and women of organized labor may also call Labor's Community Service Agency at 602-263-5741.

While Waiting to go Back to Work

If you're laid off temporarily and waiting to be called back, keep yourself occupied. Do all those things you've been putting off. Visit relatives or friends and volunteer your time to a community project. Enjoy local activities, many of them are free or moderate in cost. Check what's available in your city or township by calling your local YMCA, YWCA, recreation department, community centers, libraries or university extension services.

Volunteering

Volunteering can provide the opportunity to receive valuable training, increase self-esteem by helping others and could be a stepping stone to finding a job by putting you in touch with others in the community.

Contact Community Information & Referral at 602-263-8845 ext 140. The Volunteer Dept. will link individuals with volunteer opportunities in Maricopa County.

Financial Help

First discuss the situation with the entire family. Look at the amount of family income from Unemployment Benefits and all other sources, then develop a budget to meet financial needs based on the reduced income. You may be able to receive assistance in budget counseling and planning free of charge. If your unemployment benefits run out prior to securing another job, it may be necessary to apply for government benefits to which you may be entitled. *Help is available.* There are many community agencies that may be able to help you. Get started by calling Community Information & Referral at 602-263-8856 for information about services that may be available to you.

Unemployment Benefits

If you become unemployed and believe that you are entitled to unemployment insurance, contact Des Employment Administration at: 1-877-600-2722 (toll free) or 602-364-2722 (Phoenix) or 520-791-2722 (Tucson) for a listing of Employment Security Office locations nearest you and for instructions on how to file an initial claim for benefits. You may also contact DES online at <http://www.azdes.gov> or <http://www.azui.com>.

Be prepared to provide: Your Social Security card, the name under which your last employer does business, the complete business address of your last employer, and alien registration, if applicable.

Mortgage Arrangements

If you are unable to make your mortgage payment because of unemployment, an extended strike, illness or other circumstances beyond your control, contact your mortgage lender immediately to discuss your situation. It is best to talk in person with your lender if you can. You may be able to make special arrangements during the period that your income is reduced. If you cannot make special arrangements, you may be able to get other help.

If you have an FHA-insured mortgage, ask your mortgage lender to refer you to a HUD-approved homeownership counseling agency in your area. The agency will try to come up with some solutions. If you have a VA mortgage, contact the VA Loan Service and Claims Section at 800-827-1000 for similar assistance.

Employment and Education

Maricopa County has numerous employment and educational opportunities for the unemployed. Anyone looking for assistance in finding employment or educational programs in your area should call Community Information & Referral at 602-263-8856 for help in locating agencies that meet your specific needs.

Food Stamps

Any household of one person or a group that lives and customarily buys and prepares their food together, that meets the income, assets and other basic eligibility rules can get food stamps. A person who is a boarder or lives in an institution (with some exceptions) cannot get food stamps.

Social Security Benefits

Retirement Benefits

If you are retired, you and your dependents are eligible for these benefits as early as the first full month you are 62 years old. But the amount will be reduced permanently, depending on the number of months you received payments before you reach age 65.

Disability Benefits

You are eligible for disability benefits before age 65 if you have a severe physical or mental condition that prevents you from working.

Survivor's Benefits

You may be eligible for these benefits if you are a member of a deceased worker's family and you meet certain qualifications. The size of your Social Security benefits depends on the amount paid into the system during your career. Visit your local Social Security office or call 800-772-1213 if you think you may be entitled to benefits.

Supplemental Security Income (SSI)

You may be eligible for monthly payments of SSI if you are 65 or older, or if you are blind or disabled at any age. Eligibility and payments amount also depend on your income resources and living arrangements. For application and eligibility information visit your local Social Security office or call 800-772-1213

Notes:

11 Steps to Taking Charge of Personal Finances

Step 1: Prepare a Complete Household Budget

Getting control of your personal finances is important to survive unemployment. Use a household budget worksheet to see where you spend your money and where you can save. Do this as a family project. Your budgeted expenses should include:

Fixed expenses - mortgage, rent taxes, insurance, loans, installment payments, credit card payments, child support and other fixed monthly payments

Variable monthly expenses - food, gas, repairs, dues, prescriptions, recreation, utilities and child care

Future expenses - Income/property tax and other outstanding debts. **Your budgeted income should include:**

Income

Savings

Severance pay

Union strike assistance

Unemployment compensation

Accrued vacation pay

Refund from pension funds

Step 2: List Assets

Other assets may include:

Cash value of insurance policies

Prepaid burial or funeral policies

Equity in your home (*the difference between the value of your home and the amount you owe on your home*)

Resale value of vehicles, boats, RVs, etc.

Step 3: Set Priorities for your Expenses

Payments should be listed in order of importance. This will help you pay first things first when money is short. The most important will be your mortgage or rent payment, followed by utilities, health insurance and car payments. Child support or alimony payments (if any) are also high priority.

Step 4: Make a Complete List of Creditors

List the following information for each creditor: Name, address and phone number of the contact person, account number, total amount owed, payment schedule and amount interest rates

Step 5: Notify Your Creditors Before You Get Behind

Determine how much you can pay regularly on each bill. If you need to negotiate a lower monthly payment than your creditors expect, notify them before you get behind. Creditors are usually easier to work with when you let them know about your situation before a severe problem arises. Contact Creditors in writing:

Tell them you need to work out a plan for delaying, reducing or refinancing payments until you return to work.

Always include your account number, phone number and address in all correspondence

Keep copies of your letters and follow up by phone.

Step 6: Pay What You Can

Even if you can't pay the amount creditors want, pay something regularly. This keeps your overdue balance as low as possible and lets creditors know you are making a good faith effort. Partial payments may keep your account from being turned over to a collection agency.

Step 7: Stay in Touch with Creditors

After your first letter, keep in regular contact with your creditors. This reassures them, shows a responsive attitude and may keep them from harassing you.

IMPORTANT: DON'T IGNORE YOUR MAIL! Sometimes trouble comes because folks ignore government agency inquiries or creditor requests for information. That only makes things worse. If you do not understand notices or bills sent to you, call the person who sent the bill.

Step 8: Stop Credit Purchases

Stop using all your credit cards. Interest on most credit purchases is extremely high. If you have advance warning that you'll be out of work, try to make larger payments to reduce the balance you owe.

Step 9: Reduce Household Expenses

With your family, plan reductions in household expenses to stay within your budget. To cut your **food** costs:

Plan less expensive meal menus - use leftovers and prepare snacks from scratch

Adjust your buying habits - only shop when you need to, make a list and compare prices and brands

Use coupons

Consider other shopping options - food cooperatives or farmers markets

To cut your **telephone** bills:

Switch to a money-saving rate plan

Eliminate unnecessary calls (measured service charges for calls by length and time of day)

Make fewer long-distance calls (take advantage of lower evening and weekend rates)

Cancel phone features like "call waiting"

Discontinue cell phones, e-mail services and pagers

To cut your **energy and fuel** costs:

Turn off lights, TVs and appliances when not in use

Cut back on the use of "power hogs" like hair dryers

Lower the thermostat on your water heater and furnace, or turn up your air conditioner, and dress accordingly

Wash and dry only full loads of clothes or dishes

Eliminate unnecessary car trips

Step 10: Sell What You Don't Need

Consider selling that extra vehicle or the boat and trailer you rarely use. Look at your possessions to see which items could be sold or traded without really changing the way you live.

Talk to your landlord about doing minor repairs, cutting the lawn or doing other yard maintenance in place of rent.

Step 11: Check into Other Financial Resources Life Insurance

Review your policy or talk to your insurance agent to see whether you can borrow against your policy.

Pension Funds - Talk to your union representative or employer to see whether you are owed a refund on your pension fund contribution or from other company funds. You may be able to borrow against your 401(k) or Tax Deferred Account (TDA)

Looking For a Job

Step 1: Take Stock of Yourself

List the job skills you've developed

List skills you may have developed off the job

Write out your employment history, listing all your previous jobs. It will help to remind you of the skills you can offer and in filling out job applications Identify the working conditions you prefer

Determine the pay and benefits you need (though changing jobs may require a cut in pay initially) and the lowest pay and benefits level you will accept

The chances for future wage increases and/or promotions as you stay on the job

The costs to you of accepting the job (day care, transportation, uniforms, tools)

Step 2: Find Out Who Is Hiring

Check newspaper ads, your local job service office and employment agencies for job openings

Tell everyone you know that you're looking for work and ask them to watch job openings

Follow up on all job leads

Step 3: Prepare for the Interview

Find out as much as you can about the employer and the job opening before you apply or are interviewed

Check your appearance. Be well groomed and dress appropriately

Take to the interview:

A summary sheet of your work experience, skills and education

Your Social Security card and driver's license
Citizenship documents
Reference list

Consider how you might answer typical interview questions:

Why are you interested in working for us?

What is your experience?

What makes you think you can fill the requirements of this job?

When filling out a job application:

Look over the entire form carefully, then follow all directions exactly

Complete the application in black or blue ink

Neatly print answers to all questions

If a question does not apply, write in "N/A" (not applicable) or a dash

Make certain that all the information you provide on the application is correct

Take your employment history to help you remember names, addresses, phone numbers, dates

After completing the application, double-check to see that everything is correct

During your interview:

Sit up, look alert and show that you are interested in the job When answering questions, be honest, to the point and confident

Send a thank you letter to the interviewer after the interview.

Remember; its up to you to convince the interviewer you have the skills to do the job and you want the work.

Job Skills & Who's Hiring:

Descriptions of Resource Categories

Advocacy

Public Benefits - Provides representation of the rights of an individual or group, and assists the individual or group in realizing those rights, obtaining services, and removing barriers to meet identified needs.

Case Management

Low Income - Provides programs that develop case plans for the evaluation, treatment, and/or care of individuals who are otherwise unable to arrange for services on their own behalf. Coordinate the delivery of needed services. Ensures services are obtained and follows up and monitors progress.

Counseling

Family/Individual - Programs that provide preventive, diagnostic and treatment services in a variety of community and hospital based settings to help people achieve, maintain, and enhance a state of emotional well-being, personal empowerment, and the skills to cope with everyday demands without excessive stress.

Employment

Job Readiness - Programs that provide individual or group training for persons who want to learn behaviors and techniques that are required for job attendance including punctuality, dress, adapting to supervision, employee rights and responsibilities, etc.

Older Adult - Programs that provide job readiness training and employment opportunities for adults age 50 and over.

Placement - Programs that provide employment opportunities for persons in search of jobs. Assist persons who are willing and able to work by helping them find, secure, and retain suitable employment.

Training - Provides training for specific types of employment. On the job training provides training in an actual job setting.

Unemployment Compensation - Programs that provide partial income replacement for a limited period of time for eligible individuals that become unemployed.

Financial

Counseling - Programs that provide direct advice and guidance and/or legal representation for individuals and families who need assistance in obtaining credit, obtaining or correcting information in their credit records, or managing their financial resources.

Emergency - Programs that provide cash, checks, or vouchers to income-eligible individuals or families to meet the costs of necessities in an emergency situation.

General Assistance - Arizona State Department of Economic Security program that provides financial assistance to individuals who are unemployable because of a temporary physical or mental disability, persons who are permanently disabled but are not receiving Supplemental Security Income benefits, persons required to remain in the home to care for a disabled relative, and former foster children age 18-21 who are continuing their education.

Utilities - Programs that pay utility bills of eligible clients who cannot afford to make the payments themselves and whose utilities are at risk of being shut off. Each household may receive this service only one time per year.

Food

Cooperatives - Programs including FoodCare and Care Club that allow groups of individuals to purchase food in bulk directly from wholesalers at lower than retail prices.

Emergency - Community Information & Referral will refer you to programs that provide a limited amount of food or meals for individuals or families during times of personal crisis or to persons who have no food or cannot afford to purchase food at retail costs.

Food Stamps - Federally sponsored program administered by DES that enables low income and indigent households

to obtain food stamp coupons which can be exchanged in nearly all grocery stores for designated food items. Approved households are entitled to receive a monthly allotment of food stamp coupons based on net income and household size. Expedited food stamps are available within 5 days for persons in emergency situations whose income and spendable resources for that month are within specified limits.

WIC - Women, Infants, and Children. A Federally funded program that provides nutrition education and food vouchers for pregnant women, new mothers, infants, and children under five years of age who cannot afford an adequate diet and, in the case of infants over 6 weeks of age, who have a condition which shows a need for better nutrition. Vouchers are picked up at a WIC site (usually located in a primary care center) on a monthly basis and may be exchanged for milk, cheese, eggs, cereal, juice, vegetables, peanut butter, beans, and formula in most grocery stores.

Health

AHCCCS - Arizona Health Care Cost Containment System.

Community Clinics - Programs that provide health services outside the confines of a hospital to people in need of preventative or health maintenance care which may include single or multipurpose services.

Dental - Programs that provide professional maintenance of dental health treatment for disease, injury, or other dental conditions. Includes dentures.

Housing

Subsidies - Programs which make rental housing more readily available to low income individuals and families through federal and local housing programs. Includes public housing (projects) and subsidized housing (Section 8).

Legal

Landlord/Tenant - Programs that provide legal assistance, information, and support for tenants and/or landlords involved in rental housing disputes.

Resources Index

Advocacy-Public Benefits

Advocates for the Disabled, 5060 N. 19 th Ave, Suite 306, Phoenix	602-212-2600
Arizona DES Division of Benefits and Medical Eligibility Family Assistance Admin (FAA), 3631 W Thomas Rd, Phoenix	602-542-9935
Toll Free.....	800-352-8401
Arizona Department of Veterans’ Services, 3839 N 3 rd S., Suite 200, Phoenix	602-255-3373
Arizona Department of Veterans’ Services Arizona State Veterans’ Home, 4141 N 3 rd St, Phoenix	602-248-1550
Toll Free	800-406-3373
Arizona Ombudsman – Citizen’s Aide, 3737 N 7 th St, Suite 209, Phoenix	602-277-7292
Toll Free	800-872-2879
Arizona Senior Citizens Law Project, 1818 S 16 th S., Phoenix.....	602-252-6710
Community Legal Services (CLS), 305 S. 2 nd Ave., Phoenix.....	800-852-9075
Industrial Commission of Arizona, 800 W Washington St, Phoenix.....	602-542-4661

Case Management-Low Income

Avondale Community Action Program (CAP), 1007 S 3rd St, Avondale	623-333-2700
Buckeye Community Action Program (CAP), 106 N 5 th St., Buckeye	623-349-6615
Catholic Charities Community Services, 4747 N. 7 th Ave. Phoenix	602-285-1999
Chandler Community Action program (CAP), 650 N. Arizona Ave., Chandler	480-963-4321
El Mirage Community Action Program (CAP), 14414 N. El Mirage Rd., El Mirage.....	623-875-0697
Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila Bend	928-683-2244
Also.....	602-252-3186
Gilbert Community Action Program (CAP), 1140 N Gilbert Rd Ste 109, Gilbert	480-892-5331
Glendale Community Action Program (CAP), 5949 W. Northern Ave. Ste 205, Glendale	623-930-2854
Guadalupe Community Action Program (CAP), 9241 S Avenida Del Yaqui, Guadalupe	480-730-3093
Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria	623-979-3911
Phoenix (City of) Human Services Department (HSD) John F Long Family Services Center	
Family Self-Sufficiency (FSS) Program, 3454 N 51st Ave, Phoenix	602-262-6510
Phoenix (City of) Human Services Department (HSD)	
Sunnyslope Family Services Center, 914 W Hatcher Rd, Phoenix	602-495-5229
Phoenix (City of) Human Services Department (HSD)	
Travis L Williams Family Services Center, 4732 S Central Ave, Phoenix	602-534-4732
Toll Free	866-882-1778
Scottsdale (City of) Community Assistance Office, 7515 E. 1 st St, Scottsdale.....	480-312-7717
Housing Choice Voucher Program (Section 8).....	480-312-2528
Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt, Scottsdale.....	480-312-2323

Counseling-Family/Individual

Abundant Life Fellowship, Inc, Chandler	480-802-7344
Advocates Against Adolescent Suicide, 1586 W Campbell Ave, Phoenix	602-861-1121
Anasazi Foundation, 1424 S Stapley Dr, Mesa	480-892-7403
Toll Free	800-678-3445
Arizona Interfaith Counseling, 5520 E. Main St., Suite 1, Mesa	480-969-2783
Behavioral Health Systems, 3618 N 24 th St, Phoenix	602-268-8404
Black Family and Child Services, 1522 E Southern Ave, Phoenix	602-243-1773
Catholic Charities Community Services, 4747 N 7 th Ave, Phoenix.....	602-285-1999
Ebony House, inc, 6222 S 13 th St, Phoenix.....	602-276-4288
EMPACT - SPC, 1232 E Broadway Rd Ste 120, Tempe	480-784-1514
Florence Crittenton Services of Arizona, 715 W Mariposa St, Phoenix	602-274-7318
Franciscan Renewal Center, 5802 E Lincoln Dr, Scottsdale	480-948-7460
Toll Free	800-356-3247
Friendly House, Inc, 802 S 1 st Ave, Phoenix.....	602-257-1870
Gila River Indian Community, 525 W Gu U Ki, Sacaton	520-562-9840
Gila River Indian Community, 315 E Casa Blanca Rd, Sacaton.....	520-562-6000
Magellan Health Services of Arizona, 4129 E. Van Buren St., Phoenix	602-222-9444
Crisis	800-631-1314
Customer Service	800-564-5465
New Directions Counseling Service, 305 W Campbell Ave, Phoenix	602-264-7216
Southwest Behavioral Health, 3450 N. 3 rd . St., Phoenix	602-265-8338
TERROS, Inc, 3003 N. Central Ave., Ste 200, Phoenix.....	602-685-6000

Employment-Job Readiness

Arizona Call-A-Teen Youth Resources, Inc, 649 N 6th Ave, Phoenix	602-252-6721
Arizona Opportunities Industrialization Center (OIC), 39 E Jackson St, Phoenix	602-254-5081
Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix	602-223-4333
Arizona Women's Education and Employment (AWEE), 914 W Hatcher Rd, Phoenix.....	602-371-1216
Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix	602-257-0700
Family Service Agency, 2400 N. Central Suite 400, Phoenix	602-264-9891
Fresh Start Women's Foundation, 1130 E. McDowell Rd, Phoenix	602-252-8494
Friendly House, Inc, 802 S 1 st Ave, Phoenix.....	602-257-1870
Gila River Indian Community, 525 W Gu U Ki, Sacaton	520-562-9840
Maricopa County Human Services Department (HSD)	
Maricopa Workforce Connections One-Stop Career Center - Gilbert, 735 N Gilbert Rd Ste 134, Gilbert	480-497-0350
Maricopa Workforce Connections One-Stop Career Center - Mesa, 163 N Dobson Rd, Mesa.....	480-962-7678
Maricopa Workforce Connections One-Stop Career Center - Phoenix, 1840 N 95th Ave Ste 160, Phoenix	602-372-4200
Phoenix Indian Center, Inc, 4520 N. Central Ave Suite 250, Phoenix	602-263-1017
Phoenix Workforce Connection (PWC), 200 W Washington St 19 th Fl, Phoenix	602-262-6776
Saint Joseph the Worker, 1125 W Jackson St, Phoenix	602-417-9854
Scottsdale (City of) Human Services Vista Paiute Job Preparation Program, 7700 E. Roosevelt, Scottsdale.....	480-312-0062
Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt, Scottsdale	480-312-2323
Scottsdale (City of) Youth and Family Services, 4201 N Hayden Rd, Scottsdale	480-312-7922
Tempe (City of) Social Services Community Action Agency Escalante Center, 2150 E Orange, Tempe	480-350-5880
US VETS – Phoenix, 804 E Jones Ave, Phoenix.....	602-305-8585
Wedco Employment Center, Inc, 5151 N 15 th St Suite D232, Phoenix.....	602-274-4647
Toll Free	888-802-0081
Westside Training Center, 3150 N. 35 th Ave, Suite 5, Phoenix	602-269-6485

Employment- Older Adult

AARP Arizona, 201 E Washington St Suite 1795, Phoenix	866-389-5649
Area Agency on Aging, Region One, Inc., 1866 E Thomas Rd Suite 108, Phoenix.....	602-264-2255
Toll Free	888-783-7500
Arizona Department of Economic Security (DES) Division of Aging and Adult Services, 1789 W Jefferson St, Phoenix.....	602-542-4446
Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix	602-223-4333
Arizona Women's Education and Employment (AWEE), 914 W Hatcher Rd, Phoenix.....	602-371-1216
Deer Valley Community Center, 2001 W Wahalla Ln, Phoenix Human Services	602-495-3714
National Indian Council on Aging, Inc, 2111 E. Broadway Rd Suite 8, Tempe	480-921-3406
Phoenix (City of) Human Services Department (HSD) Senior Services Division – Older Workers Program, 1145 E Washington St, Phoenix	602-261-6776

Employment-Placement

Arizona Bridge to Independent Living (ABIL), 5025 E. Washington #200, Phoenix.....	602-256-2245
Toll Free	800-280-2245
Arizona Call-A-Teen Youth Resources, Inc, 649 N 6th Ave, Phoenix	602-252-6721
Arizona Opportunities Industrialization Center (OIC), 39 E Jackson St, Phoenix.....	602-254-5081
Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix	602-223-4333
Arizona Workforce Connection, 1700 W Washington St Suite 600, Phoenix	

Call Community Information & Referral for individual locations

Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix	602-257-0700
Family Service Agency, 2400 N Central Ave. Phoenix	602-264-9891
Friendly House Inc, 802 S 1 st Ave, Phoenix	602-257-1870
Gila River Indian Community, 525 W Gu U Ki, Sacaton	520-562-9840
KEYS Community Center, 2454 E Broadway Rd, Phoenix.....	602-243-0174
Lodestar Day Resource Center, 1125 W Jackson St, Phoenix	602-393-9930
Maricopa Workforce Connections One-Stop Career Center - Gilbert, 735 N Gilbert Rd Ste 134, Gilbert	480-497-0350
Maricopa Workforce Connections One-Stop Career Center - Mesa, 163 N Dobson Rd, Mesa.....	480-962-7678
Maricopa Workforce Connections One-Stop Career Center - Phoenix, 1840 N 95th Ave Ste 160, Phoenix	602-372-4200
Phoenix Rescue Mission, 1801 S 35 th Ave, Phoenix.....	602-233-3000
Saint Joseph the Worker, 1125 W Jackson St, Phoenix	602-417-9854
Scottsdale (City of) Community Services Human Services Division, 7340 E Scottsdale Mall, Scottsdale	480-312-2673
Tempe (City of) Social Services, Community Action Agency Escalante Center, 2150 E Orange, Tempe	480-350-5880
Tempe Community Action Agency, Inc, 2150 E Orange St, Tempe	480-350-5880
United States Department of Veterans Affairs (VA), 3333 N Central Ave, Phoenix	800-827-1000
US VETS – Phoenix, 804 E Jones Ave, Phoenix	602-305-8585
Wedco Employment Center, Inc, 5151 N 16 th St Suite D232, Phoenix	602-274-4647
Toll Free	888-802-0081

Employment-Training

Arizona Call-A-Teen Youth Resources, Inc, 649 N 6th Ave, Phoenix	602-252-6721
Arizona Carpenters Apprenticeship Program, 4547 W. McDowell Rd. Suite 5, Phoenix.....	602-272-6547
Arizona Department of Commerce Arizona Apprenticeship Division, 3221 N 16 th St Suite 105, Phoenix	602-212-1912
Arizona Labors Joint Training Center, Rd 5 N, Chino Valley.....	520-636-2532
Arizona Opportunities Industrialization Center (OIC), 39 E Jackson St, Phoenix	602-254-5081
Arizona Training and Evaluation Center (AZTEC), 7400 W Olive Suite 24, Peoria.....	623-412+2888
Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix	602-223-4333
Arizona Women's Education and Employment (AWEE), 914 W Hatcher Rd, Phoenix.....	602-371-1216
Arizona Workforce Connection, 1700 W Washington St Suite 600, Phoenix.....	

Call Community Information & Referral for individual locations

Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix	602-257-0700
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Gila River Indian Community, 525 W Gu U Ki, Sacaton	520-562-9840
Glendale Community College, 6000 W Olive Ave, Glendale	623-845-3000
ICAN, 201 S Washington St, Chandler	480-821-4207
Labor's Community Service Agency, 5818 N 7th St Ste 100, Phoenix	602-263-5741
Maricopa County Human Services Department (HSD)	
Maricopa Skill Center, 1245 E. Buckeye Rd, Phoenix.....	602-238-4300
Maricopa Workforce Connections One-Stop Career Center - Gilbert, 735 N Gilbert Rd Ste 134, Gilbert	480-497-0350
Maricopa Workforce Connections One-Stop Career Center - Mesa, 163 N Dobson Rd, Mesa.....	480-962-7678
Maricopa Workforce Connections One-Stop Career Center - Phoenix, 1840 N 95th Ave Ste 160, Phoenix	602-372-4200
Phoenix (City of) Human Services Department (HSD) Senior Services Division-Older Workers Program 1145 E Washington St, Phoenix	602-261-6776
Phoenix Indian Center, Inc, 4520 N Central Ave Suite 250, Phoenix	602-264-6768
Phoenix Job Corps, 518 S 3rd St, Phoenix	602-254-5921 xt 2871
Phoenix Painters and Drywall	
Joint Apprenticeship and Training Committee, 1841 N 24th St, Phoenix	602-244-0768
Phoenix Workforce Connection (PWC), 200 W Washington St 19 th Fl, Phoenix	602-262-6776
US VETS – Phoenix, 804 E Jones Ave, Phoenix	602-305-8585
Wedco Employment Center, Inc, 5151 N 16 th St Suite D232, Phoenix.....	602-274-4647
Toll Free	888-802-0081

Employment-Unemployment Compensation

Arizona Department of Economic Security (DESS) Division of Employment & Rehabilitation Services (DERS) Employment Administration, 1789 W Jefferson St, Phoenix	602-542-5954
Arizona Department of Economic Security (DES) Unemployment Insurance – Pinal County 11518 E Apache Trail Suite 109, Apache Junction	480-373-2160

Financial-Counseling

Chandler First Assembly of God, 532 W Ray Rd, Chandler	480-963-6868
Consumer Credit Counseling Service, a division of Money Management International 1025 N. 24 th St. #2, Yuma	520-344-5508
Consumer Credit Counseling Service, a division of Money Management International 2501 N. 4 th St #10, Flagstaff	520-774-1484
Consumer Credit Counseling Service, a division of Money Management International 6135 E. Grant Rd, Tucson	520-722-3328
Consumer Credit Counseling Service, a division of Money Management International 1717 E. Bell Rd #7, Phoenix.....	888-845-5669
GreenPath Debt Solutions, Inc. 401 W. Baseline Rd Suite 206, Tempe	800-550-1961
Via Linda Senior Center, 10440 E Via Linda, Scottsdale.....	480-312-5810

Financial-Emergency

Avondale Community Action Program (CAP), 1007 S 3 rd St, Avondale.....	623-333-2700
Buckeye Community Action Program (CAP), 106 N 5 th St, Buckeye	623-349-6615
Chandler Community Action Program (CAP), 650 N Arizona Ave, Chandler	480-963-4321
Toll Free	800-471-8247
Community Services of Arizona, 670 N Arizona Ave Ste 23, Chandler	480-963-6276
El Mirage Community Action Program (CAP), 14414 N. El Mirage Rd, El Mirage.....	623-875-0697
Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila Bend.....	928-683-2244
Also	602-252-3186
Gilbert Community Action Program (CAP), 1140 N Gilbert Rd Ste 109, Gilbert	480-892-5331
Glendale Community Action Program (CAP), 5949 N. Northern Ave. #208, Glendale	623-930-2854
Guadalupe Community Action Program (CAP), 9241 S Avenida Del Yaqui, Guadalupe.....	480-730-3093

Interfaith Cooperative Ministries, 501 S 9 th Ave, Phoenix	602-254-7450
Mesa Community Action Network (CAN), 635 E Broadway Rd, Mesa	480-833-9200
Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria	623-979-3911
Phoenix (City of) Human Services Department (HSD)	
John F Long Family Services Center, 3454 N 51 st Ave, Phoenix	602-262-6510
Phoenix (City of) Human Services Department (HSD)	
Sunnyslope Family Services Center, 914 W Hatcher Rd, Phoenix	602-495-5229
Phoenix (City of) Human Services Department (HSD)	
Travis L Williams Family Services Center, 4732 S Central Ave, Phoenix	602-534-4732
Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt, Scottsdale	480-312-2323
Taiwan Buddhist Tzu Chi Foundation, 2145 W Elliott Rd, Chandler	480-838-6556
Tempe Community Action Agency, Inc, 2150 E Orange St, Tempe	480-350-5880
Tolleson Community Action Program (CAP), 9555 W Van Buren St, Tolleson	623-936-1407
Wickenburg Community Action Program (CAP), 255 N Washington St, Wickenburg	928-684-7894
Toll free.....	800-506-0576

Financial-General Assistance

Arizona Department of Economic Security (DES) Division of Benefits and Medical Eligibility (DBME)	
Family Assistance Administration (FAA), 3631 W Thomas Rd, Phoenix	602-542-9935
Toll Free (within Arizona).....	800-352-8401
Catholic Charities Community Services, 4747 N. 7 th Ave. Phoenix	602-285-1999
Gila River Indian Community, 525 W Gu U Ki, Sacaton	520-562-9840

Financial-Utilities

Avondale Community Action Program (CAP), 1007 S 3rd St, Avondale	623-333-2700
Buckeye Community Action Program (CAP), 106 N 5 th St, Buckeye	623-349-6615
Chandler Community Action Program (CAP), 650 N Arizona Ave, Chandler	480-963-4321
Deer Valley Community Center, 2001 W Wahalla Ln, Phoenix	
Human Services	602-495-3714
El Mirage Community Action Program (CAP), 14414 N El Mirage Rd, El Mirage	623-875-0697
Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila Bend	928-683-2244
In Phoenix	602-252-3186
Gilbert Community Action Program (CAP), 1140 N Gilbert Rd Ste 109, Gilbert	480-892-5331
Glendale Community Action Program (CAP), 5949 W Northern Ave. #205, Glendale	623-930-2854
Guadalupe Community Action Program (CAP), 9241 S Avenida Del Yaqui, Guadalupe	480-730-3093
Mesa Community Action Network (CAN), 635 E Broadway Rd, Mesa	480-833-9200
Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria	623-979-3911
Phoenix (City of) Human Services Department (HSD)	
John F Long Family Services, 3454 N 51 st Ave, Phoenix	602-262-6510
Phoenix (City of) Human Services Department (HSD)	
Sunnyslope Family Services Center, 914 W Hatcher Rd, Phoenix	602-495-5229
Phoenix (City of) Human Services Department (HSD)	
Travis L Williams Family Services Center, 4732 S Central Ave, Phoenix	602-534-4732
Toll Free	866*882-1778
Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt St, Scottsdale	480-312-2323
Tempe Community Action Agency, Inc, 2150 E Orange St, Tempe	480-350-5880
Tolleson Community Action Program (CAP), 9555 W Van Buren St, Tolleson	623-936-1407
Wickenburg Community Action Program (CAP), 255 N Washington St, Wickenburg	928-684-7894
Toll Free	800-506-0576

Food-Cooperatives

Desert Mission Food Bank, 9229 N 4 th St, Phoenix	602-870-6062
Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila end	928-683-2244
Phoenix.....	602-252-3186
Goelet A C Beuf Community Center, Senior Programs, 3435 W Pinnacle Peak Rd, Phoenix	602-534-9740
And	602-534-9743
Guadalupe Senior Center, 9401 S Avenida Del Yaqui, Guadalupe	480-730-3092
Longview Community Church, 1301 E Whitton Ave, Phoenix.....	602-266-9240
Spanish	602-424-1655
Marcos de Niza Senior Center, 305 W Pima St, Phoenix.....	602-262-7249
Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria.....	623-979-3911
Saint Mary's Food Bank Alliance, 2831 N 31 st Ave, Phoenix.....	602-352-3640
Saint Matthew's Food Bank, 901 W Erie St, Chandler	480-899-7386
United Food Bank, 358 E Javelina Ave, Mesa	480-926-4897
Westside Food Bank – 2831 N. 31 st Ave., Phoenix	602-242-3663

Food-Emergency

Community Information & Referral, 2200 N Central Ave Ste 601, Phoenix	602-263-8856
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Food-Food Stamps

Arizona DES Family Assistance Administration	
Food Stamp Program - Region 1, 1500 E Thomas Rd Suite 100, Phoenix	602-265-3091
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 1522 E Southern Ave Suite 2, Phoenix	602-243-0404
Arizona DES Family Assistance Administration	
Food Stamp program, Region 1, 1789 W Jefferson St, Phoenix	602-542-9935
Hotline.....	800-352-8401
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 1824 E McKinley St, Phoenix	602-258-2695
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 215 E McDowell Rd, Phoenix	602-495-1308
Arizona DES Family Assistance Administration	
Food Stamp Program, Region 1, 1619 E. Main St. #217, Mesa	480-834-4066
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 2311 W Royal Palm Rd, Phoenix	602-242-0024
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 2018 N. Arizona Ave. #D-104, Chandler	480-812-2160
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 302 N 4 th St, Buckeye	623-327-0862
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 3150 E Union Hills Dr, Phoenix.....	602-482-0211
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 3631 W Thomas Rd, Phoenix.....	602-484-0204
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 4016 N 67 th Ave, Phoenix	623-846-1046
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 4635 S Central Ave, Phoenix.....	602-276-5773
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 5038 S Price Rd, Tempe.....	480-831-1408
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 605 N Central, Avondale.....	623-925-0095
Arizona DES Family Assistance Administration	

Food Stamp Program – Region 1, 4323 W Olive Ave, Glendale	623-931-5640
Arizona DES Family Assistance Administration	
Food Stamp Program – Region 1, 9516 W Peoria Ave, Peoria.....	623-878-0749

Food-WIC

Arizona Department of Health Services (ADHS) Women, Infants, and Children (WIC) Program 150 N 18 th Ave Suite 310, Phoenix	602-542-1886
Clinica Adelante, 16560 N Dysart Rd Suite 104A, Surprise	623-546-2294
Maricopa County Department of Public Health (DPH) Office of Nutrition Services 4419 E. Main St. #103, Mesa.....	480-984-1068
Maricopa County Department of Public Health (DPH) Office of Nutrition Services 1645 E. Roosevelt, Phoenix	602-506-6339
Maricopa County Department of Public Health (DPH) Office of Nutrition Services 1501 N 8 th St, Avondale.....	623-932-3900
Maricopa County Department of Public Health (DPH) Office of Nutrition Services 3002 N Arizona Ave suite 13, Chandler	480-892-7702
Maricopa County Department of Public Health (DPH) Office of Nutrition Services 5141 W Lamar Rd, Glendale.....	623-939-0989
Maricopa County Department of Public Health (DPH) Office of Nutrition Services 8119 E Roosevelt St, Scottsdale	480-949-7448
Wickenburg Community Action Program (CAP), 255 N Washington St, Wickenburg.....	928-684-7894
Toll Free	800-506-0576

Health-AHCCCS

Arizona Health Care Cost Containment System (AHCCCS), 2830 W Glendale Ave Suite 19, Phoenix	602-417-6000
Arizona Health Care Cost Containment System (AHCCCS), 460 N Mesa Dr Suite 101, Phoenix.....	602-417-6400
Arizona Health Care Cost Containment System (AHCCCS), 801 E Jefferson St, Phoenix	602-417-4000
Toll Free	800-962-6690
Arizona DES DBME FAA Medical Assistance 11510 E Apache Trail,, Apache Junction	480-373-2160
Arizona DES DBME FAA Medical Assistance 302 N. 4 th St, Buckeye.....	623-327-0862
Arizona DES DBME FAA Medical Assistance 2018 N. Arizona Ave #D-104, Chandler.....	480-812-2160
Arizona DES DBME FAA Medical Assistance 4334 W. Olive Ave, Glendale.....	623-842-6300
Arizona DES DBME FAA Medical Assistance 2288 W. Guadalupe Rd., Gilbert.....	480-777-1168
Arizona DES DBME FAA Medical Assistance 8990 W. Peoria Ave., Peoria.....	602-771-0077
Arizona DES DBME FAA Medical Assistance 215 E. McDowell Rd., Phoenix.....	602-495-1308
Arizona DES DBME FAA Medical Assistance 4502 W. Indian School Rd. #A15-16, Phoenix.....	623-245-6300
Arizona DES DBME FAA Medical Assistance 350 E. Bell Rd. Ste J104, Phoenix.....	602-843-3934

Health-Community Clinics

American Medical College of Homeopathy, 2001 W Camelback Rd Suite 150, Phoenix	602-347-7950
Arizona Department of Health Services (ADHS), 150 N 18 th Ave, Phoenix	602-542-1000
Arizona State University (ASU) Community Health Services, 8117 E Roosevelt St, Scottsdale.....	480-941-9283
Banner Good Samaritan Medical Center, 1111 E McDowell Rd, Phoenix	602-239-2000
Chinese Senior Center, 734 W Elm St, Phoenix	602-262-6411
Clinica Adelante, Inc, 16551 N Dysart Rd Suite 104A, Surprise.....	623-583-3001
Gila Bend Primary Care Center, 100 N Gila Blvd, Gila Bend	928-683-2269
Las Fuentes Health Clinic of Guadalupe, 8625 S Avenida del Yaqui, Guadalupe.....	480-777-2263
Maricopa County Department of Public Health – Clinic Services, 1645 E Roosevelt St, Phoenix	602-506-1678
Health Care for the Homeless Program, 220 S 12 th Ave, Phoenix	602-372-2100
Maricopa Integrated Health System, 2601 E Roosevelt St 2nd Fl, Phoenix Administration Outpatient Services	602-344-5011
Mercy Care Clinic, 2927 N. 7 th Ave., Phoenix	602-406-3000
Mission of Mercy, Inc, 7330 N 16 th St, Phoenix	602-861-2233
Mountain Park Health Center, 2702 N 3 rd St Suite 4020, Phoenix	602-323-3242
Native American Community Health Center, Inc, 3008 N 3rd St Suite 310, Phoenix.....	602-279-5262
Phoenix Memorial Hospital, 1201 S 7 th Ave, Phoenix.....	602-258-5111
Planned Parenthood of Central and Northern Arizona, 5651 N. 7 th St., Phoenix.....	602-277-7526
Saint Joseph’s Hospital and Medical Center, 350 W Thomas Rd, Phoenix.....	602-406-3000
Saint Vincent de Paul Medical/Dental Clinic, 420 W Watkins St, Phoenix	602-261-6868
Salt River Pima-Maricopa Indian Community, 10005 E Osborn Rd, Scottsdale	480-850-8000
Wesley Community Center, 1300 S 10 th St, Phoenix	602-252-5609

Health-Dental

East Valley Senior Services, Inc, 45 W University Dr Ste A, Mesa	480-964-9014
Estrella Mountain Community College, 3000 N Dysart Rd, Litchfield Park.....	623-935-8000
Hu Hu Kam Memorial Hospital, 483 W Seed Farm Rd, Sacaton.....	520-562-3321
And.....	602-528-1200
Toll Free.....	888-484-8526
John C Lincoln Hospital – North Mountain, 250 E Dunlap Ave, Phoenix.....	602-943-2381
Maricopa County McDowell Healthcare Center, 1144 E McDowell Rd Suite 300-301, Phoenix	602-344-6550
Maricopa Integrated Health System, 2601 E Roosevelt St, Phoenix	602-344-5011
Mountain Park Health Center, 2702 N 3 rd St Suite 4020, Phoenix.....	602-323-3242
Phoenix College – Paradental Clinic, 1202 W Thomas Rd/NE Parking Lot, Phoenix.....	602-285-7323
(See Hours)	
Saint Joseph’s Hospital and Medical Center, 350 W Thomas Rd, Phoenix	602-406-3000
Saint Joseph’s Hospital and Medical Center Huger Mercy Living Center, 2345 W Orangewood, Phoenix	602-406-5600
Saint Vincent de Paul Medical/Dental Clinic, 420 W Watkins St, Phoenix.....	602-261-6868
Society of Saint Vincent de Paul Diocese of Phoenix, 420 W Watkins St, Phoenix	602-254-3338
US Public Health Service (PHS) Indian Health Services (HIS), Phoenix Area Office Indian Medical Center, 4212 N 16 th St, Phoenix	602-263-1200

Housing-Subsidies

Arizona Department of Housing, 1110 W Washington St suite 310, Phoenix	602-771-1000
Chandler (City of) Housing and Redevelopment Division, 265 E Buffalo St, Chandler	480-782-3200
Community Housing Partnership, 609 N 9 th St, Phoenix.....	602-253-6905
Community Services of Arizona, Inc, 650 N Arizona Ave, Chandler	480-963-6276
Gila River Indian Community, 525 W Gu U Ki, Sacaton	520-562-9840
Glendale (City of) Community Housing Services Division, 6842 N 61st Ave, Glendale	623-930-2199
And	623-930-2180

Helping Hands Housing Services, 3837 E Wier Ave Suite 4, Phoenix.....	602-381-6363
Housing Authority of Maricopa County, 2024 N 7 th St Suite 101, Phoenix	602-744-4500
Housing Authority of Maricopa County, 801 E Taylor St, Avondale.....	602-932-1611
Mercy Housing Southwest, 401 W Baseline Rd Suite 105, Tempe.....	602-952-9525
Mesa (City of) Housing Authority, 415 N Pasadena, Mesa	480-644-3535
Peoria (City of) Housing Department, 10950 N 87 th Ave, Peoria.....	623-486-4375
Phoenix (City of) Housing Department, 830 E Jefferson St, Phoenix	602-534-2142
Save the Family Foundation of Arizona, 450 W 4th Pl, Mesa	480-898-0228
Scottsdale (city of) Community Services Human Services Division, 7340 E Scottsdale Mall, Scottsdale.....	480-312-2673
Tempe (City of) Housing Services Division, 21 E Sixth St Suite 214, Tempe.....	480-350-8950
US VETS – Phoenix, 804 E Jones Ave, Phoenix	602-305-8686

Legal-Landlord/Tenant

Arizona Tenants Advocates, 505 W University Dr Suite B, Tempe.....	480-557-8905
Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix	602-257-0700
Community Legal Services (CLS), 1655 E University Dr Suite 300, Mesa	480-833-1442
Community Legal Services (CLS), 305 S 2 nd Ave, Phoenix	602-258-3434
Toll Free.....	800-852-9075
Community Legal Services (CLS) Family Lawyers Assistance Project, 301 W. Jefferson 6 th Fl, Phoenix.....	602-506-7948
Maricopa County Attorney’s Office, 222 E Javelina Ave, Mesa.....	602-506-3411
Maricopa County Attorney’s Office, 222 N. Central Ave. suite 1100, Phoenix	602-506-8541
Maricopa County Attorney’s Office, 301 W Jefferson St Suite 800, Phoenix	602-506-3411
Maricopa County Attorney’s Office, 540 W Iron Ave Suite 110, Mesa	480-962-8002
Phoenix (City of) Housing Counseling, 200 W Washington St 4 th Fl, Phoenix	602-262-7210
Phoenix (City of) Neighborhood Services Department, 200 W Washington St 4 th Fl, Phoenix	602-534-6176
Secretary of State, 1700 W Washington St 7th Fl, Phoenix	602-542-4285
Toll Free.....	800-458-5842
Tenant’s Union of Arizona, 1818 S 16 th St Suite 240, Phoenix	602-257-8987

This is a partial listing of the referrals available through Community Information & Referral. Please call our 24-Hour Help Hotline at 602-263-8856 or visit our website at www.cir.org for additional information.



**Community
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