

Youth Need Help Sheet

A guide for youth: employment, health, housing, and necessary services in Tucson / Pima County

Housing, Employment, Food & Other Necessities

	Organization and Address	Contact	Services	Admission & Notes	Social Media
Housing & Shelter	Gospel Rescue Mission 312 W. 28th St	(520) 740-1501 ex. 7212 grmtucson.com	Shelter, Employment, Housing, Recovery, Outreach	Intake from 4-5:15pm.	facebook.com/GRMTucson/ instagram.com/grmtucson
	Gospel Rescue Mission 707 W. Miracle Mile	(520) 740-1501 ex. 7101 grmtucson.com	Shelter, Employment, Housing, Recovery, Outreach	Intake by appointment, please call to make an appointment.	facebook.com/GRMTucson/ instagram.com/grmtucson
	Salvation Army Hospitality House 1002 N. Main Ave	(520) 624-5411 salvationarmytucson.org/hospitality-house-shelter	24/7 Emergency Shelter, Laundry, Showers, Television, Dining. (2 meals/day)	Intake from 3-5pm. You must have a valid ID. Guests will participate in Bible Study and Sunday worship services.	facebook.com/TheSalvationArmyTucson
	Sister Jose Women's Center 1050 S. Park Ave	(520) 909-3905 srjosewomensshelter.org/about/#programs	Meals, Showers, Laundry, Clothing, Hygiene Items, Blankets, WiFi, Pet-Friendly Overnight Housing, CREATE Program (Residential Program for Learning Life Skills)	This is a homeless shelter for homeless women, and offers a residential program where one can learn life skills and job readiness while receiving a stipend. Call for more information.	facebook.com/srjosewomenscenter
	Primavera Mens Shelter 200 E. Benson Highway	(520) 623-4300 primavera.org/what-we-do/survival/mens-shelter.html	Showers, Laundry, Drinks, Clothing, Cots, Personal Supplies, Case Management	Call at 9am to reserve a bed for that evening. You must be an unaccompanied male 18 or older, be sober, and no have a level 2 or 3 sex offense convictions.	facebook.com/PrimaveraFoundation/
	Our Family Services 2590 N. Alvernon Way	Youth 12-17: (520) 320-5122 Young Adults 18-24: (520) 323-1708 ex. 103 ourfamilyservices.org/homeless-youth/	Youth: Necessities, Home-Cooked Meals, Enrollment in School, Reunification with Families if Possible, Safe Shelter. Young Adults: Emergency Housing, Housing Services, Connection to Employment and Education Programs, Counseling, Legal Services	Call for admission.	facebook.com/OurFamilyServices/
	CODAC Pima Youth Shelter 2050 E. 8th St	(520) 495-5537 codac.org	Therapy, Support, Shelter, Substance Abuse Support	CODAC Pima Youth Shelter offers support for youth 12-17 who are already receiving CODAC services.	facebook.com/CODACTucson/
Rent & Utility Assistance	Arizona Housing & Prevention Services	(520) 498-4613	Housing & Utility Services, Case Management, Support Services, Rent Assistance	Call for more information regarding rent assistance.	
	Southern Arizona American Red Cross 2916 E. Broadway Blvd.	(520) 318-6740 redcross.org/local/az-nm/about-us/locations/southern-arizona.html	Supportive Services for Veteran Families, Rent Grants, Utility Grants, Deposit Grants	Call for more information regarding grant funding.	facebook.com/AmRedCrossAriz/
	Pima County Community Action Agency	(520) 724-2667 webcms.pima.gov/cms/one.aspx?pagelid=24795	Assistance for Low-Income Individuals and Families: Emergency Assistance, Food, Nutrition, Rent, Mortgage, and Utility Assistance, and Necessary Supplies	Call the Community Action Agency from 8:30 am - 10:30 am Monday through Friday.	facebook.com/PimaCountyCSET/
	The Salvation Army Family Services	(520) 792-1111 salvationarmytucson.org/tucson-social-services	Emergency Utility & Rent Assistance, School Supplies Assistance, Transitional Housing, Case Management	Call the Social Services number from 8am-4pm Monday through Friday to receive assistance.	facebook.com/TheSalvationArmyTucson
	2-1-1 Arizona	211arizona.org	Bill Assistance (Electric, Rent, Medical, Utility, Water, Prescription, Mortgage), Clothing, Food.	Navigate the links in the website to get the assistance you're in need of.	
Food, Clothing, and Other Assistance	Caridad Community Kitchen 845 N. Main Ave	(520) 882-5641 communityfoodbank.org/Locations/Caridad	Community Meal Program, Culinary & Job Skills Training Program	Grab & Go Meals are available from 2pm-4pm Mondays through Fridays.	instagram.com/caridadcommunitykitchen facebook.com/CaridadCommunityKitchen/
	Impact 3535 E. Hawser St	(520) 825-0009	Food Boxes, Clothing, Youth Activities	Call to ask for specific services between 8:30am - 12:30 pm Monday through Friday. Walk-ins allowed, but you must have a photo ID, proof of address, and must meet the poverty guidelines.	
	Community Closet 5958 E 22nd St	(520) 326-1936 tmmfs.org/community-closet/	Clothing, Rehab Services, Affordable Housing	Call or visit from 9:30am-5pm Monday through Friday or from 9:30am-1:30pm Saturday and Sunday.	facebook.com/tmmfam/
	Community Food Bank 3003 S. County Club Rd	(520) 622-0525 communityfoodbank.org	Food, Groceries, and Meals	Food Distribution: Tuesday, Wednesday, and Thursday from 8am-11pm.	facebook.com/foodbankofsouthernarizona
	St. Paul's Food Bank 8151 E. Broadway Blvd	(520) 296-1927 stpaulsumctucson.org	Food, Groceries	Food Distribution: Monday through Friday from 9am-11:30am. Call for more details.	facebook.com/StPaulsTucson instagram.com/stpaulsumctucson
	Food Stamp Assistance 1455 S. Alvernon Way 316 W. Ft. Lowell Rd 195 W. Irvington 3912 W. Ina Rd	1 (800) 432-7587 des.az.gov/services/basic-needs/food-assistance	Access to Nutritious Food	Apply on the website for SNAPs, Home Delivered Meals, the Emergency Food Assistance Program, or Double Up Food Bucks.	
	Casa Maria Soup Kitchen 352 E 26th St.	(520) 624-0312 casamariatucson.org	Food, Clothing, Shelter Assistance	Kitchen open 8:30am - 11:30am.	instagram.com/casa7maria facebook.com/casamariatucson
	La Frontera RAPP Team 1082 E Ajo Way #100	(520) 822-8422 lafronteraaz.org	Drop-in Center for Homeless; Hygiene Kits, Computer Access, Telephone Access, Substance Abuse Treatment Referrals for Programs with Showers/Laundry	Call ahead of time to ensure there is room for admission and to ask for current services.	
	Old Community Services 4501 E 5th St #1	(520) 546-0122 helptucson.org/services	Assistance for Men & Women who have been incarcerated, hospitalized, or in rehab.	Call for services.	
	EON Youth Lounge 526 N 4th Ave	(520) 628-7223 saaf.org	Safe Space for LGBTQIA+ youth 13-23. Resources, Binders, Sexual Education, Clothing Drives, Food Deliveries.	Check out social media for up-to-date events and activities.	facebook.com/eonyouth instagram.com/eon_lounge
Youth Services	Sin Puertas Pima Prevention Partnership 1475 N Oracle Rd.	(520) 624-5806 thepartnership.us/sin-puertas	Outpatient Behavioral Health for Youth 13-20, Adolescent Substance Abuse Treatment, Counseling	Complete the Support Referral Form on their website, or call for more information!	facebook.com/pimaprevention/
	StandUp For Kids	(520) 271-5369 standupforkids.org/tucson	Street Outreach and Advocacy for Homeless Youth	Contact StandUp For Kids directly at tucson@standupforkids.org for questions.	
	Teen Outreach Pregnancy Services 2030 E. Broadway Blvd	(520) 888-2881 azyp.org/program/starting-out-right	Free Pregnancy Testing, Pregnancy Health Education Class, Maternity and Baby Items, Parenting Education Classes, Scholarship Program, Childbirth Education Classes	Sign up on the website to join the <i>Starting Out Right</i> program.	facebook.com/sorazyp
	Youth On Their Own 1660 N Alvernon	(520) 293-1136 yoto.org	Homeless Youth Dropout Prevention, Financial Assistance, Individual Guidance, School Supplies, Clothing, Food, Stipends	Meet with your High School Liaison to submit and complete an application.	facebook.com/YouthOnTheirOwn/ instagram.com/youthontheirrown/
	Homeless Youth Connection	(623) 374-3747 hycaz.org/youth/	School Supplies, Tutoring, Clothing, Food, College Preparation, and Host Family Programs for Youth 13-21	Youth must have been attending high school, homeless, and enrolled in the McKinney-Vento program at their High School.	facebook.com/HomelessYouthConnectionAZ instagram.com/hyc_arizona
Employment Help	Youth Employment Center 320 N Commerce Park Loop	(520) 724-9649 webcms.pima.gov/cms	Workforce and Education Services for Young Adults 14-24.	Call the Youth Employment Center between 8am-5pm Mondays through Fridays for more information.	
	Sullivan Jackson Employment Center 400 E. 26th St	(520) 724-7300	Employment and Training for Homeless Men, Women, and Youth.	Once you're sheltered and your basic needs are met, you'll enter a two-week Skills training program and will find employment that suits your skillset. Call to schedule an intake appointment.	
	Goodwill Tucson Job Connection Centers 3725 E Fort Lowell 2907 N 1st Ave 1680 W Valencia Rd 7201 E 22nd St 300 N 4th Ave	goodwillsouthernaz.org/programs-and-services 520-628-8833 520-206-0333 520-547-3464 520-545-9266 520-382-1425	Assistance with Resumes and Cover Letters, Interview Preparation, Career Exploration, Assistance with New Hire Paperwork, Job Application Assistance	Call the Center closest to you and ask for services.	
	Fred G. Acosta Job Corps 901 S Campbell Ave	(520) 792-3015 jobcorps.gov	Free Job Training, Life Skills Education, Career Connections, Technical Trainings, GED Assistance, Residential Housing, Health Care, Dental Care, Bi-Weekly Allowance.	Use the website to submit an interest form!	facebook.com/profile.php?id=105961842777201
	Primavera Works 151 W 40th St	(520) 882-9668 primavera.org/works/start-working/start-working	Temporary Employment in Landscaping	Due to COVID, new workers are not being accepted. Call to check when services are resumed.	facebook.com/PrimaveraFoundation
	Pima County Public Library	(520) 791-4010 library.pima.gov	Free Job Help Services, Resume Writing, Job-Help, Computer Classes	Ask the front desk or call for assistance! Check website to find the location closest to you!	facebook.com/pimacountylibrary/ instagram.com/pimacountylibrary
	Arizona At Work Job Centers	(602) 542-2460 arizonaatwork.com	Job Fairs, Employment Assistance, Resume Creation	Check out their website for job opportunities and a work center near you.	facebook.com/ARIZONAatWORK
	Goodwill Metro Youth Employment Center 300 N 4th Ave	(520) 382-1452 jobs.goodwillaz.org	Employment for Youth	Call for an interview appointment.	

Health Resources

	Location	Phone Number	Website	Notes
Hospitals	Northwest Hospital 6200 N La Cholla	(520) 742-9000	https://www.healthiertucson.com/	
	Banner UMC 1625 N Campell	520-694-0111	https://www.bannerhealth.com/locations/tucson/banner-university-medical-center-tucson	
	Banner UMC South 2800 E Ajo Way	520-294-4471	https://www.bannerhealth.com/locations/tucson/banner-university-medical-center-south	
	St. Joseph's Hospital 350 N Wilmont	520-873-3000	https://www.carondelet.org	
	St. Mary's Hospital 1601 W St. Marys Rd	520-872-3000	https://www.carondelet.org	
	Tucson Medical Center 5301 E Grant Rd	520-327-5461	https://www.tmcaz.com/	
	VA Veterans Medical Center 3601 S 6th Ave	520-792-1450	https://www.va.gov/find-locations/facility/vha_678	
	Behavioral and Mental Health Coverage	Arizona Department of Economic Security Medical Assistance		https://des.az.gov/
AHCCCS (Medicaid)		1(855) 432-7587	https://www.azahcccs.gov/	Apply for coverage online.
Arizona Complete Health		1(888) 788-4408	https://www.azcompletehealth.com	Call to determine behavioral health eligibility, to become a member, and to receive services.
CODAC Behavioral Health Services 1075 E Ft Lowell Rd		(520) 327-4505	https://www.codac.org	Call or check out the website to determine eligibility and to enroll in services.
La Frontera Center 502 W. 29th St		(520) 884-9920	http://lafronteraaz.org	Outpatient and residential mental health and substance abuse treatment. Call for treatment.
Substance Abuse Treatment	Palo Verde Behavioral Health 2695 N. Craycroft Rd	(520) 322-2888	https://paloverdebh.com/programs-services/adolescents-12-17/	Inpatient and Outpatient Mental Health care for youth ages 12-17.
	La Frontera Center 502 W. 29th St	(520) 884-9920	http://lafronteraaz.org	Outpatient and residential substance abuse treatment. Call for treatment.
	Cope Community Services Life in Full Throttle Program 1477 W. Commerce Court	(520) 205-4732	https://www.copecommunityservices.org/services/youth-services/life-in-full-throttle-life/	Youth Opioid Dependency Program for youth aged 13-17. Intensive Outpatient Program includes counseling, recovery support, and Medication-Assisted Treatment. Call to receive information about treatment.
	The Mark 4653 E. Pima St	(520) 326-6182	https://www.themarkcounseling.com	Mental Health and Addiction Programs for teens and adults. Call the Mark to set up a confidential assessment to see which program is best for you. Most major insurances are accepted.
Community Bridges, INC. 2950 N. Dodge Blvd	(520) 327-9863	https://communitybridgesaz.org	Substance Abuse Treatment and Mental Health Services. Call to enroll or to learn more.	