

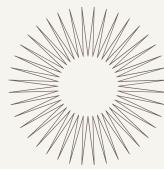
RESOURCES

HANDBOOK



RESOURCES TO RISE

Written by Little Wings Foundation



SECTION (1)



LITTLE WINGS

This Resource Book was created by Little Wings Foundation to guide families toward stability, growth, and hope. Inside, you'll find helpful information about housing types, childcare, employment, education, financial assistance, domestic violence support, clothing, food, and more.

Each section is designed to connect parents and children with programs that provide safety, opportunity, and community. Whether you're looking for housing, job support, or simply a fresh start, these pages are here to help you take the next step — one wing at a time.

Little Wings Foundation

Our Mission

“Guided by grace and driven by love, Little Wings lifts families from hardship to hope. We provide free daycare, nurturing care, educational play, and essential support so children can flourish and parents can rise. With every meal served and every hug shared, we plant seeds of faith, healing, and new beginnings.”

Our Vision

“A world where every child has the chance to soar, every parent has the support to thrive, and every family finds hope, healing, and stability through love and community.”

What We Do

Little Wings Foundation offers a variety of programs designed to meet families where they are:

- **Free childcare** for families experiencing homelessness or financial hardship.
- **Parent support services**, including resource navigation, case management, and goal planning.
- **Educational play and early learning activities** that help children grow socially, emotionally, and academically.
- **Community partnerships** with local organizations to connect families to housing, food, healthcare, and employment resources.
- **Family events and workshops** that strengthen bonds, promote stability, and build confidence for the future.

For Parents

We support parents by offering:

- Access to reliable, safe childcare during work, school, or appointments.
- Resources to help with job searches, education, and financial stability.
- Parenting tools, emotional support, and a welcoming environment to share experiences and goals.

For Kids

Children enrolled in Little Wings Daycare receive:

- A **safe, loving space** to learn, play, and grow.
- Age-appropriate activities that encourage creativity, teamwork, and self-confidence.
- Healthy snacks and meals to support wellness and development.
- Guidance from staff trained in trauma-informed care and early childhood education.

Requirements

To qualify for Little Wings Daycare:

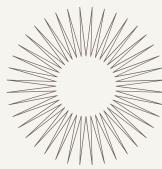
- Families must be **experiencing homelessness, in transitional housing, or facing financial hardship.**
- Parents/guardians must be **working, attending school, or taking active steps toward stability** (e.g., job search, classes, appointments).
- All required documentation and intake forms must be completed before enrollment.
- If a parent is not currently working or in school, our team will partner with them to create a step-by-step plan to get there — no one is turned away for trying.

Hours of Operation

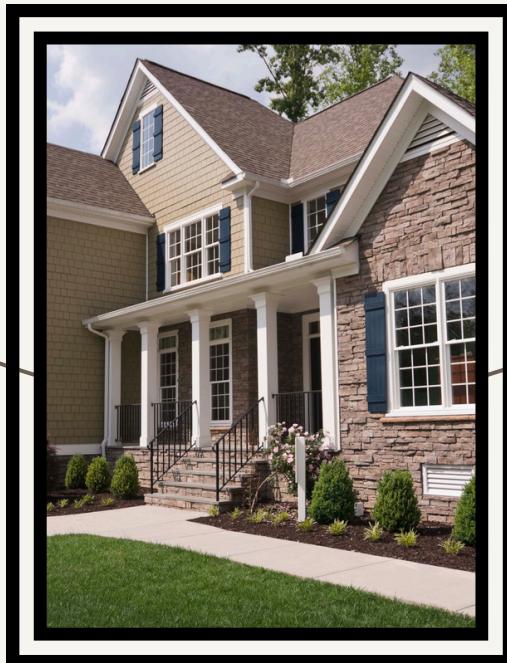
Monday – Friday: 7:00 AM – 5:00 PM

Our Promise

At Little Wings Foundation, we believe in giving families more than just care, we give them wings. Through love, faith, and community, we lift each family higher, one day and one step at a time.



SECTION (2)



HOUSING TYPES

This section helps you understand the different types of housing available and what they mean. From emergency shelters and transitional housing to affordable apartments and permanent housing options, each type offers a unique level of support and stability. Learning about these options can help you find what best fits your family's current needs and future goals.

Types of Housing Explained

For Case Managers & Clients

1. Emergency Shelter

Definition: Short-term, immediate housing for individuals or families experiencing homelessness.

Length of Stay: Typically up to 90 days (varies by program).

Purpose: Safety and stabilization while connecting to longer-term solutions.

Examples: Domestic violence shelters, homeless shelters.

Best For: Crisis situations, individuals fleeing unsafe environments.

2. Transitional Housing

Definition: Temporary housing that includes supportive services to help people move toward permanent housing.

Length of Stay: Usually 6–24 months.

Purpose: Provide stability and support (case management, counseling, life skills).

Best For: People recovering from domestic violence, substance use, incarceration, or youth aging out of foster care.

3. Permanent Supportive Housing (PSH)

Definition: Long-term housing with ongoing support services for individuals with disabilities or chronic homelessness.

Length of Stay: No time limit.

Purpose: Combine affordable housing with wraparound services.

Best For: Individuals with serious mental illness, chronic health issues, or disabilities.

4. Rapid Rehousing

Definition: A short-term housing intervention that helps individuals or families quickly exit homelessness and return to permanent housing.

Length of Stay: Usually 3–12 months of rental assistance.

Purpose: Focus on housing first, then provide support to stay housed.

Best For: Households with some income or employment potential.

5. Affordable Housing / Low-Income Housing

Definition: Rental housing priced below market rate for individuals/families with low income. Often supported by government subsidies.

Length of Stay: Long-term or permanent.

Purpose: Reduce housing cost burden for low-income residents.

Best For: Individuals with steady income but unable to afford market rent.

6. Supportive Group Homes

Definition: Shared housing model for individuals needing structured support, often with supervision.

Length of Stay: Varies (can be short or long term).

Purpose: Community-style living with access to care and supervision.

Best For: People with disabilities, mental illness, or substance use recovery.

7. Public Housing

Definition: Government-owned housing provided at low cost to eligible low-income families, seniors, and people with disabilities.

Managed By: Local Public Housing Authorities (PHAs).

Length of Stay: Long-term or permanent.

Best For: Individuals waiting for other subsidized housing options.

8. Scattered Site Housing

Definition: Subsidized units located throughout the community rather than in a single facility.

Length of Stay: Often permanent.

Purpose: Promote independence and integration into the community.

Best For: Clients ready to live independently with minimal support.

9. Sober Living Homes

Definition: Alcohol- and drug-free living environments for individuals in recovery.

Length of Stay: Varies; typically 6–12 months.

Purpose: Support sobriety and re-entry into society with peer accountability.

Best For: Individuals exiting rehab or in early recovery stages.

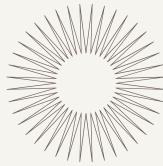
10. Shared Housing / Room Rentals

Definition: Private rooms within a shared home, often with communal spaces.

Length of Stay: Flexible.

Purpose: Cost-effective housing option, often with fewer barriers.

Best For: Low-income individuals, students, or those needing flexible arrangements.



SECTION (3)



TRANSITIONAL HOUSING

Transitional housing provides families with a safe, stable place to stay while they work toward permanent housing. These programs often include case management, life-skills support, and help with employment or education. Families can stay for a set period—usually a few months to two years—giving them time to rebuild stability and independence in a supportive environment.

Comprehensive Transitional Housing Resources for Families in the East Valley

1. House of Refuge (Mesa)

Provides transitional housing in 88 homes, offering wraparound services such as case management, employment support, and education programs. Families pay approximately \$400/month, including utilities. Applicants must have a minor child, verifiable income, and pass background checks.

How to Apply:

Complete the Housing Inquiry Form on their website: houseofrefuge.org/need-housing

2. Family Housing Hub (Maricopa County via 211)

A coordinated entry point for families with children experiencing homelessness. Provides shelter placement, housing plans, and referrals.

How to Apply:

Call **211** or **(877) 211-8661**.

Local access points include:

- Chandler Neighborhood Resources Dept: (480) 782-4349
- MesaCAN Family Housing Hub: (Tues 9am–3pm)

3. A New Leaf (East Valley)

Offers emergency shelter, rent & utility assistance, rapid re-housing, and permanent supportive housing. Includes La Mesita Apartments and Desert Leaf Apartments in Mesa.

How to Apply:

Call **(602) 595-8700** or access via the Family Housing Hub (211).

Website: turnanewleaf.org/services/housing-and-shelter

4. Valley of the Sun YMCA Transitional Housing

Provides transitional housing with a monthly fee (approx. \$650), application fee (\$40), and \$200 security deposit. Applicants must provide ID, proof of income, and pass background checks.

How to Apply:

Email LincolnDowntownResidence@vosymca.org or call **602-212-6042**.

Website: valleyymca.org/programs/more-to-explore/housing

5. Save the Family (Mesa & Valley-wide)

Supports family housing stabilization and self-sufficiency. Applications for transitional housing are processed through the Family Housing Hub.

How to Apply:

Apply through the Family Housing Hub (211).

Website: savethefamily.org [Save the Family](#)

6. AZCEND (Chandler/Gilbert)

Provides family resources including shelter referrals, meals, utility assistance, and case management. Has a Family Resource Center in Chandler.

How to Apply:

Call **(480) 963-1423** or visit **345 S California St, Chandler, AZ 85225**.

Website: azcend.org

7. Off the Streets – City of Mesa

A temporary housing program with strong support services offered by Mesa and its contracted service provider, Community Bridges, Inc. [Mesa Arizona](http://MesaArizona)

How to Apply:

Contact the City of Mesa Housing Office at **(480) 644-5440** for more information and application procedures.

Website: mesaaz.gov/Resident-Resources/Housing/Addressing-Homelessness/Off-the-Streets

8. La Mesita Family Homeless Shelter (Mesa)

Provides emergency shelter and support services to help homeless families with minor-aged children move from crisis to stability. [Tempe Community Council](http://TempeCommunityCouncil)

How to Apply:

Call **(480) 834-8723**.

Website: turnanewleaf.org/services/housing-and-shelter Superior Court of Maricopa County

9. Family Promise of Greater Phoenix

Offers a bridge housing project converting shipping containers into affordable housing units for families. Residents can stay up to 90 days at a cost of \$100 per week, inclusive of utilities [.Axios](#)

How to Apply:

Visit familypromiseaz.org for more information and application procedures.

10. Phoenix Rescue Mission – Changing Lives Center

A 12-to-18-month, Christ-centered recovery program for women and children, providing housing, life skills training, education, counseling, and employment support.

How to Apply:

Visit phoenixrescuemission.org or contact them at **(602) 346-3361** for more information and application procedures.

11. St. Ann's Center for Children, Youth, and Families

Operates transitional housing programs for at-risk mothers and their children, including the Teen Mother-Baby Program and supportive housing units.

How to Apply:

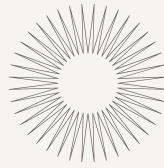
Visit stanns.org for more information and application procedures.

12. Maricopa Community Colleges – Housing and Shelter Resources

Provides a list of housing and shelter resources for students and community members experiencing homelessness, including eviction prevention assistance and access to various programs.

How to Access:

Visit maricopa.edu/community/basic-needs-community-resources/housing-shelter for a regularly updated list of resources.



SECTION (4)



RAPID RE-HOUSING

Rapid Rehousing helps individuals and families quickly move from homelessness into permanent housing. It provides short-term rental assistance and supportive services like case management and budgeting help. The goal is to remove barriers to housing, offer stability, and empower families to maintain their home independently after the program ends.



Rapid Rehousing & Section 8 Resources for Families in the East Valley

1. A New Leaf – Rapid Rehousing (East Valley)

Provides rental subsidies, move-in assistance, and case management for families experiencing homelessness. Monthly evaluations determine the appropriate level of support.

How to Apply:

Call 211 or visit 211arizona.org to connect with the Family Housing Hub. Local access points include:

- Chandler Neighborhood Resources Dept: (480) 782-4349
- MesaCAN Family Housing Hub: (Tues 9am–3pm)

Website: turnanewleaf.org/services/housing-and-shelter/rapid-rehousing

2. Save the Family – Rapid Rehousing (Mesa & Valley-wide)

Offers rental assistance, case management, and supportive services for families with minor children who are homeless or at risk. Supports families in achieving housing stability and self-sufficiency.

How to Apply:

Apply through the Family Housing Hub (211).

Website: savethefamily.org

3. UMOM New Day Centers – Rapid Rehousing (Phoenix/East Valley)

Provides rental assistance, housing support, and job readiness services to stabilize families quickly into permanent housing.

How to Apply:

Call 211 or visit 211arizona.org to connect with the Family Housing Hub.

Website: umom.org/rrh

4. HOM, Inc. – Rapid Rehousing (Valley-wide)

Offers rental assistance and supportive services for families to exit homelessness and maintain permanent housing.

How to Apply:

Call 211 or visit 211arizona.org to connect with the Family Housing Hub.

Website: hominc.com/rapid-re-housing

5. Chicanos por la Causa – Rapid Rehousing (Valley-wide)

Provides rental assistance and supportive services to help families transition to stable housing quickly.

How to Apply:

Call 211 or visit 211arizona.org to connect with the Family Housing Hub.

Website: cplc.org/programs/homelessness

6. City of Chandler – Tenant-Based Rental Assistance (TBRA)

Provides medium-term rental housing assistance for families experiencing homelessness, with

wrap-around supportive services through AZCEND.

How to Apply:

Contact the Chandler Neighborhood Resources Department at (480) 782-4349.

Website:

chandleraz.gov/residents/neighborhood-resources/community-development/homeless-services

7. Family Promise – Rapid Rehousing (Valley-wide)

Offers emergency shelter, case management, and support services to help families experiencing homelessness achieve sustainable independence.

How to Apply:

Call 211 or visit 211arizona.org to connect with the Family Housing Hub.

Website: familypromiseaz.org

8. City of Phoenix – Section 8 Housing Choice Voucher

Provides rental assistance to low-income families, seniors, and individuals with disabilities.

Operates on a waitlist system; applicants are selected through a lottery when the waitlist is open.

How to Apply:

Visit phoenix.gov/administration/departments/housing/section-8-housing and monitor the waitlist status.

9. Housing Authority of Maricopa County (HAMC) – Section 8 HCV

Provides tenant-based rental assistance for low-income families, seniors, and individuals with disabilities.

How to Apply:

Visit maricopahousing.org/services-2/ to access the applicant portal or call (602) 744-4500.

10. City of Mesa – Section 8 HCV

Assists low-income families with rental payments through a waitlist system.

How to Apply:

Visit mesaaz.gov/Resident-Resources/Housing/Application-Wait-List or call (480) 644-3536.

11. City of Chandler – Section 8 HCV

Provides rental assistance for low-income families with a waitlist system.

How to Apply:

Visit

chandleraz.gov/residents/neighborhood-resources/housing-and-redevelopment/how-to-apply-for-housing or call (480) 782-2000.

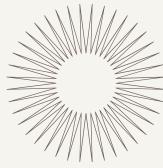
12. City of Tempe – Section 8 HCV

Offers rental assistance for low-income families through a waitlist system.

How to Apply:

Visit

tempe.gov/government/community-health-and-human-services/housing-services/tempe-housing-c



SECTION (5)



PERMANENT HOUSING

Permanent housing offers long-term, stable homes for individuals and families who are ready to live independently. This type of housing can include affordable apartments, rental homes, or units supported by housing programs. The goal is to create lasting stability—where families can grow, feel safe, and build a future without the fear of losing their home.

Permanent Housing Resources for Families in the East Valley

1. Habitat for Humanity – East Valley (Mesa, Gilbert, Chandler)

Provides affordable homeownership opportunities for low-income families through no-profit home sales and affordable mortgage options. Offers financial counseling and support during the homebuilding process.

How to Apply:

Complete the application on their website: habitatcaz.org/apply

Contact: (602) 268-9022

2. Chicanos Por La Causa – Homeownership Programs (Valley-wide)

Assists families in purchasing homes with affordable financing options, down payment assistance, and homebuyer education. Programs are geared toward low-income families and first-time homebuyers.

How to Apply:

[Visit cplc.org/programs/homeownership](http://cplc.org/programs/homeownership) or call (602) 257-0700

3. City of Phoenix – Affordable Housing Program

Offers rental and homeownership opportunities for low-income families, including down payment assistance and affordable mortgages. Programs vary by income and family size.

How to Apply:

[Visit phoenix.gov/housing](http://phoenix.gov/housing) or call (602) 262-6790

4. City of Mesa – Affordable Housing Programs

Provides rental and homeownership opportunities for low- to moderate-income families. Includes access to grants, loans, and housing counseling.

How to Apply:

[Visit mesaaz.gov/residents/housing](http://mesaaz.gov/residents/housing) or call (480) 644-2450

5. City of Chandler – Affordable Housing Resources

Supports families with rental assistance, affordable homeownership programs, and access to housing counselors. Programs are income-based.

How to Apply:

[Visit chandleraz.gov/residents/neighborhood-resources/housing-and-redevelopment](http://chandleraz.gov/residents/neighborhood-resources/housing-and-redevelopment) or call (480) 782-2000

6. Maricopa County Housing Authority – Public Housing & Section 8 Homeownership

Provides permanent rental and homeownership options for low-income families, seniors, and individuals with disabilities. Includes Section 8 Homeownership program with mortgage assistance.

How to Apply:

Visit maricopahousing.org/services-2 or call (602) 744-4500

7. Community Action Agencies – Homeownership & Housing Assistance (Valley-wide)

Offers housing counseling, down payment assistance, and programs for families seeking permanent housing solutions.

How to Apply:

Contact communityactionpartnership.com or call local offices (varies by city)

8. Arizona Housing Authority – Affordable Housing Directory

Provides a comprehensive list of affordable rental and homeownership opportunities across Arizona for low- to moderate-income families.

How to Apply:

Visit azhousing.gov to view available programs and eligibility requirements

9. Valley of the Sun YMCA – Affordable Housing Programs

Supports families in achieving permanent housing through affordable rental units, financial counseling, and supportive services.

How to Apply:

Email housing@vosymca.org or call (602) 212-6042

Website: valleyymca.org/programs/more-to-explore/housing

10. Save the Family – Permanent Housing Programs (Mesa & Valley-wide)

Provides rental assistance, case management, and support services for families seeking stable, long-term housing solutions.

How to Apply:

Apply through the Family Housing Hub (211)

Website: savethefamily.org

Application Tips for Families

- Start with 211: Call 211 or visit 211arizona.org to connect with the Family Housing Hub for referrals and guidance.
- Contact Local Agencies: Reach out directly to housing providers for program details, eligibility, and waitlist information.
- Prepare Documentation: Gather IDs, proof of income, and family size information to streamline the application.
- Explore Multiple Programs: Apply to multiple permanent housing and affordable homeownership programs to increase chances of success.
- Follow Up: Check in regularly on applications and respond promptly to agency requests to maintain eligibility.



SECTION (6)



AFFORDABLE HOUSING

Affordable housing provides safe and stable homes at a lower cost, making rent manageable for families with limited income. These units are often part of government or nonprofit programs designed to ensure everyone has access to a comfortable place to live. The goal is to help families spend less on rent and have more resources for other essentials like food, childcare, and transportation.

Affordable Housing Resources for Families

1. Affordable Rental Movement (ARM) of Save the Family

ARM partners with the Town of Gilbert to provide affordable rental homes to income-eligible families. The program offers supportive services to help families maintain and increase their self-sufficiency.

- **How to Apply:**

Contact Save the Family at (480) 898-0228 or visit the ARM website for more information and application details.

[ARM Website](#)

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2. Community Land Trust (CLT) Housing in Gilbert

In partnership with Newtown, the Town of Gilbert has purchased homes to be part of the CLT. This model allows families to build equity by purchasing the home while the CLT retains ownership of the land, keeping the resale price low for future buyers.

- **How to Apply:**

For more information or to apply, visit the CLT website.

[CLT Website](#)

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3. La Mesita Apartments – A New Leaf (Mesa)

Offers 110 units of affordable housing for low-income families, providing a safe and stable environment with access to support services.

- **How to Apply:**

Visit [LaMesitaApartments](#) for application details.

4. Homeward Bound – A New Leaf (Phoenix)

Provides 76 affordable 2-bedroom apartment units with on-site support services, including childcare, employment support, and life skills development.

- **How to Apply:**

Contact: (602) 899-8089 or email homewardbound@azpropertybrokerage.com

Homeward Bound

5. Tenant-Based Rental Assistance (TBRA) – A New Leaf (Valley-wide)

Offers rental subsidies to families experiencing homelessness, helping them secure and maintain housing.

- **How to Apply:**

Visit [ANewLeaf Housing & Shelter](#) for more information.

6. Housing Choice Voucher Program (Section 8) – Maricopa County Housing Authority
Provides rental assistance to very low-income families, allowing them to choose and lease safe, decent, and affordable privately owned rental housing.

○ **How to Apply:**

Visit [Maricopa County Housing Authority](#) for application details.

7. Affordable Housing Search – Arizona Department of Housing

A statewide resource to search for affordable housing options, including rental and homeownership opportunities.

○ **How to Apply:**

Visit the [Arizona Department of Housing](#) to search for available units.

8. Affordable Housing Program – City of Mesa

Offers rental assistance programs, including the Section 8 Housing Choice Voucher program and Security Deposit Assistance program.

○ **How to Apply:**

Visit [City of Mesa Housing](#) for more information.

9. Affordable Housing Resources – City of Phoenix

Provides information on affordable housing programs, including rental assistance and homeownership opportunities.

○ **How to Apply:**

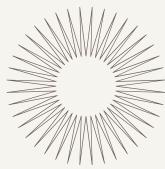
Visit [City of Phoenix Housing](#) for details.

10. Affordable Housing – City of Gilbert

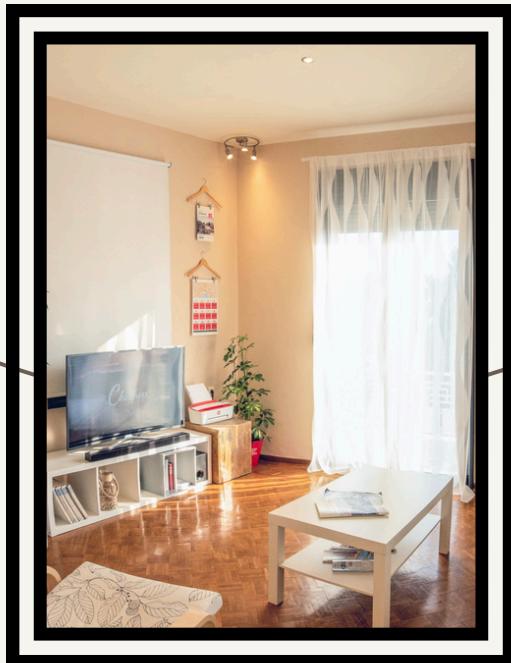
Partners with Save the Family's ARM to offer affordable rental homes to income-eligible families.

○ **How to Apply:**

Contact Save the Family at (480) 898-0228 or visit [Gilbert Affordable Housing](#) for more information.

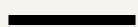


SECTION (7)



PUBLIC HOUSING

Public housing is government-funded housing that provides safe, affordable homes for individuals and families with low income. Rent is based on income, ensuring families can maintain stability while working toward financial independence. Managed by local housing authorities, these communities offer long-term housing options and access to supportive resources.



Public Housing Resources for Families

Public Housing provides **safe, long-term, income-based rental housing** for low-income families. Rent is typically calculated as 30% of adjusted household income. Below are local agencies and resources in Maricopa County and surrounding Valley cities.

Public Housing Authorities in the Valley 1.

City of Phoenix Housing Department

- Offers over 1,500 public housing units across Phoenix.
- Includes family communities with on-site support services.
- **Website:** [Phoenix Housing](#)
- **Phone:** (602) 534-1974

2. Mesa Housing Authority

- Provides public housing for families in Mesa.
- Includes supportive services and referrals for employment/education.
- **Website:** [Mesa Housing](#)
- **Phone:** (480) 644-3536

3. Chandler Housing and Redevelopment Division

- Manages family public housing and voucher programs.
- Works with families to maintain long-term stability.

- **Website:** [Chandler Housing](#)
- **Phone:** (480) 782-3200

4. Tempe Housing Services

- Offers public housing units for families and collaborates with local nonprofits for wraparound support.
- **Website:** [Tempe Housing](#)
- **Phone:** (480) 350-8950

5. Scottsdale Housing Agency

- Provides a limited number of public housing units and Section 8 vouchers.
- **Website:** [Scottsdale Housing](#)
- **Phone:** (480) 312-7717

6. Maricopa County Housing Authority (MCHA)

- Covers unincorporated parts of the county.
- Provides public housing for families, seniors, and disabled individuals.
- **Website:** [MCHA](#)
- **Phone:** (602) 744-4500

Application Process for Public Housing

1. Check Eligibility

- Income must be at or below 30–50% of Area Median Income (AMI).
- Must be a U.S. citizen or eligible immigrant.
- Families, elderly, and persons with disabilities are prioritized.

2. Prepare Documents

- Birth certificates and Social Security cards for all household members
- Photo IDs for adults
- Proof of income (pay stubs, benefits, child support, etc.)
- Rental history and references

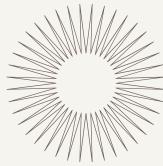
3. Apply Online or In-Person

- Most housing authorities allow online pre-applications.
- Some have limited waitlist openings, check websites regularly.



Application Tips for Families

- Apply to **multiple housing authorities** to increase your chances.
- Keep all documents ready and organized in a folder.
- Respond quickly to letters/emails from housing authorities to avoid being removed from waitlists.
- Update your contact information immediately if it changes.
- Be patient, waitlists can be long, but staying active on them is key.



SECTION (8)



SHARED HOUSING

Shared housing allows individuals or families to live together in one home and share costs like rent and utilities. This option can make housing more affordable and provide built-in support from others in the household. It's a great choice for those looking to save money, build community, and create stability while working toward independent housing.



Shared Housing Resources for Families (Arizona – Valley Area)

Shared housing is when two or more households live together and share common spaces such as kitchens, living rooms, or bathrooms. This option can provide affordable rent, community support, and flexibility for families working toward long-term stability.

1. HIP Housing – Home Sharing Program (Statewide Resource)

- **Whatthey offer:** Matches individuals and families who have housing (providers) with those who need a place to live (seekers). Families may reduce expenses by sharing housing costs.
- **Eligibility:** Families and individuals with low-to-moderate income.
- **Contact:** [HIP Housing Home Sharing](#)

2. Shared Housing Arizona – Phoenix Area

- **Whatthey offer:** A network of homeowners and renters looking to share housing in the Valley. Provides screening and support for safe and successful shared living arrangements.
- **Eligibility:** Families or single parents with children who can contribute to rent/utilities.
- **Contact:** [Shared Housing Arizona](#)

3. Roommates.com (Arizona Listings)

- **Whatthey offer:** Online platform where families can find available rooms or entire households willing to share space. Options in Mesa, Chandler, Gilbert, and Phoenix.
- **Eligibility:** Open to anyone seeking housing. Families should clarify needs such as child-friendly homes.
- **Contact:** [Roommates.com](#)

4. CoAbode – Single Mothers Shared Housing

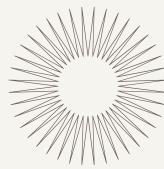
- **What they offer:** National program that connects single mothers to share housing, childcare, and expenses. Provides a supportive community of other moms.
- **Eligibility:** Single mothers with children.
- **Contact:** [CoAbode](#)

5. Craigslist – Housing & Shared Rentals (Phoenix Metro)

- **What they offer:** Listings of shared homes, rooms, and rental opportunities across the Valley. Families can find short- or long-term shared housing.
- **Eligibility:** Open to the public; caution advised, always meet in safe places and verify listings.
- **Contact:** [Craigslist Housing Phoenix](#)

6. Facebook Marketplace & Local Housing Groups

- **What they offer:** Community-based postings for room and house shares. Many family-friendly listings available in Gilbert, Mesa, and Chandler.
- **Eligibility:** Open to families and individuals searching for shared housing.
- **Contact:** Search “Housing in Phoenix,” “Mesa Rentals,” or “Gilbert Shared Housing” on Facebook.



SECTION (9)



FOOD & CLOTHING

Access to nutritious meals and essential clothing is vital for stability and dignity. Through our food bank, clothing closet, and community partners, we provide families with the resources they need to meet basic needs and move forward with confidence



Food & Nutrition Resource Sheet (Mesa / Gilbert / Chandler)

House of Refuge Food Bank

Address: 6858E Ursula Ave, Mesa, AZ 85212 [House of Refuge](#)

Phone: 480-988-9395 [House of Refuge](#)

Mailing / Admin Contact: 6935E Williams Field Rd, Mesa, AZ 85212 · 480-988-9242 · info@houseofrefuge.org
[House of Refuge](#)

Hours (Food Bank / Donation Center):

- Thursday & Friday: 10:00 a.m. — 4:00 p.m.
- Saturday: 10:00 a.m. — 2:00 p.m.

United Food Bank

Address (Administrative / Main Office): 245 S. Nina Drive, Mesa, AZ 85210 [United Food Bank](#)

Volunteer / Distribution Center: 358 E. Javelina Ave, Mesa, AZ 85210 [United Food Bank+1](#)

Phone: (480)926-4897 [United Food Bank+1](#)

Hours:

- Administrative Offices: Monday – Friday, 8:00 a.m. – 4:00 p.m.
- Donation Center / Volunteer Center drop-offs: Mon-Thurs, 8:00 a.m. – 3:00 p.m.

Note: “Neighbor’s Pantry” (United Food Bank distribution) at 358 E. Javelina has specific monthly hours (4th Friday of each month, 9:00-11:00 a.m.) for certain distributions. [Arizona Food Bank Network](#)

St. Mary's Food Bank Address (Phoenix /

Neighborhood Food Center): 3131 W Thomas Rd, Phoenix, AZ 85009 [Mary's Food Bank](#)

Phone (General Info):

(602) 242-FOOD (3663) [St. Mary's Food Bank](#)

Office Hours (Main/Admin): Monday–Friday, 8:00a.m.–4:30 p.m.

Neighborhood Food Center Hours (Phoenix Thomas Rd): Monday – Friday, 7:30 a.m. – 1:30 p.m.

Arizona Supplemental Nutrition Assistance Program (SNAP)

(Contact & hours vary by local DES office; recommend using online DES site or phone) [DES WEBSITE](#)

- You can call the Arizona Department of Economic Security (DES) to find the nearest SNAP office and hours.
- Website: des.az.gov/services/basic-needs/food

WIC (Women, Infants, & Children)

- Contact & hours vary by clinic — you would need to find your closest WIC clinic (often through county health dept or state WIC website).
- Website: azwic.gov for locations and schedules.

St. Vincent de Paul

- Hours and contact info vary by local chapter. [WEBSITE](#)
- Many chapters have clothing/food closet hours once or twice a week.
- Recommend calling the specific St. Vincent de Paul location nearest you in Mesa, Gilbert, or Chandler.

Local Churches & Community Centers

- These are very variable: some offer food pantries weekly, others monthly.
- Best practice: contact your case manager or look up “food pantry church Mesa AZ” for current schedules.



SECTION (10)



CLOTHING

This section lists local programs and organizations that provide free or low-cost clothing for children, adults, and families. Whether you need everyday outfits, work attire, or seasonal items like coats and shoes, these resources are here to help you feel confident and comfortable.

Many programs also accept donations, creating a community that supports one another.



Clothing Resources

Every family deserves access to clothing that makes them feel comfortable, confident, and cared for.

Below are local organizations that provide **free or affordable clothing** for children, adults, and families in Mesa, Gilbert, Chandler, and nearby areas.

St. Vincent de Paul

- Free clothing for families in need.
- Many chapters also offer food boxes, utility assistance, and case management.
📞 **Main Helpline:** (602) 266-4673
🌐 stvincentdepaul.net

Goodwill of Central & Northern Arizona

- Affordable clothing and household goods.
- Vouchers may be available through case managers for families with urgent needs.
- Offers job training and employment support.
🌐 goodwillaz.org

Salvation Army Family Stores & Assistance Programs

- Provides clothing vouchers for families in crisis.
- Offers gently used clothing and household items at low cost.
📍 **Mesa Store:** 241 E 6th St, Mesa, AZ 85201
📞 (480) 962-9103
🌐 salvationarmyphoenix.org

Helen's Hope Chest

- Free new or like-new clothing, shoes, and accessories for **children and teens in foster or kinship care** (every 3 months).
- Also provides birthday gifts and essentials.
 - 📍 126 E University Dr, Mesa, AZ 85201
 - 🌐 helenshopechest.org

Jose's Closet

- Supports foster, kinship, and adoptive families with free clothing, shoes, and essentials.
 - 📍 6515 E Main St, Ste 120, Mesa AZ 85205
 - 🕒 Tue–Sat | 11 AM – 3 PM
 - 🌐 josescloset.org

Harvest Compassion Center

- Provides *free clothing*, hygiene items, and shoes to families in need.
- Operates as a “mini-mart” where guests can shop for essentials at no cost.
 - 📍 Phoenix, Maryvale, & North Phoenix locations
 - 🌐 harvestcompassioncenter.org

Dress for Success Phoenix

- Offers professional attire and job-readiness programs for women (and men through the “Tailor Made” program).
 - 📍 3110 N Central Ave, Ste 200, Phoenix AZ 85012
 - 🌐 dfsphoenix.org

Paz de Cristo Community Center

- Distributes new socks, underwear, t-shirts, and clothing for job seekers.
- Also offers hygiene kits, meals, and showers.
 - 📍 424 W Pecos Rd, Mesa AZ 85210

 pazdecristo.org

Child Crisis Arizona – Resource Distribution Center

- Provides free clothing, shoes, toiletries, and school supplies for children and families.
 424 W Rio Salado Pkwy, Mesa AZ 85201
 childcrisisaz.org

East Mesa Baptist Church – Clothing Ministry

- Offers free clothing for children, adults, and families in need.
 752 S Ellsworth Rd, Mesa AZ 85208
 Call for updated hours: (480) 986-9827

Hope's Closet – New Life Center

- Accepts and distributes clothing and household items to families rebuilding their lives.
 415 N Litchfield Rd, Goodyear AZ 85338
 Tue–Sat | 10 AM – 3 PM
 newlifectr.org/hopes-closet

City Hope Arizona

- Provides *free clothing, hygiene, and household items* —no ID or appointment required.
 cityhopeaz.org

Social Spin Foundation

- Hosts *free laundry events* to help families keep their clothing clean and connect with other community resources.
 socialspinfoundation.org



SECTION (II)



GROCERY LIST + BUDGET

This section includes an easy-to-use grocery guide and budgeting template to help families plan meals and stretch their food budget each month. The grocery kit highlights affordable, healthy essentials to stock your pantry, while the budget template helps track spending, reduce waste, and make grocery shopping simple and stress-free.



MONTHLY BUDGET

CURRENT MONTH : _____

CHECKING

STARTING BALANCE

ENDING BALANCE

SAVING

STARTING BALANCE

ENDING BALANCE

SAVING GOALS

DUE DATE	PAID	DESCRIPTION	PROACTED AMOUNT	ACTUAL AMOUNT
	<input type="checkbox"/>	Mortgage/rent		
	<input type="checkbox"/>	Electricity/gas		
	<input type="checkbox"/>	Water/garbage		
	<input type="checkbox"/>	Vehicle Payment		
	<input type="checkbox"/>	Vehicle Insurance		
	<input type="checkbox"/>	Gas/Transportation		
	<input type="checkbox"/>	Groceries		
	<input type="checkbox"/>	Entertainment		
	<input type="checkbox"/>	Telephone		
	<input type="checkbox"/>	Cable/Internet		
	<input type="checkbox"/>	Credit Card		
	<input type="checkbox"/>	Loan Payment		
	<input type="checkbox"/>	Pet		
	<input type="checkbox"/>			
		TOTAL		

GOAL DATE	DESCRIPTION	GOAL TO SAVE MONTHLY	GOAL TOTAL

ACTUAL SAVED THIS MONTH : \$ GOAL BALANCE : \$

GOAL DATE	DESCRIPTION	GOAL TO SAVE MONTHLY	GOAL TOTAL

ACTUAL SAVED THIS MONTH : \$ GOAL BALANCE : \$

GOAL DATE	DESCRIPTION	GOAL TO SAVE MONTHLY	GOAL TOTAL

ACTUAL SAVED THIS MONTH : \$ GOAL BALANCE : \$

INCOME	\$ _____
+ CHECKING DEPOSITS	\$ _____
- ACTUAL BILLS	\$ _____
- ACTUAL SAVING DEPOSITS	\$ _____
ENDING BALANCE	\$ _____

Grocery List

Meat & poultry	Price	Fruit & Vegetables	Price
1		1	
2		2	
3		3	
4		4	
5		5	

Canned Goods	Price	Fish	Price
1		1	
2		2	
3		3	
4		4	
5		5	

Snacks	Price	Frozen Foods	Price
1		1	
2		2	
3		3	
4		4	
5		5	

Dairy & Deli	Price	Other	Price
1		1	
2		2	
3		3	
4		4	
5		5	



GROCERY LIST



Store Name :

Date :

PRODUCE

- _____
- _____
- _____

CANNED GOODS

- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____

OTHERS

- _____
- _____
- _____
- _____
- _____
- _____

FROZEN FOODS

- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____

PANTRY

- _____
- _____
- _____

Grocery List



DAIRY

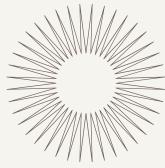
PRODUCE

MEATS

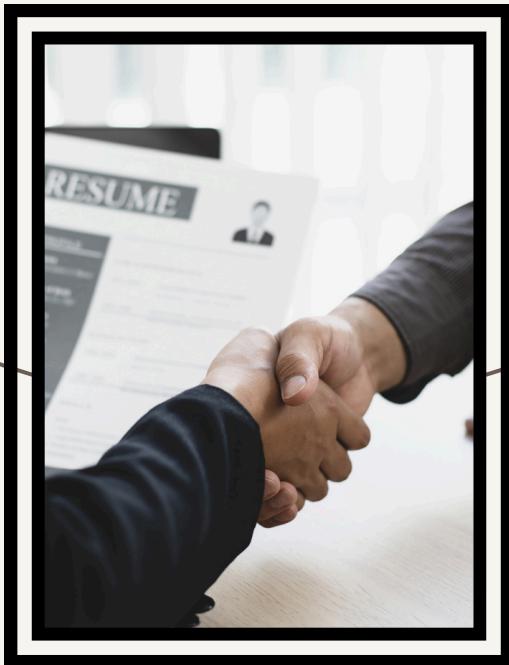
DRY/PANTRY

FROZEN

OTHERS



SECTION (12)



EMPLOYMENT + EDUCATION

This section lists local programs and organizations that provide free or low-cost clothing for children, adults, and families. Whether you need everyday outfits, work attire, or seasonal items like coats and shoes, these resources are here to help you feel confident and comfortable.

Many programs also accept donations, creating a community that supports one another.



Employment & Education Resources

Section Description This section connects families to job opportunities, training programs, and education resources that support long-term stability and growth. Whether you're looking for a new career, want to build skills, or return to school, these programs can help you take the next step toward independence and success.

Employment Resources

1. Arizona@Work

Website: www.arizonaatwork.com

What They Offer: Free job search support, resume workshops, career counseling, and training opportunities.

2. Goodwill Career Center

Website: www.goodwillaz.org/career-centers

What They Offer: Employment coaching, job fairs, computer access, and skill-building workshops.

3. DES Employment Services

Website: des.az.gov/services/employment

What They Offer: State-supported employment services, unemployment benefits, and training for job seekers.

4. Fresh Start Women's Foundation (Phoenix)

Website: www.freshstartwomen.org

What They Offer: Career development, education, and empowerment programs for women entering or re-entering the workforce.

5. Local Staffing Agencies

- Express Employment Professionals
- PrideStaff

- Adecco

What They Offer: Temporary and permanent job placement in various industries.

Education Resources

1. Coconino Community College & Northern Arizona University

What They Offer: Flexible classes, financial aid, and programs for working adults.

2. GED Programs (Arizona Department of Education)

Website: www.azed.gov/adultedservices

What They Offer: Free or low-cost GED prep classes and testing locations.

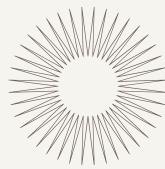
3. Arizona Vocational Rehabilitation Services

Website: des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr

What They Offer: Educational and employment support for individuals with disabilities.

4. Online Learning Tools

- [Coursera](https://www.coursera.org) – Free and paid college-level courses
- [Khan Academy](https://www.khanacademy.org) – Free lessons for all ages and subjects
- [Skillshare](https://www.skillshare.com) – Creative and business skill learning



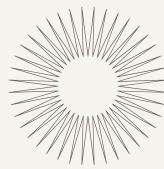
SECTION (13)



HEALTH CARE

Health and wellness are essential for every family's growth and stability. We connect children and parents with trusted resources such as pediatric care, therapy, and community health services to support their physical, emotional, and mental well-being.





SECTION (14)



VISION CARE

Taking care of your eyes is an important part of overall health. We offer resources for affordable eye exams, glasses, and treatment options, with and without insurance, so you and your family can see clearly and confidently.



Vision Care + With/Without Insurance

1. Accepts AHCCCS / Medicaid

These clinics are good for clients with Arizona's Medicaid plans (Mercy Care, UnitedHealthcare Community Plan, Care1st, Banner University Family Care, Molina, Health Choice, etc.).

- **Arizona's Vision**

Gilbert Location: 744 S Val Vista Dr #101, Gilbert, AZ 85296

AHCCCS-friendly, full family eye care including pediatric exams and glasses.

[Website](#)

- **Woolf Eye Care Center**

1660 N Higley Rd Ste 104, Gilbert, AZ 85234

Accepts many AHCCCS plans; comprehensive exams, medical eye care, glasses, and contact lenses.

[Website](#)

- **Nationwide Vision – Mesa** *(closest large low-cost AHCCCS provider)*

1834 S Greenfield Rd Ste 101, Mesa, AZ 85206

Works with multiple AHCCCS providers; affordable glasses.

[Website](#)

2. Accepts VSP (Vision Service Plan)

Great for families with VSP through work or marketplace insurance.

- **Visionworks – San Tan Village**

2156 E Williams Field Rd, Gilbert, AZ 85295

In-network VSP, plus frequent discount promos.

[Website](#)

- **Accurate Family Vision**

633 E Ray Rd Ste 129, Gilbert, AZ 85296

Family optometry, pediatric-friendly, accepts VSP and most private vision insurance.

[Website](#)

- **Premier Eyecare of Arizona**

3271 E Queen Creek Rd #107, Gilbert, AZ 85297

VSP network provider, family & pediatric care, disease management.

[Website](#)

3. Accepts EyeMed

Often offered through employers or marketplace plans.

- **Pearle Vision – Gilbert**

2586 S Val Vista Dr, Gilbert, AZ 85296

EyeMed in-network; offers pediatric eye care and glasses packages.

[Website](#)

- **LensCrafters – Chandler Fashion Center** (*closetoGilbert*)

3111 W Chandler Blvd, Chandler, AZ 85226

EyeMed provider, same-day glasses in many cases.

[Website](#)

4. No Insurance / Low-Cost Options

For families without vision coverage.

- **VSP Eyes of Hope** – Provides free exams & glasses via partner clinics for qualifying low-income families.

[Website](#)

- **NewEyes** – Offers free eyeglasses with proof of financial need (application via social worker).

[Website](#)

- **Lions Club of Gilbert** – Local Lions Clubs provide free/reduced-cost exams and glasses to children and adults.

[Website](#)

- **America's Best Contacts & Eyeglasses – Mesa/Gilbert**

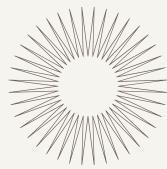
1854 S Val Vista Dr, Mesa, AZ 85204

2 pairs of glasses + exam often under \$80; affordable option for no insurance.

[Website](#)

5. Mobile/Community Outreach

- **Phoenix Children's Crews'n Healthmobile** – Brings pediatric medical and vision screenings to shelters and community sites.
[Website](#)
- **AZLions Vision Van** – Mobile eye screening and referral program for underserved families.
[Website](#)



SECTION (15)



DENTAL ASSISTANCE

A healthy smile supports your overall well-being. We provide resources for affordable dental checkups, cleanings, and treatment options, with and without insurance, so you and your family can maintain strong teeth and good oral health.



Dental Assistance + With/Without Insurance

1. Accepts AHCCCS / Medicaid

(Accepts most plans like Mercy Care, UnitedHealthcare Community Plan, Care1st, Banner University Family Care, Molina, Health Choice.)

- Banner – Gilbert Dental Center**

37100 N Pecos Rd, Gilbert, AZ 85297

Family dentistry, pediatric specialists, emergency dental, accepts most AHCCCS.

[Website](#)

- Risas Dental and Braces – Gilbert**

1355 S Higley Rd, Gilbert, AZ 85296

Affordable care, accepts AHCCCS, walk-ins welcome, pediatric and adult services.

[Website](#)

- Braces Braces Braces – Gilbert**

3100 E Chandler Heights Rd #104, Gilbert, AZ 85298

Orthodontics & family dentistry, AHCCCS accepted for certain services.

[Website](#)

- Neighborhood Outreach Access to Health (NOAH) – Palomino Health Center**

(Mesa, near Gilbert)

505 W Cortez St, Phoenix, AZ 85029 *(Mobile clinics in East Valley)*

Community health center with AHCCCS dental services for kids and adults.

[Website](#)

2. Accepts Delta Dental

(One of the largest private dental insurance providers.)

- Gilbert Dental Center**

2765 S Market St, Gilbert, AZ 85295

Family & cosmetic dentistry, Delta Dental in-network.

[Website](#)

- Smile Dental Clinics – Mesa/Gilbert Border**

1230 S Gilbert Rd #3, Mesa, AZ 85204

Delta Dental provider, comprehensive dental care for all ages.

[Website](#)

3. Accepts Cigna Dental

- **Val Vista Smiles**

1455 S Higley Rd #101, Gilbert, AZ 85296

General and pediatric dentistry, Cigna provider.

[Website](#)

- **Aspen Dental – Gilbert**

2769 S Market St, Gilbert, AZ 85295

Cigna in-network, new patient specials, emergency same-day appointments.

[Website](#)

4. Accepts Aetna Dental

- **HigleyParkDentalCare**

1355 S Higley Rd #104, Gilbert, AZ 85296

Aetna provider, full family care, evening appointments available.

[Website](#)

- **Dentists of Gilbert Crossroads**

3807 S Gilbert Rd Ste 1, Gilbert, AZ 85297

Aetna provider, pediatric & family dentistry, same-day crowns.

[Website](#)

5. No Insurance / Low-Cost Options

- **AZDental Foundation–Give Kids a Smile**

Free annual event for children in low-income families; preventive care & cleanings.

[Website](#)

- **Risas Dental & Braces**

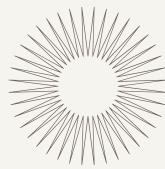
Very affordable membership plans for uninsured patients; prices up to 30–40% lower than standard.

[Website](#)

- **Dental Lifeline Network – Arizona**
Free dental treatment for qualifying low-income individuals, seniors, and those with disabilities.
[Website](#)
- **Midwestern University Dental Institute (Glendale, but worth it for low cost)**
Dental care by supervised dental students, very low fees, pediatric and adult services.
[Website](#)

6. Mobile & Outreach Dental

- **Arizona Mission of Mercy**
Mobile dental clinics, large annual event in Phoenix for underserved families.
[Website](#)
- **St. Vincent de Paul Dental Clinic (Phoenix)**
Provides free/reduced dental care to qualifying low-income patients.
[Website](#)



SECTION (16)



PEDIATRIC CARE

Your child's health and growth are our top priority.

We connect families to trusted providers offering affordable pediatric checkups, immunizations, and specialized care, with and without insurance, so every child can thrive.



Pediatric Care + With/Without Insurance

1. Accepts AHCCCS / Medicaid

(Accepts Mercy Care, UnitedHealthcare Community Plan, Banner University Family Care, Molina, Health Choice, Care1st, etc.)

- **Banner Children's – Banner Health Center**

275 SValVistaDr, Gilbert, AZ85296

Full pediatric primary care, same-day sick visits, well-child checkups, immunizations.

[Website](#)

- **Phoenix Children's Pediatrics – Gilbert**

3591SMercy Rd, Gilbert, AZ85297

AHCCCS-friendly, comprehensive pediatric care, specialty referrals, newborn to adolescent care.

[Website](#)

- **East Valley Pediatrics**

4344E Baseline Rd #101, Mesa, AZ 85206 (border of Gilbert)

Accepts most AHCCCS plans, developmental screenings, chronic condition management.

[Website](#)

- **NOAH – Palomino Health Center** (*Mobile services available*)

2423W Dunlap Ave, Phoenix, AZ85021 (plus outreach to East Valley)

Pediatric primary care, immunizations, AHCCCS accepted, sliding scale for uninsured.

[Website](#)

2. Accepts Blue Cross Blue Shield (BCBS)

- **Gilbert Pediatrics**

1515E Ocotillo Rd Ste 2, Gilbert, AZ 85298

Well-child visits, sports physicals, chronic condition management, BCBS in-network.

[Website](#)

- **Desert Shores Pediatrics**

4852 S ValVista Dr Ste 101, Gilbert, AZ 85298

BCBS provider, newborn through teen care, after-hours nurse line.

[Website](#)

3. Accepts Cigna

- **Pediatric Primary + Urgent Care for Kids – Gilbert**

1464E Williams FieldRd,Gilbert, AZ85295

Accepts Cigna, walk-ins welcome, urgent and primary pediatric care.

[Website](#)

- **Hacienda Pediatrics**

4856E Baseline Rd#101, Mesa, AZ 85206

Accepts Cigna, family-focused pediatric services, ADHD and asthma management.

[Website](#)

4. Accepts Aetna

- **East Valley Children's Center**

4915 E Baseline RdSte102,Gilbert, AZ 85234

Aetna provider, preventive care, same-day visits for sick children, growth/development monitoring.

[Website](#)

- **Agave Pediatrics – Gilbert**

2680 S ValVista DrBldg 8,Gilbert, AZ 85295

Aetna in-network, holistic and traditional pediatric medicine.

[Website](#)

5. No Insurance / Low-Cost Options

- **Mountain Park Health Center – Tempe Clinic (near Gilbert)**

1840E Broadway Rd,Tempe,AZ 85282

Sliding scale fees, pediatric care for uninsured,bilingual staff.

[Website](#)

- **Clinica La Familia – East Mesa**

3050E MainSt,Mesa,AZ85213

Low-cost pediatric visits, immunizations, same-day sick visits.

[Website](#)

- **Phoenix Children's Care Mobile Units**

Provide free/reduced-costcheckups,vaccines, and screenings to community sites and shelters.

[Website](#)

- **AZ Department of Health – Vaccines for Children Program**

Free vaccines for kids who are uninsured, underinsured, or on Medicaid.

[Website](#)

6. Mobile & Outreach Pediatric Services

- **Crews'nHealthmobile(Phoenix Children's)**

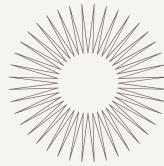
Brings medical care to shelters, transitional housing, and low-income neighborhoods.

[Website](#)

- **Lions Kidsight Vision + Health Screenings**

Partners with community events to offer free vision and basic health checks for kids.

[Website](#)



SECTION (17)



DOMESTIC VIOLENCE

This section provides support for individuals and families who may be experiencing or recovering from domestic violence. These resources offer safe shelter, counseling, legal assistance, and 24/7 crisis support. No one deserves to feel unsafe — help is available, and you are not alone. Reaching out is a brave and powerful step toward safety, healing, and hope.

Arizona Domestic Violence Shelters & Hotlines

Hotlines

National Domestic Violence Hotline

📞 800-799-7233
🌐 thehotline.org

Local Domestic Violence Shelter Hotline

📞 480-890-3039

Sexual Assault/Domestic Violence Hotline

📞 480-736-4949

Shelters & Services

A New Leaf – Autumn House (Mesa)

📞 480-835-5555

CAAFA – Community Alliance Against Family Abuse (Apache Junction)

📞 480-982-0205

Chrysalis (Phoenix)

📞 602-944-4999 | 602-955-9059

Elim House (Phoenix)

📞 602-267-4111

My Sister's Place (Chandler)

📞 480-821-1024

Sojourner Center

📞 602-244-0997

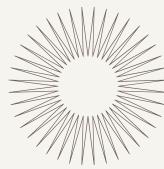
Additional Resources

Arizona DES – Domestic Violence Contracts Directory (*statewide list of shelters & programs*)

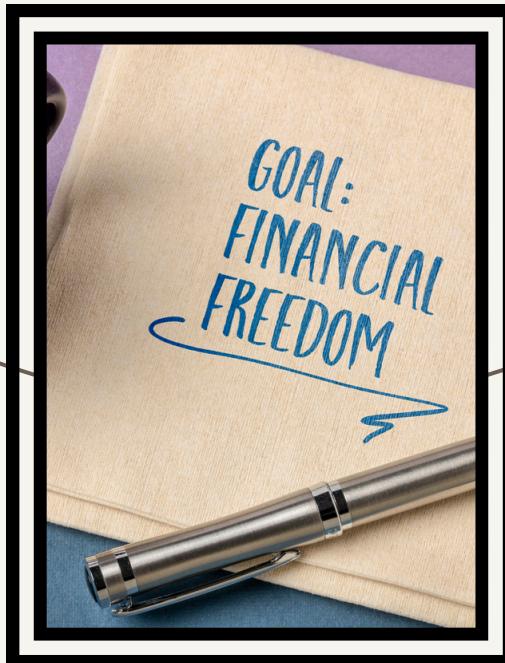
🌐 [DES Domestic Violence Directory](#)

Arizona Detox Center – Domestic Violence & Addiction Resource List

🌐 [detoxlocal.com DV Resources](#)



SECTION (18)



FINANCIAL ASSISTANCE

This section connects families to programs that offer help with rent, utilities, childcare, transportation, and other essential expenses. These resources are designed to ease financial stress and support stability while you work toward long-term goals. Whether you need one-time emergency help or ongoing support, there are services available to guide you through the process and provide relief when it's needed most.



Funding & Financial Assistance Resource Guide :

Helping individuals and families access financial stability and emergency support :

Funding & Financial Assistance Resources:

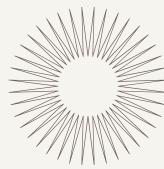
Resource Name	Services Provided	Contact Information
Arizona Department of Economic Security (DES)	Emergency rental and utility assistance, SNAP (food stamps), TANF cash assistance, childcare subsidies, and unemployment benefits.	Website: www.des.az.gov Find local offices for in-person help.
Wildfire Arizona	Connects people with utility assistance (APS, SRP, Southwest Gas), rental support, and eviction prevention programs. Offers referrals to local Community Action Agencies. Emergency financial help for rent, utilities, food, clothing, and other basic needs. Often has same-day help for urgent needs. 24/7 helpline connecting people to	Phone: (602) 604-0640 Website: www.wildfireaz.org
St. Vincent de Paul	rent help, bill assistance, food banks, shelters, and other services. Great starting point for any need.	Phone: (602) 266-4673 Website: www.stvincentdepaul.net
Arizona 2-1-1	Financial help for rent, utilities, transportation, immigration fees, and family needs. Often requires an intake appointment.	Dial 2-1-1 Website: www.211arizona.org
Catholic Charities Community Services	Offers rent/utility help, eviction prevention, weatherization programs, and budget coaching. CAPs often have specific funding based on city or county.	Phone: (602) 285-1999 Website: www.catholiccharitiesaz.org
Community Action Agencies (CAPs)		Find local agencies here: https://wildfireaz.org/find-help/

Society of St. Vincent de Paul Local Conferences	Many local churches host “conferences” that provide direct rent, bill, or food help. Call or apply online.	Find local offices: www.stvincentdepaul.net
City of Phoenix Human Services Department	Rent and utility assistance, emergency help for seniors and low-income families. Must call for eligibility screening. <u>Emergency rental assistance</u> ,	Phone: (602) 534-2433 Website: www.phoenix.gov/humanservices
Maricopa County Human Services Department	eviction prevention, utility help, and housing stabilization services for county residents. Connects people to rental	Phone: (602) 506-5911 Website: www.maricopa.gov/3893/Housing-and-Community-Development Phone: (602) 340-9393
Arizona Housing Coalition	assistance, veteran housing programs, and affordable housing resources statewide. Rent and utility assistance, <u>foreclosure prevention, financial</u>	Website: www.azhousingcoalition.org
Chicanos Por La Causa (CPLC)	literacy programs, and free tax prep. Emergency financial assistance for rent, utilities, transportation, and food. Often serves seniors and vulnerable adults.	Phone: (602) 257-0700 Website: www.cplc.org
Lutheran Social Services of the Southwest	May have emergency financial assistance grants for specific hardship situations (application required).	Phone: (480) 396-3795 Website: www.lss-sw.org
Arizona Community Foundation	Many churches offer small grants, utility help, or rent assistance for community members. Often requires membership or residency verification.	Website: www.azfoundation.org
Local Churches & Faith-Based Organizations		Contact local churches directly or dial 2-1-1 for referrals.

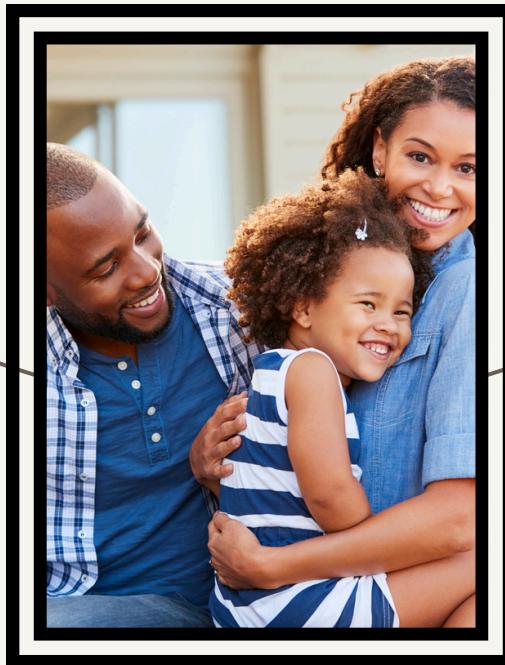
Community Legal Services	Free legal help for evictions, landlord-tenant disputes, debt collection, and financial hardship-related legal issues.	Phone: (602) 258-3434 Website: www.clsaz.org
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Other Helpful Resources for Financial Stability

Program/Agency	Services Provided	Contact Information
Supplemental Nutrition Assistance Program (SNAP)	Provides funds for groceries through an EBT card.	Apply via DES: www.healtharizonaplus.gov
Low Income Home Energy Assistance Program (LIHEAP)	Helps pay electric, gas, or water bills for low-income households.	Apply through local Community Action Agencies.
Earned Income Tax Credit (EITC)	Tax credit for low-income working individuals and families. Could result in a refund even if you owe no tax.	Ask free tax prep sites or visit www.irs.gov/eitc
Free Tax Preparation (VITA Program)	IRS-certified volunteers help low-income individuals prepare taxes for free, often identifying credits like EITC. Online tool to check eligibility for	Find sites: www.irs.gov/vita
Arizona Self Help	dozens of state and federal financial aid programs.	Website: www.arizonaselfhelp.org



SECTION (19)



FAMILY SUPPORT

Strong families are the foundation of healthy communities. We connect children and parents to supportive services, programs, and resources designed to promote safety, growth, and overall family well-being.

Education & Child Development

1. Early Head Start & Head Start

Gilbert Head Start (Chandler-Gilbert YMCA)

- Free preschool for children ages 3–5 from low-income families.
- Focuses on school readiness, nutrition, health screenings, and family support.
- **Address:** 1655 W Frye Rd, Chandler, AZ 85224
- **Phone:** 480-963-1423
- **Website:** azcend.org/head-start

Early Head Start – Child Crisis Arizona

- Serves pregnant women and children birth to age 3.
- Provides early learning, health services, and family support.
- **Address:** 817 N Country Club Dr, Mesa, AZ 85201
- **Phone:** 480-969-2308
- **Website:** childcrisisaz.org

2. Library Literacy Programs

Southeast Regional Library – Gilbert

- Storytimes for all ages, homework help, free tutoring, ESL conversation groups.
- **Address:** 775 N Greenfield Rd, Gilbert, AZ 85234
- **Phone:** 602-652-3000

- **Website:** mcldaz.org

Chandler Public Library – Downtown Branch

- Literacy programs, homework help, free online learning resources, and summer reading challenges.
- **Address:** 22 S Delaware St, Chandler, AZ 85225
- **Phone:** 480-782-2800
- **Website:** chandlerlibrary.org

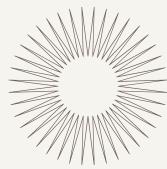
3. School Enrollment Help

McKinney-Vento Homeless Education Program – Gilbert Public Schools

- Ensures homeless students can enroll immediately without required documents.
- Provides school supplies, transportation, and support services.
- **Coordinator Contact:** 480-497-3421
- **Website:** gilbertschools.net

Chandler Unified School District Homeless Liaison

- Same-day school enrollment, transportation assistance, and basic needs support for homeless students.
- **Coordinator Contact:** 480-812-7650
- **Website:** cbsd80.com



SECTION (20)



COMMUNITY CONNECTIONS

Connecting with community resources helps families access the support they need to thrive. We provide links and referrals to local programs, events, and services that promote education, wellness, and overall stability.

Programs for Kids & Families

1. HELP (Homeless Engagement Lift Partnership)

- Serves schools across the Valley with programs like **Back-to-School Tools** (B2ST) and **HELP.Snackz**, offering educational tools, snacks, and support directly through schools.
[Family Promise of Greater Phoenix](#)

2. Family Promise of Greater Phoenix

- Provides safe **emergency shelter** for families, along with **childcare, case management, food, and employment support** to help families stabilize within about 60 days.
[Family Promise of Greater Phoenix](#)

3. A New Leaf – Homeward Bound Campus

- Offers 76 affordable housing units and on-site resources for families, including a **playground, basketball court, early learning center, and life skills support**.
[A New Leaf](#)

4. Save the Family

- Supports children navigating the trauma of homelessness through **trauma-informed care**, child-focused support, and family services.
[Phoenix Rescue Mission](#)

5. Child Crisis Arizona

- Operates the only **licensed Emergency Children's Shelter** for ages 2–10 in Maricopa County—open 24/7, with medical, emotional, and behavioral support from trained staff and volunteers.
[childcrisisaz.org](#)

6. Homeless Youth Connection (HYC)

- Supports **homeless youth (ages 13–21)** in high school across Maricopa County, helping with education, retention, and achievement—94% stay in school, and 80% go on to college

or employment.

hycaz.org

7. Phoenix Children's Homeless Youth Outreach (HYO)

- Mobile medical units (“Crews’n Healthmobiles”) bring healthcare directly to children in shelters, group homes, schools, and more—ensuring access and continuity of care.
[Phoenix Children's Foundation](http://PhoenixChildrensFoundation)

Broader Community & Enrichment Support

8. The Salvation Army – Project H.O.P.E.

- Mobile outreach for homeless families offering **foodhygienesupplies, transport assistance**, referrals, and help obtaining IDs for service access.
salvationarmyphoenix.org

9. Pappas Kids Schoolhouse Foundation

- Supports homeless and at-risk Arizona students through **after-school events, holiday gifts, Thanksgiving meals, scholarships, and educational supplies**.
pappaskidssf.org

At-a-Glance Table

Organization	Focus Area	Highlights for Kids/Families
HELP	School-based aid	School snacks, back-to-school tools
Family Promise	Shelter & stabilization	Emergency housing, childcare, case management
A New Leaf – Homeward Bound	Housing + enrichment	Playground, early learning, life skills
Save the Family	Trauma-informed family support	Child emotional care, therapy

Child Crisis Arizona	Emergency shelter for young children	24/7 safe shelter, medical, emotional support
Homeless Youth Connection	Teen education support	School retention, career and college paths
PCH Homeless Youth Outreach	Mobile healthcare	On-site medical care in shelters and schools
Phoenix Rescue Mission	Long-term wraparound services	Recovery, life skills, housing for women & children
Salvation Army – Project H.O.P.E.	Outreach support	Essentials, referrals, transportation help Meals, backpacks for kids
St. Mary's Food Bank	Hunger relief	Events, meals, scholarships, school supplies
Pappas Kids Foundation	School-based enrichment	Centralized access to shelter assistance
Family Housing Hub (211)	Coordinated entry	