

Veteran Resource Guide for Arizona Congressional District 3

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<http://grijalva.house.gov/>



DISTRICT OFFICES

Tucson

101 W. Irvington Rd. Bldg. 4
Tucson, AZ 85714

P: (520) 622-6788
F: (520) 622-0198

Somerton

146 N. State Ave.
Somerton, AZ 85350

P: (928) 343-7933
F: (928) 343-7949

Avondale

1412 N Central Ave, Suite B
Avondale, AZ 85323

P: (623) 536-3388
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Accommodations for Veterans Disabilities

Arizona Bridge to Independent Living

Aims at providing people with disabilities the tools in order to reach and maintain independent lifestyles, with programs such as: Home modifications, personal assistance Services Sports, Fitness, Recreation and Health. Pima County Office: 1023 N. Tyndall Ave. Tucson, AZ 85719

(520) 561-8861 www.abil.org

Blinded Veterans Association (BVA)

From blinded veterans, for blinded veterans. The association provides encouragement and support and numerous services in order to improve life for blinded veterans. Services offered include transportation assistance, and connects blinded veterans from earlier wars (Vietnam War, Korean War...) with blinded veterans of recent conflicts (Iraq, Afghanistan, etc.).

(520) 792-1450 www.bva.org

Building for America's Bravest

The program aims at raising funds in order to build custom designed, specially adapted homes that fit the particular need. Each disabled veteran's needs are different, and Building for America's Bravest addresses these needs to help them live more independent lives. www.ourbravest.org

Disability Help Center

Located in Phoenix, the center provides resources to help with Social Security questions and Veteran's Disability questions.

(602) 888-0602 www.ssdhelpcenter.org

Disability.gov

This U.S. federal government website gives information on disability programs and services nationwide. It helps people with disabilities and their relatives find information on how to apply for disability benefits, find a job, get health care or pay for accessible housing.

www.disability.gov



Disabled Veterans of America (DAV)

The DAV offers volunteer opportunities, job related opportunities, and other necessary resources to disabled veterans. Tucson Chapter, 7475 Interstate 10 Frontage Rd. Tucson AZ 85701

(520) 791-9067 www.azdav.org

Disabled Veterans Reintegration and Education Project

Offers 3 credit-bearing general education courses that are compatible with the GI Bill to veterans in their first year at the U of A, to help the transition to college life.

(520) 621-3268 <http://drc.arizona.edu/veterans-reintegration-education/about>

Habitat for Humanity Tucson

This program, in partnership with Old Pueblo Community Services provides free of charge housing rehabilitation services for disabled veterans in Southern Arizona, who have service-related disabilities.

For more information email: info@habitattucson.org. To apply: Contact Rhonda Laughlin at (520) 326-1217 ext. 209, or at rhondal@habitattucson.org. <http://www.habitattucson.org/veteran/>

Help Our Military Heroes

Help our Military Heroes is a non-profit organization dedicated to providing the military wounded with fully equipped handicapped vehicles.

www.helpourmilitaryheroes.org

Paralyzed Veterans of America (PVA)

The association tackles different areas, from health care and benefits to assistance in finding a job and offering sports adapted to people with disabilities. Veterans can contact the regional chapters to ensure they are receiving the benefits to which they are entitled.

(602) 627-3311 www.pva.org

Sew Much Comfort

Provides free adaptive (Velcro) clothing to support the needs of wounded service members.

(303) 530-4073 www.sewmuchcomfort.org



Soldiers to Summits

A no-cost program (including expeditions and retreats) for disabled members of all military branches (and survivors of fallen military) that integrates the rehab process while helping soldiers restructure how they approach their past and future.

(970) 484-3633 www.nobarrierssoldiers.org

US Department of Veterans Affairs – Automobiles and Adaptive Equipment for veterans

The VA offers a one-time payment to disabled veterans of no more than \$18,900 towards the purchase of an automobile or other transportation. The VA also pays for adaptive equipment or for repair, replacement and reinstallation of automobile equipment required because of disability.

(800) 827-1000 <http://www.benefits.gov/benefits/benefit-details/278Disability.gov>

US Department of Veterans Affairs - Housing Grants for Disabled Veterans

Provides grants to veterans with service-connected disabilities to help purchase or construct an adapted home, or modify an existing home to accommodate a disability.

(877) 827-3702 <http://www.benefits.va.gov/homeloans/adaptedhousing.asp>

Wounded Warrior Project

Offers a variety of programs to assist Wounded Warriors, focused on four main areas: mind, economic empowerment, body, and engagement. Phoenix Office: 4150 North Drinkwater Blvd. Suite 100, Scottsdale, AZ

(480) 946-0663 www.woundedwarriorproject.org

Wounded Wear

Provide free fashionable clothing kits and modifications to wounded warriors that empower them to rediscover the hero within.

(757) 773-8079 <http://www.woundedwear.org/>

Animal Assistance

Canine Companions for Independence

Assistance dogs for veterans with disabilities

(800) 572-2275 www.cci.org



Canines for Service

Quality trained service dogs for veterans with disabilities

(910) 362-8181 www.caninesforservice.org

Freedom Service Dogs of America

Trained rescue service dogs for individuals with disabilities (including TBI, spinal cord injuries, and PTSD)

(303) 922-6231 www.freedomservicedogs.org

Handi-Dogs

Service dog training for a variety of disabilities such as PTSD, TBI, anxiety and mobility challenges

(520) 326-3412

No Kill Pima County

Offers a list of shelters and organizations providing assistance to pet owners who are experiencing difficulties in providing for their pets.

<http://www.nokillpimacounty.org/get-help/pet-food-assistance/>

Behavioral Health and Counseling

Catholic Social Services

CSS offers services to individual adults, children, adolescents, couples and families through appointments. Counseling at home is available for homebound people. 140 W. Speedway, Suite 130 Tucson, AZ 85705.

(520) 623-0344 <http://www.ccs-soaz.org/services/detail/counseling-css>

Centro De La Familia (through Chicanos Por La Causa, Inc.)

Offers psychiatric evaluations, medication management, counseling services, marriage and family counseling, group counseling and case management to families, adults, children and adolescents from all backgrounds and ethnicities.

(623) 247-0464 www.cplc.org/social-services/centro.aspx



Community Bridges, Inc.

Provides behavioral health programs including prevention, education, and treatment services throughout Arizona.

(877) 931-9142 www.communitybridgesaz.org

Corazón (Chicanos Por La Causa, Inc.)

Located in Phoenix, the 30 or 60 day programs offer help and behavioral health services to men suffering from addiction. Once the program completed, they can apply for the transitional living program which assists with employment, housing, etc.

(602) 233-9747 www.cplc.org/social-services/corazon.aspx

Crisis Response Center

The Crisis Response Center (CRC) is open 24hours a day/7 days a week/365 days a year. The facility provides on-site crisis intervention and care for people needing immediate help.

2802 E District Street, Tucson, AZ 85714

(520) 622 - 6000

EMPACT - Suicide Prevention Center through La Frontera Arizona

EMPACT-SPC provides services for persons and families who are looking to improve daily living and family life. EMPACT-SPC seeks to improve the lives of adults, youths and families throughout our service areas, including Maricopa County and the City of Maricopa in Pinal County.

(480) 784-1514

www.empact-spc.org

HOPE, Inc.

HOPE, Inc. in Tucson, Arizona, is a peer and family run outpatient treatment center that provides psychosocial rehabilitation and counseling services for adult consumers utilizing the public behavioral health system, being discharged from a crisis facility or incarceration, on probation or parole, and persons in Behavioral Health Court or Diversion Programs. Any discharge.

1200 N Country Club, Tucson, AZ 85716

(520) 770 - 1197



Give an Hour

Give an Hour is a non-profit organization that provides free mental health services to U.S. military personnel and families affected by the current conflicts in Iraq and Afghanistan.

www.giveanhour.org

Jewish Family and Children Services (JFCS)

Non-profit and non-sectarian organization that provides high quality behavioral health and social services to children, families and adults of all ages, in accordance with the Jewish value system. The organization serves everyone on a non-discriminatory basis, accepts insurance and offers discount fees for clients who qualify.

(602) 279-7655 www.jfcsaz.org

Maricopa Veteran Education (Tempe)

Counseling services.

(480) 965-3944 <http://www.m-vet.org/>

Mental Health First Aid

It is an 8-hours course that teaches people how to help someone who is developing a mental health problem or experiencing a mental health crisis.

(202) 684-7457 <http://www.mentalhealthfirstaid.org/>

Mercy Maricopa

They offer two health plans: Mercy Maricopa and Mercy Maricopa Advantage. Mercy Maricopa serves people who qualify for RBHA (Regional Behavioral Health Authority) services. Mercy Maricopa

Advantage serves people who qualify for RBHA services, have Medicaid, have been determined to have a serious mental illness (SMI) and have Medicare.

(800) 564-5465 www.mercymaricopa.org

Native American Connections

The center offers substance abuse treatment and general mental health services including psychiatric evaluation, medication management, counseling and case management to adults, children and families. We also offer residential treatment for substance abuse and co-occurring illnesses.

(602) 424-2060 <http://www.nativeconnections.org/behavioral-health>



Sonora Behavioral Health BRAVEST Program

To treat active duty service members with chemical dependency/abuse, depression, anxiety (to include post-traumatic stress disorder [PTSD]), characterological issues, and other diagnoses that impair one's functioning.

6050 N Corona Rd, Tucson, AZ 85704

520-469-8700

Southern Arizona VA Health Care System

SAVAHCS is a 277-bed hospital providing primary care and sub-specialty health care in numerous medical areas for eligible Veterans. SAVAHCS also provides our Veterans with quality care at our seven Community Based Outpatient Clinics located at Safford, Casa Grande, Sierra Vista, Yuma, Green Valley, Northwest and Southeast Tucson. VA hospital located 3601 S. Sixth Ave.

(520) 792-1450 <http://www.tucson.va.gov/index.asp>

Suicide Prevention Program

The SPCs facilitate the implementation of suicide prevention strategies through education, monitoring, and coordination of care.

(800) 273-8255

Terros

Healthcare organization which focuses on primary medical care, mental health and substance use disorders, family services, community health, crisis and community living.

(602) 685-6000 www.terros.org

Tucson Vet Center

Provides free counseling, outreach, and referral services to combat veterans and their families, including services such as individual and group counseling in areas like PTSD, alcohol and drug assessment, and suicide prevention referrals.

(520) 882-0333 www.vetcenter.va.gov

United Service Organization

Provides programs and services designed specifically to lift spirits of American troops and their families.

(888) 484-3876 www.uso.org



Valle del Sol

The organization provides a wide variety of services such as Adult services, youth & family services, Primary health care and court ordered treatments.

(602) 258-6797 <http://www.valledelsol.com/>

Vets 4 Warriors

Provides confidential, anonymous peer support for active-duty service members, National Guard and Reserve members, and their families worldwide.

(855) 838-8255

<http://www.vets4warriors.com/Contact.htm>

Yuma Vet Center

1450 E. 16th St, Suite 103 Yuma, AZ 85365

(928) 271-8700 <http://www.va.gov/directory/guide/facility.asp?ID=5983>

Crisis Lines and Support

Defense Suicide Prevention Office

www.suicideoutreach.org

National Center for PTSD

www.ptsd.va.gov

National STD and AIDS Hotline

(800) 232-4636

National Suicide Prevention Hotline

(800) 273-8255

Pima County Crisis Line

(800) 796-6762



Purple Star Veterans and Families

Transition map and resources for veterans

www.veteransandfamilies.org

Rally Point Arizona Crisis Hotline

(855) 725-5948

Runaway Hotline

12-20 years

(800) 621-4000

Veterans Crisis Line

(800) 273-8255 www.veteranscrisisline.net

Veteran Parenting Online

Parenting tools for veterans

www.veterantraining.va.gov

Domestic Violence

Administration of Resources and Choices Crisis Line (elder abuse) (Tucson)

Shelter

(520) 566-1919

Amberly's Place (Yuma)

Shelter

(928) 373-0849

Arizona Coalition Against Domestic Violence

Offers a legal advocacy hotline, support, and resource assistance.

(602) 279-2900 www.azcadv.org



Arizona Child Abuse or Neglect Hotline (CPS)

(888) 767-2445

Arizona State Attorney General

(602) 542-4911

Boys Town National Hotline (24 Hours)

(800) 448-3000

Brewster Center/Casa Amparo (Tucson)

Shelter

(520) 746-1501

Brewster Center/West house (Tucson)

Shelter

(520) 622-6347

Counseling and Consulting Services

Offers counseling for Domestic Violence offenders, but also support and counseling for victims of DV. Located at 2430 East Sixth Street, Tucson AZ 85719

(520) 882-0090

Crossroads Rescue Mission (Nogales)

Shelter

(520) 287-5828

Emerge! Center Against Domestic Abuse (Tucson)

Shelter

(520) 795-4266

Forgach House (Sierra Vista)

Shelter

(520) 458-9096



MCAS Family Advocacy Program

(928) 344-9894

National Coalition Against Domestic Violence

Offers a variety of programs to help victims of domestic violence (information, gift of daily necessities, support...)

(800) 787-3224 <http://www.ncadv.org/>

National Domestic Violence Hotline

(800) 799-7233 www.thehotline.org

Nuestra Casa / Our house (Nogales)

Shelter

(520) 508-0917

Parents Anonymous of AZ (Crisis Hotline)

(800) 352-0528

Safe Helpline

Anonymous sexual assault support hotline (as well as live online help) from the Department of Defense Community. (877) 995-5247. <https://www.safehelpline.org/>

Safe House Shelter (Yuma)

Shelter

(928) 782-0077

Santa Cruz Family Guidance Center (Nogales)

Shelter

(520) 287-4960

Southeastern AZ Behavioral Health Services (SEABHS)

(928) 428-4550



The Excel Group (Yuma)

Shelter

(928) 341-0335

Tohono O'odham Nation (Tucson)

Shelter

(520) 383-6200

Tucson Center for Women & Children/AVA Crisis Center

(520) 795-4266

Tucson Rape Crisis (Sexual Abuse/Sexual Assault) 24 hours

(800) 400-1001

Turn Your Life Around

This non-profit thrift store offers a Domestic Violence Offender Treatment Program and Counseling. Located at 1109 W. Prince Road, Suite 111 Tucson, AZ 85705

(520) 887-2643 <http://www.tylahelps.com>

Wingspan Domestic Violence Project (Lesbian, Gay, Bi & Transgender) 24 hours

(800) 553-9387

Education/Scholarships

AMVETS National Scholarships

Scholarships granted to veterans and children/grandchildren of service members

(301) 683-4030 www.amvets.org/programs/scholarships



Arizona Department of Veterans' Services - Education

The primary responsibility and focus of the Arizona Veterans Education and Training Approving Agency (VETAA) is that it continues to be to review, evaluate, approve and oversee schools and training facilities to ensure quality programs of education and training under State and Federal criteria.

<https://dvs.az.gov/services/education>

ASU Pat Tillman Veterans Center

Assistance for veterans who wish to or are attending Arizona State University

(480) 965-7723 www.veterans.asu.edu

Disabled Veterans Reintegration and Education Project

Offers 3 credit-bearing general education courses that are compatible with the GI Bill to veterans in their first year at the U of A, to help the transition to college life.

(520) 621-3268 <http://drc.arizona.edu/veterans-reintegration-education/about>

GI Bill

(888) 442-4551 www.benefits.va.gov/gibill

Navy-Marine Corps Relief Society

Scholarships provided to active duty, retired, or deceased sailors or marines, spouses, and children

(800) 654-8364 www.nmcrs.org

Pima Community College Veterans Benefits

Information and assistance for veterans who wish to or are attending Pima Community College

(520) 206-4715 www.pima.edu/paying-for-school/veterans-benefits/index.html

Scholarship Program of Fisher House Foundation

The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. Only dependent unmarried children under age 23 of active duty personnel, reserve/guard and retired military members, or survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military, may apply for a scholarship. <http://www.militaryscholar.org/>



UA Student Vets Center

As a hub of information for student veterans and veterans looking to enter the UA, the Student Vets Center is staffed by trained student veterans who have transitioned to the UA and are knowledgeable about the campus. Student Vets Center staff offers individualized service to improve the experience of all vets at the UA. The Student Vets Center is a casual safe place for student veterans to relax and study.

University of Arizona, Student Union Memorial Center, 4th floor, Rm 404, Tucson, AZ 85721

(520) 626-8380 and VETSofc@email.arizona.edu

Employment Resources

American Job Centers

Helps connect people to resources when seeking employment. They provide tools such as a career resource library, assistance in finding financial Aid Advisor or assistance with resumes.

<http://jobcenter.usa.gov/resources-for-veterans> <http://www.servicelocator.org/onestopcenters.asp>

Arizona Department of Economic Security - Veterans Program

Primary objective of the Veterans program is to develop and support programs that increase opportunities for veterans to obtain employment and job training in Arizona. Services available include tutoring, occupational skills training and leadership development.

www.azdes.gov/main.aspx?menu=258&id=2194

Boots to Business Veteran Arizona Department of Veterans' Services

Offers honorably discharged veterans the opportunity to participate in a franchising program (assistance with starting a franchise, development, and marketing of Kahala's thirteen store concepts)

www.kahalamgmt.com/veterans

Career Command Post

Offers online employment tools

(888) 219-0408 www.careercommandpost.com/ccp.cfm



Disability.gov

This U.S. federal government website gives information on disability programs and services nationwide. It helps people with disabilities and their relatives find information on how to apply for disability benefits, find a job, get health care or pay for accessible housing.

www.disability.gov

E-Benefits (through Department of Veterans Affairs)

Online veteran-specific job search and employment resources.

www.ebenefits.va.gov/ebenefits/jobs

HelmetstoHardhats

Connects National Guard, Reserve, retired, and transitioning active-duty military service members with training and career opportunities in the construction industry with the aim of helping military service members' transition back to civilian life; also offers a Wounded Warrior program to connect disabled veterans with employment opportunities in the construction industry.

www.helmetstohardhats.org

Hero 2 Hired (through Employer Support of the Guard and Reserve)

Helps Guard and Reserve service members and their spouses find jobs with military-friendly companies and offers employment and job skills resources.

(800) 336-4590

www.h2h.jobs

Hire a Hero

Veteran-specific job search tools.

www.hireahero.org

Hire Heroes USA

Veteran-specific job search and employment tools.

(866) 915-4376 www.hireheroesusa.org



HireVeterans.Com

Veteran-specific job search website.

(619) 819-9360 www.hireveterans.com

Job Accommodation Network

Provides confidential guidance on workplace accommodations and disability employment issues.

(800) 526-7234 www.askjan.org

Military/Veteran Employment Resource Center

Through the Arizona Department of Veterans' Services

3839 N. 3rd St, Suite 209 Phoenix, AZ 85012

(602) 267-2534

Pima Veterans' Workforce Center

Helps military veterans find jobs and get training, benefits and support services; and to help employers hire veterans.

2801 E. Ajo Way, Tucson, AZ 85714

(520) 724-2636

Project Veteran Employment and Transitional Services (VETS) (through Arizona Women's Education & Employment)

Assists female and male incarcerated veterans (who have for any period of time within the last 6 months, including DWI/DUI, spent at least one day in jail or a correctional facility) in planning for release from jail or prison by identifying potential barriers to transition, with a focus on jobs (eligible veterans must have an honorable discharge with a general or above discharge).

(602) 223-4333 www.awee.org

USA JOBS

Veteran-specific online job search for federal positions.

www.usajobs.gov/veterans



U.S. Small Business Administration

Assists current or aspiring veteran business owners.

(800) 827-5722 www.sba.gov/content/veteran-service-disabled-veteran-owned

US Vets

Employment services for homeless veterans who have honorable discharges.

(602) 305-8585 www.usvetsinc.org

Valle del Sol

Offers workforce development assistance with resources, a skills class for Windows applications and productivity software, and a COMPTIA A+ certification and preparation program. 10320 W. McDowell Road, Suites D&G-7024, Avondale AZ 85392

(602) 258-6797 www.valledelsol.com

VETJOBS

Veteran-specific job search resources.

(877) 838-5627 www.vetjobs.com

Wounded Warrior Project

Offers the TRACK program (a 12-month, on-site education program center for qualifying Wounded Warriors), the Transition Training Academy (to help Wounded Warriors explore information-technology as a possible career-choice), and the Warriors to Work program (for WWP alumni interested in transitioning to the civilian workforce)

(904) 296-7350 www.woundedwarriorproject.org



Family Support

Arizona Coalition for Military Families

The Arizona Coalition for Military Families is a nationally-recognized public/private partnership focused on building Arizona's statewide capacity to care for and support all service members, veterans and their families. The Coalition fosters cross-sector collaboration between the military, government and community.

(602) 753-8802 <http://arizonacoalition.org/>

Arizona Military Family Relief Fund

The Arizona Military Family Relief Fund was established by the Arizona Legislature in 2007 to provide financial assistance to the families of currently deployed Service Members and post-9/11 Military and Veteran families for hardships caused by the Service Member's deployment to a combat zone.

(602) 255-3373 <https://dvs.az.gov/military-family-relief-fund>

Boys & Girls Club of America

Mission: To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

<http://www.bgca.org/Pages/index.aspx>

Childcare Aware of America

Works with state and local Child Care Resource and Referral agencies (CCR&Rs) and other community partners to ensure that all families have access to quality, affordable child care. Military members may be eligible for Fee Assistance Programs.

(800) 424-2246 <http://www.naccrra.org/military-families>

Hearts of Valor

Mission: Hearts of Valor seeks to honor the service and sacrifice of the people who care for our nation's wounded, ill or injured warriors by providing a community of support based on a foundation of empathy and mutual understanding; welcome gift, annual retreats, care packages, support groups.

(210) 549-4631 <https://www.heartsofvalor.org/>



Lone Survivor

The Lone Survivor Foundation restores, empowers, and renews hope for our wounded service members and their families through health, wellness, and therapeutic support.

(832) 581-3592 <http://lonesurvivorfoundation.org/>

Military Families Near and Far

Offers tools and activities for children of military families, and helps preparing the child for major events of the military life (homecoming, relocation, grief, etc.).

<https://www.familiesnearandfar.org/resources/>

Our Military Kids

National Guard & Reserve currently deployed and wounded service members: the program offers a grant to children age 5 to 18, paid to the service provider directly, for activities such as sports, arts, camps and academic tutoring programs.

(866) 691-6654 <http://www.ourmilitarykids.org/>

Financial Assistance

Ajo Community Services

Financial assistance for heating, gas, electric, and other utility payments

(520) 387-5611

Arizona Community Action Agency

Home Energy Assistance Fund assists low-income Arizona families and struggling households to pay energy bills

(520) 243-6700 www.azcaa.org/home-energy-assistance-fund

Arizona Military Family Relief Fund (through AZ Department of Veteran Services)

Financial assistance for Arizona service members who served in a combat zone and their families who are experiencing a hardship as a direct result of deployment

(602) 255-3373 www.azdvs.gov



Interfaith Community Services

ICS provides a wide range of services to help people in financial crisis stabilize their housing, employment and healthcare: and programs that assist seniors and disabled individuals in remaining safe and healthy at home.

2820 West Ina Rd, Tucson, AZ 85741 (520) 297 – 6049

8701 East Old Spanish Trail, Tucson, AZ 85710 (520) 731 - 3076

Pima County Community Action Agency

Financial assistance for heating, gas, electric, and other utility payments for people in Pima County

(520) 724-7650

Southeastern Arizona Community Action Program

Financial assistance for heating, gas, electric, and other utility payments for people in Nogales and surrounding areas

(520) 287-5066

Supportive Services for Veteran Families (SSVF)

Time-limited payments to third parties such as landlords, utility companies, moving, companies, and licensed child care providers if these payments help very low-income veteran families stay in or acquire sustainable permanent housing

(877) 737-0111 www.savethefamily.org/veterans-services-2

Tucson Urban League Emergency Assistance Services

Provides financial assistance to low income families and individuals in crisis situations within Pima County. The overall goal of the program is to prevent homelessness through rental, mortgage and utility assistance (electric, gas, water, phone).

2305 S Park Ave, Tucson, AZ 85713

(520)791-9522



Food Assistance

2-1-1 Arizona

Website provides a list of programs offering food boxes, meals, lower cost food purchasing options, and financial assistance with buying basic nutritional foods. Click on counties under each category to find the services available near you.

<http://www.211arizona.org/food/>

America's heroes - Emergency Financial Help

Since 2004, the Coalition to Salute America's Heroes has provided disabled American veterans from Operations Iraqi Freedom and Enduring Freedom with millions of dollars' worth of Emergency Financial Aid and support services including groceries expenses.

<https://csah.webauthor.com/go/apply.cfm>

Arizona Community Action Association

This Non-profit agency collaborates with different organizations to help individuals and families regarding food and nutrition, through SNAP the Supplemental Nutrition Assistance Program.

www.azcaa.org/findhelp/snap/

Arizona Department of Economic Security – Arizona Nutrition Program

It helps to provide healthy food to low-income families with children and vulnerable adults. In addition, the term “food stamps” is outdated, since DES replaced paper coupons with more efficient electronic debit cards.

(855) 432-7587 https://www.azdes.gov/nutrition_assistance/

Brown Bag/Cleaning Program

Bag of groceries provided weekly, or every other week, which helps fill out food needs. Low-income senior citizens (60 and older) and disabled individuals.

(520) 790-7262



Community Food Bank of Southern Arizona

Helps locate emergency food assistance, connecting to soup kitchens and applying for food stamps, with food pantries in Amado, Green Valley, Marana, Nogales and Tucson.

(520) 622-0525 <https://communityfoodbank.com/Get-Help>

Commodity Supplemental Food Program/ Food Plus

Provides a monthly package of supplemental food including canned meats, fruits, vegetables, cereals, juices, rice, dried beans, and canned milk. Eligibility: pregnant women, mothers of infants, children up to 6 years old and adults over 60 years old.

(520) 243-7777

Extension Food and Nutrition Education Program (EFNEP)

(EFNEP) has free nutrition classes for families with children to learn meal planning, budgeting, food buying and preparation. Classes are taught by the University of Arizona Cooperative Extension Services.

(520) 626-5161

Food Pantries in Pima country

This website provides a list of food pantries in Pima County Arizona and Tucson that provide free or low cost groceries, food, and meals to families and individuals who need help.

http://www.needhelpayingbills.com/html/pima_county_food_pantries.html

Friendly House Emergency Food

Since 1920, Friendly House has served the citizens of Arizona and those seeking to become a citizen, by providing the tools, training and support needed to attain sustaining, self-sufficiency.

(602) 257-1870 www.friendlyhouse.org

Operation First Response

Serves all branches of our nation's Wounded Heroes and their families with personal and financial needs. Services are provided from the onset of injury or illness, throughout their recovery period and along their journey from military life to the civilian world, and include food assistance.

(888) 289-0280 http://www.operationfirstresponse.org/?page_id=3600



St. Mary's Food Bank Alliance

St. Mary's Food Bank Alliance offers an array of programs designed to help those in need receive food and other types of assistance.

(602) 343-3173 www.firstfoodbank.org

St Vincent de Paul of Southern Arizona

With 37 conferences in Southern Arizona, the organization provides help on a direct person to person basis, including food assistance.

(520) 628-7837

USA Cares

USA Cares Emergency Assistance program offers post-9/11 service members, veterans and their families assistance with utility bills and even provides emergency food assistance. To apply, fill out the online form under: "request assistance".

http://www.usacares.org/?page_id=136

Housing

American Red Cross (Southern Arizona Chapter)

Supportive Services for Veteran Families (SSVF) Program offers assistance with benefits information, counseling support, rent, deposit and utilities assistance, employment and education assistance, transportation and housing assistance for homeless or at-risk for homelessness Veterans and their family members in the five southeastern counties of Arizona: Cochise, Pima, Graham, Greenlee and Santa Cruz Counties. Our AmeriCorps "Operation Desert Home" offers referral, emergency and resource assistance to Active Duty and their families also covering the five southeastern counties.

2916 E Broadway Blvd, Tucson, AZ 85716

(520) 318-6740

Arizona DES Division of Aging and Adult Services

Supports elderly Arizonans to meet their basic needs and to live safely, with dignity and independence

(602) 542-4446 www.azdes.gov/senior



CODAC (Comin' Home)

Emergency Services (street outreach, stand downs, halfway house placement), Transitional and Permanent Housing. Transitional housing for up to 24months. Residents live with one roommate in a comfortable two-bedroom unit. To be eligible you must be a veteran and currently homeless and living with a disabling condition, a mental illness or in recovery from substance abuse.

3526 E Water St, Tucson, AZ 85716

(520) 322 - 6980

DIRECT Center for Independence

A consumer-directed, community-based advocacy organization that promotes independent living, and offers a variety of programs for all people with disabilities, which encourages them to achieve their full potential and to participate in the community

(800) 342-1853 www.directilc.org

Gospel Rescue Mission

Shelter for homeless veterans.

312 W. 28 St, Tucson, AZ 85713

(520) 740 - 1501

National Homeless Veterans Resource Line

(877) 424-3838

Old Pueblo Community Services – Veterans Outreach

Housing and Supportive Services paired with limited and temporary, short-term financial assistance. All discharges welcomed, including dishonorable discharge.

4501 E 5th St #1, Tucson, AZ 85711

(520)349-0798



Primavera Foundation - Project Action for Veterans

Project Action for Veterans provides housing support services and temporary financial assistance to Veterans and Veteran families that are facing eviction or homelessness. Services are aimed at addressing barriers that threaten the Vet's or Veteran Family's housing stability. The program acts as a resource liaison connecting Veterans to public and community resources that are vital to a better quality of life.

3504 S. 6th Avenue, Suite 140, Tucson, AZ 85713.

(520) 308-3093

Salvation Army Hospitality House

The Salvation Army Hospitality House is open 24/7, providing emergency shelter for those in need. Separate accommodations for men and women. Motel vouchers may be available to assist housing families with special needs. Guests receive two meals per day and access to vital programs and services. Facility features laundry, showers, playground, television, dining and activity areas. Intake 3-5pm.

1021 N. 11th Ave. Tucson, AZ 85705

(520) 622 - 5411

Shelter Hotline (CONTACTS)

Up-to-date information regarding which shelters have available space and accommodations

(800) 799-7739

tucsonhomeless.org

Information on upcoming events and a directory of services for meals, shelter, clothing, and showers

www.tucsonhomeless.org

Incarcerated / Ex-Offenders

Department of Veterans Affairs

The website of the VA provides information regarding VA benefits, Health-Care programs, and how benefits are affected by the veteran's incarceration.

<http://www.benefits.va.gov/persona/veteran-incarcerated.asp>



Department of Veterans Affairs - Guidebook for Veterans incarcerated in Arizona

This booklet is a tool for incarcerated Veterans and their families who wish to access services to support a new and successful way of life. This guidebook is designed to assist Veterans incarcerated in the State of Arizona.

http://www.va.gov/HOMELESS/docs/Reentry/09_az.pdf

Law for Veterans (sponsored by the Arizona Supreme Court)

A one-stop clearinghouse for access to legal and other important veteran benefit information

www.lawforveterans.org

National Coalition for Homeless Veterans - Planning for your release

Guide book to help the incarcerated veteran prepare his release, including advices, information about federal benefits and programs to help reintegrating the community.

<http://www.nchv.org/images/uploads/Planning%20for%20Yr%20Release%20Dec%202012%281%29.pdf>

U.S. Department of Labor - Incarcerated Veterans Transition Program

The Incarcerated Veterans' Transition Program (IVTP) is a grant managed by the U.S. Department of Labor, Veterans' Employment and Training Service (USDOL/VETS). Under the program, grantees provide supportive services to eligible Incarcerated Veterans who are "at risk" of becoming homeless.

<https://www.dol.gov/vets/Education%20and%20Outreach/Program%20Brochures/Production%20PDFs/INCARCERATED%20WEB.pdf>

Legal

Arizona Pro Bono Programs Listings

www.apps.americanbar.org/legalservices/probono/directory/arizona.html

AZ Law Help

Resources encompassing a variety of legal areas

(866) 637-5341 www.azlawhelp.org

DNA Peoples Legal Services

(800) 789-5781 www.nativelegalnet.org



National Veterans Legal Services Program

(202) 265-8305 www.nvlsp.org/contact

Pima County Bar Lawyer Referral Services

Assists in finding legal assistance

(520) 623-4625 www.pimacountybar.org/lawyer-referral-service-lrs

State Bar of Arizona's Military Legal Assistance Committee

Addresses legal issues and needs associated with military personnel, veterans, and their families in Arizona by directing clients to community legal resources

(602) 340-7226 www.azbar.org/sectionsandcommittees/committees/militarylegalassistance

Southern Arizona Legal Aid

Free, civil legal services to qualified low-income persons including: cases involving Food Stamps; AHCCCS; unemployment hearings, social security as well as Landlord/Tenant cases in Justice Court.

2343 E Broadway Blvd, Suite 200, Tucson, AZ 85719

(520) 623 - 9465

Veterans' Advocacy Law Clinic (through the University of Arizona)

A multi-disciplinary legal clinic that provides pro bono legal services to those who have served, and their families and communities

(520) 626-5232 www.law.arizona.edu/veterans_advocacy

Medical

Adelante Healthcare – Buckeye

306 E Monroe Ave, Buckeye, AZ 85326

(877) 809-5092



Arizona Medical Center, PLLC

2095 W 24th St, Yuma Suite A, AZ 85364

(928) 328-8393

Camillus Health Center

1914 East Juan Sanchez Boulevard, Suite 2, San Luis, Arizona 85349

(928) 627-2055

Community Intervention Associates

2851 South Avenue B, Suite 2901 Yuma, Arizona 85364

(928) 376-0026

El Rio Community Health Center – El Pueblo Health Center

101 W Irvington Rd, Tucson, AZ 85714

(520) 573-0096

F.R.E.E. Program (COPE Community Services)

Helps people living with HIV/AIDS who have had or have drug or alcohol issues.

101 S. Stone Ave, Tucson, AZ 85701

(520) 884 - 0707

Integrated Medical Services – Family Medicine Buckeye

1209 N Miller Rd, Buckeye, AZ 85326

(623) 386-5785

Internal Medicine of Yuma

2285 S Elks Ln, Yuma, AZ 85364

(928) 329-4761



Marana healthcare – Ellie Town Health Center

1670 W Ruthrauff Rd, Tucson, AZ 85705

(520) 616-6797

Marana Healthcare - Obstetrics and Gynecology

2055 W Hospital Dr. #115, Tucson, AZ 85704

(520) 797-0011

Marana healthcare –Primary Care Health Center

2355 N Wyatt Dr. #101, Tucson, AZ 85712

(520) 616-4948

Mariposa Community Health Center – Nogales

1852 N Mastick Way, Nogales, AZ 85621

(520) 281-1550

Mariposa Community Health Center – Rio Rico

1103 Circulo Mercado, Rio Rico, AZ 85648

(520) 281-1550

Move!

MOVE! Is an evidence-based patient-centered weight management program for medically overweight, obese Veterans, or any Veteran interested in making healthy lifestyle changes.

(520) 629-4659

Maricopa Integrated Health Systems - Avondale Family Health Center

950 E Van Buren St, Avondale, AZ 85323

(623) 344-6800



Peterson HIV Clinics (UofA)

We provide comprehensive care for HIV/AIDS patients in southern Arizona at two clinical sites: UAMC at 1501 N Campbell and UAMC South Campus at 2800 E Ajo Way.

1501 N. Campbell, Tucson, AZ 85724

(520) 626 - 8598

Regional Center for Border Health – San Luis Walk-in Clinic, San Luis

1896 Babbitt Ln, San Luis, AZ 85349

(928) 722-6112

Regional Center for Border Health – San Luis Walk-In Clinic - Somerton

214 E Main St, Somerton, AZ 85350

(928) 627-1120

St. Elizabeth health Center

140 W Speedway Blvd, Tucson, AZ 85705

(520) 628-7871

Sunset Community Health Center – Arizona Desert Elementary School

Arizona Desert Elementary School, 1245 N Main St, San Luis, AZ 85349

(928) 627-9835

Sunset Community Health Center – Somerton Medical & Dental Clinic

115 N Somerton Ave, Somerton, AZ 85350

(928) 627-2051

Sunset Community Health Center – Yuma Medical Clinic

2060 W 24th St, Yuma, AZ 85364

(928) 344-4126



Sunset Community Health Center – San Luis Dental Clinic

801 North 2nd Avenue San Luis, Arizona 85349

(928) 627-8584

VA Northwest Tucson Clinic

2945 W. Ina Road, Tucson, AZ 85741

(520) 219-2418 <http://www.tucson.va.gov/locations/northwest.asp>

VA Southeast Tucson Clinic

7395 S. Houghton Road Ste. 129, Tucson, AZ 85747

(520) 664-1831 <http://www.tucson.va.gov/locations/southeast.asp>

VA Yuma Clinic

3111 S. 4th Avenue Yuma, AZ 85364

(928) 317-9973 <http://www.tucson.va.gov/locations/Yuma.asp>

TMC Hospice

TMC Hospice is Southern Arizona’s only community non-profit hospital. In-patient unit and home hospice. Hospice services are covered by the VA at no cost to the Veteran. There are no co-pays for hospice and palliative care.

2715 N Wyatt Dr, Tucson, AZ 85712

(520) 324 - 2438

University of Arizona Medical Center – Diamond’s Children

1501 N Campbell Ave, Tucson, AZ 85724

(520) 874-2000

Substance Abuse

Alcoholics Anonymous

(520) 624-4183 <http://www.aa.org/>



Mental Health Substance Abuse Residential Rehabilitation Treatment Program

The mission of the Substance Abuse Residential Rehabilitation Treatment Program (SA RRTP) is to provide high-quality substance abuse residential rehabilitation and treatment services for Veterans with stable multiple medical conditions, mental illness, addiction, and/or psychosocial deficits.

(520) 792-1450

National Substance Abuse Index

Provides a list of the treatment facilities present in Arizona, detailing the primary focus of the program, the service provided and the type of care.

(877) 340-0184 <http://nationalsubstanceabuseindex.org/arizona/facilities.php>

National Council on Alcoholism and Drug Dependence

(602) 264-6214 <http://www.ncadd-phx.org/>

Rally Point Tucson

Rally Point Tucson is the starting point for Veterans, Service Members and their families to connect to resource in Pima County - regardless of discharge status, entitlements or health benefits.

2801 E Ajo Way, Tucson, AZ 85714 (520) 740-4645

(CPCC) 4601 E Broadway, Tucson, AZ 85711 (520) 901 - 4644

Southern Arizona Mental Health Corporation

Provides a list of programs offering uninsured resources for substance abuse.

<http://www.samhc.com/Substance%20Abuse%20Resources.pdf>

Southern Arizona VA Health Care System

3601 6th Ave Tucson, AZ 85723

(520) 792-1450 <http://www.tucson.va.gov/>



Transportation

Blinded Veterans Association (BVA)

Travel stipends for VA rehabilitation programs for blinded veterans

(800) 669-7079 www.bva.org

Hero Miles through the Fisher House

Round-trip airline tickets for wounded, injured, and ill service members and/or their families who are undergoing treatment at a military or VA medical center; or who are attending an authorized event

(888) 294-8560 www.fisherhouse.org/programs/hero-miles

Navy-Marine Corps Relief Society

Emergency funds for Sailors, Marines, and their family members to visit sick or dying loved ones or those who may be severely injured

(800) 654-8364 www.nmcrcs.org

SunTran

Bus and tram services throughout the Tucson Metro area

(520) 792-9222 www.suntran.com

Veterans Administration

Regional Benefit Office

U.S Department of Veterans Affairs, 3333 North Central Ave. Phoenix, AZ 85012

(800) 827-1000 <http://www.benefits.va.gov/phoenix/>

Southern Arizona VA Health Care System

3601 6th Ave Tucson, AZ 85723

(520) 792-1450 <http://www.tucson.va.gov/>



U.S. Department of Veterans Affairs – Public Health – Military Exposure

Veterans may have been exposed to a range of chemical, physical and environmental hazards during military service. This website allows veterans to determine whether they might have been exposed to such hazards by providing four ways to find exposure.

<http://www.publichealth.va.gov/exposures/index.asp>

U.S. Department of Veterans Affairs – Public Health - Environmental Health Registry for Veterans

VA's health registry evaluation is a free, voluntary medical assessment for Veterans who may have been exposed to certain environmental hazards during military service.

<http://www.publichealth.va.gov/exposures/benefits/registry-evaluation.asp>

Veterans Justice Outreach Specialist

Steve Wenzel (steven.wenzel@va.gov). Veterans Justice Outreach Specialists are responsible for direct outreach, assessment, and case management for justice-involved Veterans in local courts and jails, and liaison with local justice system partners.

Veterans Benefits

Community Bridges, Inc. Veterans Navigator Programs

Program funded through Department of Veteran Services, intended to assist veterans in obtaining housing, rental assistance, and connect/reconnect to services through the Veterans Administration.

(877) 931-9142

Military.com

An overview of military and veteran benefits, educational options, and discounts available to veterans

www.military.com

Paralyzed Veterans of America

Assists paralyzed veterans in with health care and other information

(866) 734-0857 www.pva.org



Regional Benefit Office

U.S Department of Veterans Affairs, 3333 North Central Ave. Phoenix, AZ 85012

(800) 827-1000 <http://www.benefits.va.gov/phoenix/>

Veterans Service Organizations/Veterans Benefits Counselors

Agent Orange Support Group

PO Box 17016, Tucson, AZ 85731

(520) 298-4935

American Legion

- (520) 622-8703, 330 W Franklin St, Tucson AZ, 85701
- (520) 622-9513, 750 N Grande Ave, Tucson, AZ
- (520) 747-2700, 5845 E 22nd St, Tucson, AZ
- (928) 344-3441, 2575 S Virginia Dr., Yuma, AZ 85364
- (520) 393-0331, 1560 W Duval Mine Rd, Green Valley, AZ 85614
- (520) 889-0052, 4724 S 12th Ave, Tucson, AZ 85714

American Legion Auxiliary

5363 W Flying W St, Tucson AZ, 85713

(520) 578-3365

AmVets

- (520)883-6304, 3015 S Kinney Rd, Tucson, AZ 85713
- (928) 726-0102, 8887 S Interstate 8 Frontage Rd, Yuma, AZ 85365



Arizona Department of Veterans' Services (ADVS)

Compensation and pension applications; appeal VA decisions; file for survivors death benefits; apply for aid and attendance and housebound benefits; certification of claim documents; request for military service records; upgrade military discharges; apply for special Veteran license plates; provide information on general state benefits and assist with other questions about Veteran benefits and entitlements.

1661 N Swan, Ste 128, Tucson, AZ 85712,

520-207-4960

Disabled American Veterans

- (520) 573-0455, 5771 S Country Club Rd, Tucson, AZ 85706
- (520) 325-6101, 4656 E 1st St, Tucson, AZ 85711
- (520) 747-3333, 3455 S Wilmot Rd, Tucson, AZ 85730

Navy Seabee Veterans of America

6131 E 25th St, Tucson, AZ 85711

(520) 747-7501

Top Vietnam Veterans

8000 S Kolb Rd #43, Tucson, AZ 85756

(520) 326-0901

Veterans of Foreign Wars

- (520) 294-8678, 5768 S Fontana Ave, Tucson, AZ 85706
- (520) 822-5047, 10211 S Sasabe Rd, Tucson, AZ 85736
- (520) 387-6342 1764 N 2nd Ave, Ajo, AZ 85321
- (928) 785-4225, 29389 Oakland Ave, Wellton, AZ 85356

Veterans Service Commission

400 W Congress St, Ste. 155, Tucson AZ 85701



(520) 628-6308

Vietnam Veterans of America

(520) 881-8387

Women Veterans

American Women Veterans Foundation

National non-partisan, 501(c)3 organization providing advocacy and support programs for women veterans, including: awareness programs, outdoor programs, education programs, and transitional housing programs.

(202) 436-0678 www.americanwomenveterans.org

Center for Women Veterans

(855) 829-6636 <http://www1.va.gov/womenvet/>

Women Veterans

The incorporation of Primary Care, Internal Medicine, Gynecology, Nurse Practitioners, Psychology, Social Work, Pharmacy, Dietary, and other ancillary members, allows patients to receive care in a coordinated and consistent manner.

(520) 792-1450

The Resource Foundation for Women Veterans, Inc.

Independent 501(c) (3) organization seeking to assist thousands of women veterans with employment workshops, apprenticeships, self-help workshops, financial management workshops, housing placement, lease/purchase assistance, and more.

(866) 737-6335 www.rfwv.org

Women's Veteran Clinic

Medical services for women veterans



(800) 470-8262 www.tucson.va.gov/services/women/index.asp

Miscellaneous Resources

Adopt a Family

Provides families in difficult financial situations with a Christmas they cannot afford for themselves

(520) 795-9671

Alzheimer's Association

(800) 272-3900

Child Protective Services

(888) 767-2445

Community Information and Referral: 2-1-1 Arizona

Serves as Arizona's key source of integrated information that brings people and services together to meet vital needs

(877) 211-8661 www.cirs.org

Focus Project

Provides useful links for military personnel and their families specifically designed to serve veterans

www.focusproject.org

Representative Payee Program

Financial management for Social Security and SSI benefits of those who are incapable of managing Social Security or SSI payments

(800) 772-1213 www.ssa.gov/payee

Social Security Administration

(800) 772-1213 www.socialsecurity.gov

United We Serve



Free family retreats for service members and their families; the only cost is the transportation to the retreat center in East Texas

(903) 665-2647 www.unitedweservemil.org