

# Community Connection

16? : Where does your time go?

*Everyday we encounter people who are hurting.* Most of the time, we are not even aware of their struggles, and when we are, we do not know what to say or do in response. The Community Connection is designed to equip you with the resources you need to offer hope, help and healing to people in their moments of greatest need.

The Community Connection is a West Valley resource and referral guide. It is not a generic list of state and national social service agencies or community organizations throughout the greater Phoenix area. It is not meant to be exhaustive. It is a tool meant to help West Valley residents find support and assistance right here in the community where they live.

As you use the Community Connection, keep several things in mind. First, always be looking and listening for where God wants you to respond. God is already at work in the lives of people around you. Just join Him in the work He is already doing. Second, do not hesitate. God opens doors for short periods of time. When you see an opportunity, act swiftly and decisively. Third, understand that your role is that of a guide and encouragement. Do not try to diagnose a person or give all the answers. If you find yourself in an overwhelming or dangerous situation, call 911.

Also keep in mind that, before we can help others, we must first receive help ourselves. Each of us has hurts, habits and hang-ups that keep us from being everything God wants us to be. As you read through these pages, consider the ways you need to experience the healing power of God, and then take the steps necessary to put yourself in a position where that healing can take place.

As you experience healing and then help others do the same, you will no doubt come to the point of wanting to serve in a volunteer capacity of some sort. When that time comes, the Community Connection is the ideal place to begin finding volunteer opportunities that match your passions and personality, experiences and talents. Begin praying now about what God would have you do as a volunteer and when and then be obedient to His leading.

Space is provided in the back of the Community Connection for you to write out the names and contact information of people whom you want to impact with the love of Jesus. Pray for them daily and look for opportunities to love and serve them. As God answers your prayers, please let us know by sending an email to [info@palmvista.com](mailto:info@palmvista.com).

May God bless you as you join Him in making a difference right here in our community!

Grace and Peace,

*Jonathan*

Pastor Jonathan  
Lead Pastor, Palm Vista Baptist Church



### *A Note on the 167 Initiative*

Many of us give God one hour a week at a church service, but what are we doing with the other 167 hours? The 167 Initiative is a call to use those hours to live for God and share our faith with others. There are several ways that we can take our faith from the places where we worship on weekends to the places where we live and work throughout the week. To learn more, visit [www.the167.com](http://www.the167.com).

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# COMMUNITY INFORMATION AND REFERRAL

## **24-HOUR COMMUNITY INFORMATION AND REFERRAL HOTLINE**

(602) 263-8856

## **PEOPLE'S INFORMATION GUIDE**

**(COMPLETE LISTING OF SOCIAL SERVICES IN THE STATE OF ARIZONA)**

[www.azcaa.org](http://www.azcaa.org)

# VOLUNTEER OPPORTUNITIES

## **ARIZONA BAPTIST RETIREMENT CENTERS**

Contact: Gayle Castro

11315 West Peoria Avenue, Youngtown, AZ 85363

[www.abrc.org](http://www.abrc.org)

(623) 933-3333

*Relationship-building with seniors and campus maintenance and upkeep*

## **DYSART UNIFIED SCHOOL DISTRICT VOLUNTEER SERVICES**

Contact: Pat Rumsey, Volunteer Coordinator

15802 North Parkview Place, El Mirage, AZ 85374

[www.dysart.org](http://www.dysart.org)

(623) 594-2618

*A variety of volunteer opportunities with children from infancy through high school*

## **EVE'S PLACE DOMESTIC VIOLENCE SHELTER**

Contact: Laura Horsley, Executive Director

15270 West Brookside Lane Suite 129, Surprise, AZ 85374

[www.safetatevesplace.org](http://www.safetatevesplace.org)

(623) 547-6175 (office)

(623) 537-5380 (crisis hotline)

*Volunteer opportunities supporting victims of domestic violence*

## **HABITAT FOR HUMANITY OF CENTRAL ARIZONA**

Contact: Adriane Caleffie, Community Relations Coordinator

9133 Northwest Grand Avenue, Peoria, AZ 85345

[www.habitatcaz.org](http://www.habitatcaz.org)

(623) 583-2417

*Home-building opportunities*

## **HANDYMAN TEAM (PALM VISTA BAPTIST CHURCH)**

Contact: Lynn Stinson

17475 West Bell Road, Surprise, AZ 85374

[www.palmvista.com](http://www.palmvista.com)

(623) 544-0561

*Basic home and landscaping maintenance and repair for those in need*

# VOLUNTEER OPPORTUNITIES

## **INTERFAITH COMMUNITY CARE**

Contact: Sharon Forman, Community Outreach  
16752 North Greasewood Street, Surprise, AZ 85374  
[www.interfaithcommunitycare.org](http://www.interfaithcommunitycare.org)  
(623) 584-4999

*Care for seniors and preschool-aged children as well as transportation and handyman services*

## **SAINT MARY'S / WEST SIDE FOOD BANK ALLIANCE**

Contact: Irma Leyendecker  
13050 West Elm Street, Surprise, AZ 85374  
[www.firstfoodbank.org](http://www.firstfoodbank.org)  
(602) 352-3640

*Sorting and packing food*

## **VALLEY VIEW COMMUNITY FOOD BANK**

Contact: Jesse Ramirez, Director  
11115 West Nevada Avenue, Youngtown, AZ 85363  
[www.valleyviewcommunityfoodbank.com](http://www.valleyviewcommunityfoodbank.com)  
(623) 933-3358

*Sorting and packing food*

For more volunteer opportunities, visit [www.volunteermatch.org](http://www.volunteermatch.org).

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## *Cash Assistance*

### **ARIZONA DEPARTMENT OF ECONOMIC SECURITY (DES)**

11526 West Bell Road, Surprise, AZ 85374

[www.healthearizona.org](http://www.healthearizona.org)

(602) 771-1840

*Cash assistance through the AHCCCS state Medicaid program*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Clothing

### **CAP/AVONDALE**

1007 South 3rd Street, Avondale, AZ 85323

[www.avondale.org/index.aspx?NID=127](http://www.avondale.org/index.aspx?NID=127)

(623) 333-2700

*Clothing referrals provided Mondays, Wednesdays, and Thursdays from 8:00-11:30 a.m.*

### **CAP/TOLLESON**

9555 West Van Buren Street, Tolleson, AZ 85353

[www.tollesonaz.org](http://www.tollesonaz.org)

(623) 936-2760

*Clothing referrals provided daily from 8:00 a.m.-12:00 p.m. to any Maricopa county resident*

### **CHRISTIAN LIBERTY MISSION**

12101 NW Grand Avenue, El Mirage, AZ 85379

[info@palmvista.com](mailto:info@palmvista.com)

(623) 544-0561

*Clothing referrals provided daily from 9:00 a.m.-3:00 p.m.*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Disaster Relief

### **ARIZONA SOUTHERN BAPTIST DISASTER RELIEF**

2240 North Hayden Road Suite 100, Scottsdale, AZ 85257

[www.arizonadisasterrelief.org](http://www.arizonadisasterrelief.org)

(480) 945-0880

(800) 687-2431

*Command, food, shower, mud-out, chainsaw, and other services for disaster victims*

### **RED CROSS – GRAND CANYON CHAPTER HEADQUARTERS**

6135 North Black Canyon Highway, Phoenix, AZ 85015

[www.arizonaredcross.org](http://www.arizonaredcross.org)

(602) 336-6660

(800) 842-7349 (24-hour emergency help)

*Disaster services, health and safety training, services to armed forces, and community programs*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Financial Counseling

### **CROWN FINANCIAL MINISTRIES**

[www.crown.org](http://www.crown.org)

*Financial principles from a Christian perspective*

### **FINANCIAL PEACE UNIVERSITY**

[www.daveramsey.com](http://www.daveramsey.com)

*A 13-week program that teaches money management principles from a Christian perspective*

### **TAKE CHARGE AMERICA**

20620 North 19th Avenue, Phoenix, AZ 85027

[www.takechargeamerica.org](http://www.takechargeamerica.org)

(866) 528-0588

*Free financial counseling*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Food Boxes

### **CAP/AVONDALE**

1007 South 3rd Street, Avondale, AZ 85323

[www.avondale.org/index.aspx?NID=127](http://www.avondale.org/index.aspx?NID=127)

(623) 333-2700

*Food box referrals to the Agua Fria Food Bank provided daily from 8:00-11:30*

### **CAP/TOLLESON**

9555 West Van Buren Street, Tolleson, AZ 85353

[www.tollesonaz.org](http://www.tollesonaz.org)

(623) 936-2760

*Food box referrals provided daily from 8:00 a.m.-12:00 p.m. to any Maricopa county resident*

### **CAP/WICKENBURG**

255 North Washington Street, Wickenburg, AZ 85390

[www.hsd.maricopa.gov](http://www.hsd.maricopa.gov)

(928) 684-7894

*Food boxes provided MWF for Wittmann, Morristown, Aguila, and Wickenburg residents*

### **PALM VISTA BAPTIST CHURCH**

17475 West Bell Road, Surprise, AZ 85374

[www.palmvista.com](http://www.palmvista.com)

(623) 544-0561

*Food box vouchers provided daily*

### **RADIANT CHURCH**

15522 West Paradise Lane, Surprise, AZ 85374

[www.radiantchurch.com](http://www.radiantchurch.com)

(623) 975-2662

*Food boxes provided Tuesdays and Thursdays*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Food Boxes (continued)

### **SAINT MARY'S / WEST SIDE FOOD BANK ALLIANCE**

13050 West Elm Street, Surprise, AZ 85374

[www.firstfoodbank.org](http://www.firstfoodbank.org)

(602) 352-3640

*Food boxes provided daily*

### **SALVATION ARMY**

10730 West Union Hills, Sun City, AZ 85373

[www.salvationarmy.com](http://www.salvationarmy.com)

(623) 977-1084

*Food boxes provided daily*

### **VALLEY VIEW COMMUNITY FOOD BANK**

11115 West Nevada Avenue, Youngtown, AZ 85363

[www.valleyviewcommunityfoodbank.com](http://www.valleyviewcommunityfoodbank.com)

(623) 933-3358

*Food boxes provided daily*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Food Stamps/Assistance

### **ARIZONA DEPARTMENT OF ECONOMIC SECURITY (DES)**

11526 West Bell Road, Surprise, AZ 85374

[www.healthearizona.org](http://www.healthearizona.org)

(602) 771-1840

*Food stamps through the AHCCCS state Medicaid program*

### **WOMEN, INFANTS AND CHILDREN (WIC)**

16551 North Dysart Road Suite 110, Surprise, AZ 85374

[www.azwic.gov](http://www.azwic.gov)

(623) 583-5977

*Financial assistance for food and immunizations for mothers and children under the age of five*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Homebuyer/Foreclosure Assistance

### **ARIZONA DEPARTMENT OF HOUSING**

1110 West Washington Street Suite 310, Phoenix, AZ 85007

[www.azhousing.gov](http://www.azhousing.gov)

(602) 771-1000

(877) 448-1211 (Arizona foreclosure helpline)

*Housing-related services at the state level, including foreclosure and homebuyer assistance*

### **COMMUNITY SERVICES OF ARIZONA – LOS VECINOS**

6704 North 59th Avenue, Glendale, AZ 85301

[www.csaz.org](http://www.csaz.org)

(623) 435-2255

*First-time homebuyer and foreclosure intervention programs*

### **NEIGHBORHOOD HOUSING SERVICES OF PHOENIX**

1405 East McDowell Road Suite 100, Phoenix, AZ 85006

[www.nhsphoenix.org](http://www.nhsphoenix.org)

(602) 258-1659

*First-time homebuyer assistance and education and loan modification programs*

### **U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT**

[www.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?&webListAction=search&searchstate=AZ](http://www.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?&webListAction=search&searchstate=AZ)

*A list of HUD-approved counseling agencies*

### **222-HOME HOUSING COUNSELING NEEDS PROGRAM**

16000 North Civic Center Plaza, Surprise, AZ 85374

[www.surpriseaz.com/index.aspx?NID=2299](http://www.surpriseaz.com/index.aspx?NID=2299)

(623) 222-4663

*Assistance for Surprise residents suffering a recent income decrease or ARM adjustment*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Homeless

### **CONTACTS SHELTER HOTLINE**

(800) 799-7739

*24-hour shelter hotline providing information on shelter availability and referrals*

### **CATHOLIC CHARITIES COMMUNITY SERVICES**

7400 West Olive Avenue Suite 10, Peoria, AZ 85345

[www.catholiccharitiesaz.org](http://www.catholiccharitiesaz.org)

(623) 486-9868 (55029)

*Short-term shelter (90-day) and transitional housing program (2 years) for homeless families*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## Mortgage/Rent/Utility Assistance

### **CAP/AVONDALE**

1007 South 3rd Street, Avondale, AZ 85323

[www.avondale.org/index.aspx?NID=127](http://www.avondale.org/index.aspx?NID=127)

(623) 333-2700

*Mortgage, rent, utility, and weatherization assistance for Avondale and Goodyear residents*

### **CAP/BUCKEYE**

106 North 5th Street, Buckeye, AZ 85326

[www.buckeyeaz.gov/index.aspx?NID=272](http://www.buckeyeaz.gov/index.aspx?NID=272)

(623) 349-6615

*Mortgage, rent, utility, and weatherization assistance for Buckeye residents*

### **CAP/GLENDALE**

5949 West Northern Avenue Suite 205, Glendale, AZ 85301

[www.glendaleaz.com/CAP/](http://www.glendaleaz.com/CAP/)

(623) 930-2854

*Mortgage, rent, utility, and weatherization assistance for Glendale residents*

### **CAP/NORTHWEST VALLEY**

234 North Central Third Floor, Phoenix, AZ 85004

[www.hsd.maricopa.gov/](http://www.hsd.maricopa.gov/)

(602) 372-4858

*Mortgage, rent, utility, and weatherization assistance for Northwest Valley residents*

### **CAP/PEORIA**

8335 West Jefferson, Peoria, AZ 85345

[www.peoriaaz.gov/content2.asp?ID=1789](http://www.peoriaaz.gov/content2.asp?ID=1789)

(623) 979-3911

*Mortgage, rent, utility, and weatherization assistance for Peoria residents*

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# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

## *Mortgage/Rent/Utility Assistance (continued)*

### **CAP/TOLLESON**

9555 West Van Buren Street, Tolleson, AZ 85353

[www.tollesonaz.org](http://www.tollesonaz.org)

(623) 936-2760

(623) 474-4995 (to make an appointment for financial assistance)

*Mortgage, rent, utility, and weatherization assistance for Tolleson and Levine residents*

### **CAP/WICKENBURG**

255 North Washington Street, Wickenburg, AZ 85390

[www.hsd.maricopa.gov/](http://www.hsd.maricopa.gov/)

(928) 684-7894

*Housing, utility, and other assistance for Wickenburg residents*

### **PALM VISTA BAPTIST CHURCH**

17475 West Bell Road, Surprise, AZ 85374

[www.palmvista.com](http://www.palmvista.com)

(623) 544-0561

*Utility assistance for West Valley residents*

### **RADIANT CHURCH**

15522 West Paradise Lane, Surprise, AZ 85374

[www.radiantchurch.com](http://www.radiantchurch.com)

(623) 975-2662

*Utility assistance on Tuesdays*

### **SAINT VINCENT DE PAUL**

420 West Watkins Road, Phoenix, AZ 85002

[www.saintvincentdepaul.net](http://www.saintvincentdepaul.net)

(602) 263-8856 (24-hour Phoenix help hotline)

(602) 266-4673 (general information)

*Housing and utility assistance through area Saint Vincent de Paul churches*

# PHYSICAL, MATERIAL, AND FINANCIAL ASSISTANCE

*Mortgage/Rent/Utility Assistance (continued)*

**SALVATION ARMY**

10730 West Union Hills, Sun City, AZ 85373

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

(623) 977-1084

*Utility assistance for West Valley residents*

# ADDICTIONS AND DISORDERS

## Alcohol Abuse

### **SIGNS OF ALCOHOL ABUSE**

- Drinking specifically to become intoxicated
- Making excuses for drinking
- Irritability and unexplained mood swings
- Drinking alone or keeping alcohol consumption a secret
- Hiding alcohol in unlikely places
- Drinking at certain times of the day
- Irritability when alcohol is unavailable
- Losing interest in hobbies and activities
- Problems at work, school and home
- Legal problems
- Impaired memory, memory loss and blackouts
- Annoyance toward those who suspect a drinking problem
- Denial of drinking problems
- Increased tolerance for alcohol
- Inability to stop drinking once begun
- Strong urges or cravings to drink
- Anxiety, nausea, vomiting and abdominal pain
- Shakiness and cold sweats
- Aggressive behavior while drinking
- Depression
- Paranoia, unnatural fears and suicidal thoughts
- Neglect of physical appearance
- Difficulty thinking clearly
- Poor diet and eating disorders
- Red eyes and facial swelling
- Weakness and numbness in the arms or legs

# ADDICTIONS AND DISORDERS

## Alcohol Abuse (continued)

### **ALCOHOLICS ANONYMOUS – AGUA FRIA INTERGROUP**

9164 North 43rd Avenue Suite 15, Glendale, AZ 85302

[www.aawestphoenix.org](http://www.aawestphoenix.org)

(623) 937-7770

*Help line for and information on AA meetings in the West Valley*

### **ALCOHOLICS ANONYMOUS – SALT RIVER INTERGROUP**

4602 North 7th Street, Phoenix, AZ 85014

[www.aaphoenix.org](http://www.aaphoenix.org)

(602) 264-1341

*Help line for and information on AA meetings in Central Phoenix*

### **ALCOHOLICS ANONYMOUS – EAST VALLEY INTERGROUP**

1320 East Broadway Road, Mesa, AZ 85204

[www.aamesaaz.org](http://www.aamesaaz.org)

(480) 834-9033

*Help line for and information on AA meetings in the East Valley*

### **ALCOHOLICS ANONYMOUS – OFICINA INTERGRUPAL HISPANA (PHOENIX)**

2401 North 32nd Street Suite 9, Phoenix, AZ 85008

[www.aagruposhispanos.org](http://www.aagruposhispanos.org)

(602) 957-7457

*Help line for and information on AA meetings throughout the Valley for Spanish speakers*

### **AREA 03: ARIZONA AREA COMMITTEE OF ALCOHOLICS ANONYMOUS**

P.O. Box 7746, Phoenix, AZ 85011

[www.area03.org](http://www.area03.org)

NO PHONE

*An internet resource where alcoholics can get information on AA activities in Arizona*

### **ARISE (ADULT RECOVERY IN A SUPPORTIVE ENVIRONMENT) – DEL WEBB HOSPITAL**

14502 West Meeker, Sun City West, AZ 85375

[www.bannerhealth.com](http://www.bannerhealth.com)

(623) 214-4056

*Provides intensive outpatient treatment program for seniors, meets twice weekly*

# ADDICTIONS AND DISORDERS

## Alcohol Abuse (continued)

### **CELEBRATE RECOVERY**

15522 West Paradise Lane, Surprise, AZ 85374

[www.radiantchurch.com](http://www.radiantchurch.com)

(623) 975-2662

*Support groups for those struggling with alcohol and drug abuse*

### **COMMUNITY BRIDGES LARC (LOCAL ALCOHOL RECEIVING CENTER)**

2770 East Van Buren, Phoenix, AZ 85008

[www.communitybridgesaz.org](http://www.communitybridgesaz.org)

(602) 273-9999

*Medical detox from physical addiction to alcohol, heroin, and barbiturate use*

### **CROSSROADS MIDTOWN FOR MEN**

3702 North 13th Avenue, Phoenix, AZ 85013

[www.thecrossroadinc.org](http://www.thecrossroadinc.org)

(602) 266-8400 (day phone)

(602) 240-6473 (night phone)

*Recovery home for men struggling with alcohol and drug abuse*

### **SALT RIVER VALLEY AL-ANON / AL-ATEEN**

2432 West Peoria Avenue Suite 1027, Phoenix, AZ 85029

[www.srvais.org](http://www.srvais.org)

(602) 249-1257

*For family members, friends, and acquaintances of those who are alcohol dependent*

# ADDICTIONS AND DISORDERS

## Drug Abuse

### SIGNS OF DRUG ABUSE

#### *Physical Signs*

- Loss or increase in appetite, changes in eating habits, unexplained weight loss or gain
- Slowed or staggering walk and poor physical coordination
- Inability to sleep; awake at unusual times; unusual laziness
- Red, watery eyes; pupils larger or smaller than usual; blank stare
- Cold, sweaty palms; shaking hands
- Puffy face, blushing or paleness
- Smell of substance on breath, body or clothes
- Extreme hyperactivity; excessive talkativeness
- Runny nose; hacking cough
- Needle marks on lower arm, leg or bottom of feet
- Nausea, vomiting or excessive sweating
- Tremors or shakes of hands, feet or head
- Irregular heartbeat

#### *Behavioral Signs*

- Change in overall attitude/personality with no other identifiable cause
- Change in friends; avoids old friends; doesn't want to talk about new friends
- Change in activities or hobbies
- Drop in grades at school or performance at work; skips school or is late for school
- Change in habits at home; loss of interest in family and family activities
- Difficulty paying attention; forgetfulness
- General lack of motivation, energy and self-esteem; bored; "I don't care" attitude
- Sudden oversensitivity, temper tantrums or resentful behavior
- Moodiness, irritability or nervousness
- Silliness, giddiness or paranoia
- Excessive need for privacy; unreachable
- Secretive or suspicious behavior
- Car accidents
- Chronic dishonesty
- Unexplained need for money, stealing money or other items
- Change in personal grooming habits
- Possession of drug paraphernalia

# ADDICTIONS AND DISORDERS

## Drug Abuse (continued)

### **ARISE (ADULT RECOVERY IN A SUPPORTIVE ENVIRONMENT) – DEL WEBB HOSPITAL**

14502 West Meeker, Sun City West, AZ 85375

[www.bannerhealth.com](http://www.bannerhealth.com)

(623) 214-4056

*Provides intensive outpatient treatment program for seniors, meets twice weekly*

### **CELEBRATE RECOVERY**

15522 West Paradise Lane, Surprise, AZ 85374

[www.radiantchurch.com](http://www.radiantchurch.com)

(623) 975-2662

*Support groups for those struggling with alcohol and drug abuse*

### **COMMUNITY BRIDGES LARC (LOCAL ALCOHOL RECEIVING CENTER)**

2770 East Van Buren, Phoenix, AZ 85008

[www.communitybridgesaz.org](http://www.communitybridgesaz.org)

(602) 273-9999

*Medical detox from physical addiction to alcohol, heroin, and barbiturate use*

### **CROSSROADS MIDTOWN FOR MEN**

3702 North 13th Avenue, Phoenix, AZ 85013

[www.thecrossroadinc.org](http://www.thecrossroadinc.org)

(602) 266-8400 (day phone)

(602) 240-6473 (night phone)

*Recovery home for men struggling with alcohol and drug abuse*

### **NARCOTICS ANONYMOUS – PHOENIX**

P.O. Box 34123, Phoenix, AZ 85067

[www.arizona-na.org](http://www.arizona-na.org)

(480) 897-4636

*Help line for and information on NA meetings in the Valley*

# ADDICTIONS AND DISORDERS

## Eating Disorders

### SIGNS OF AN EATING DISORDER

#### *Anorexia/Bulimia*

- Dramatic weight loss in a relatively short period of time
- Wearing big or baggy clothes or dressing in layers to hide body shape and/or weight loss
- Obsession with weight and complaining of weight problems
- Obsession with calories and fat content of foods
- Obsession with continuous exercise
- Frequent trips to the bathroom immediately following meals (sometimes accompanied with water running in the bathroom for a long period of time to hide the sound of vomiting)
- Visible food restriction and self-starvation
- Visible bingeing and/or purging
- Use or hiding use of diet pills, laxatives, ipecac syrup or enemas
- Isolation; fear of eating around and with others
- Unusual food rituals such as shifting the food around on the plate to look eaten; cutting food into tiny pieces; making sure the fork avoids contact with the lips (using teeth to scrap food off the fork or spoon); chewing food and spitting it out, but not swallowing; dropping food into napkin on lap to later throw away
- Hiding food in strange places (closets, cabinets, suitcases, under the bed) to avoid eating (Anorexia) or to eat at a later time (Bulimia)
- Flushing uneaten food down the toilet (can cause sewage problems)
- Vague or secretive eating patterns
- Keeping a “food diary” or list that consists of food and/or behaviors (i.e., purging, restricting, calories consumed, exercise, etc.)
- Pre-occupied thoughts of food, weight and cooking
- Visiting websites that promote unhealthy ways to lose weight
- Reading books about weight loss and eating disorders
- Self-defeating statements after food consumption
- Hair loss; pale or “grey” appearance to the skin
- Dizziness and headaches
- Frequent sore throats and/or swollen glands
- Low self-esteem; feeling worthless; often putting themselves down and complaining of being “too stupid” or “too fat” and saying they don’t matter; need for acceptance and approval from others
- Complains often of feeling cold
- Low blood pressure
- Loss of menstrual cycle

# ADDICTIONS AND DISORDERS

## *Eating Disorders (continued)*

- Constipation or incontinence
- Bruised or callused knuckles; bloodshot or bleeding eyes; light bruising under the eyes and on the cheeks
- Perfectionist personality
- Loss of sexual desire or promiscuous relations
- Mood swings; depression; fatigue
- Insomnia; poor sleeping habits

### ***Compulsive Overeating/Binge Eating Disorder***

- Fear of not being able to control eating and, while eating, not being able to stop
- Isolation; fear of eating around and with others
- Chronic dieting on a variety of popular diet plans
- Holding the belief that life will be better if they can lose weight
- Hiding food in strange places (closets, cabinets, suitcases, under the bed) to eat at a later time
- Vague or secretive eating patterns
- Self-defeating statements after food consumption
- Blames failure in social and professional community on weight
- Holding the belief that food is their only friend
- Frequently out of breath after relatively light activities
- Excessive sweating and shortness of breath
- High blood pressure and/or cholesterol
- Leg and joint pain
- Weight gain
- Decreased mobility due to weight gain
- Loss of sexual desire or promiscuous relations
- Mood swings; depression; fatigue
- Insomnia; poor sleeping habits

# ADDICTIONS AND DISORDERS

## Eating Disorders (continued)

### DOS AND DON'TS

- Do NOT comment on appearance. Comments like “You look so much healthier!” will only be taken by a person with an eating disorder to mean that he or she has gained weight and is now “fat.” Also don’t make comments like, “Wow, you are so thin! I wish I had your willpower.” The person will take that as a compliment, and it will only reinforce their desire to lose weight.
- Do NOT blame the person for what is going on. Yelling and screaming, fighting or blaming a person for an eating disorder or for making your life “hell” will only reinforce just how worthless the person already feels and will trigger the eating disorder even more. Be as patient and kind as you can possibly be.
- Do NOT force-feed at mealtimes. Eating disorder recovery is a long and slow process, and if you force someone to eat, you will only make them feel guiltier, which leads to purging. SLOW is the key word. Work on eating snacks calmly and then move up to meals if it helps. Mealtimes should be as comfortable and friendly as possible so that the person doesn’t hate eating.
- DO understand that the person with an eating disorder is not out for attention or pity. They do not ask for this disorder to happen, nor do they want it to happen.
- Do NOT say things like, “I wish I could be anorexic; then I could be thin like you.” Many think eating disorders are glamorous and that they can be flipped on and off like a light switch. But go and ask anyone suffering and they’ll tell you they wouldn’t wish this on anyone, so don’t treat it like a game instead of a deadly disorder.
- Do NOT make comments like, “You have four months to stop purging, to gain weight, or you are going to the hospital.” You cannot put a time limit on recovery from an eating disorder, and this will only panic the person with an eating disorder. Such comments will only cause a person to lie to you about their stages of recovery, not encourage them to “speed up” the process.
- Do NOT nag a person about their eating behaviors by asking, “Are you going to puke that up?” or “Have you eaten anything today?” This only makes the person feel more ashamed.
- DO listen and try to understand, and DO remind and tell the person that they are not the only one fighting an eating disorder.

# ADDICTIONS AND DISORDERS

## Eating Disorders (continued)

### **DOORWAYS CHRISTIAN COUNSELING**

1825 East Northern Avenue Suite 200, Phoenix, AZ 85020

[www.doorwaysarizona.com](http://www.doorwaysarizona.com)

(602) 997-2880

*Adolescents and young adults (13-25) struggling with eating disorders, anxiety and depression*

### **REMUDA RANCH**

One East Apache Street, Wickenburg, AZ 85390

[www.remudaranch.com](http://www.remudaranch.com)

(800) 445-1900

*An inpatient treatment center serving adolescent and adult women with eating disorders*

# ADDICTIONS AND DISORDERS

## Gambling

### **SIGNS OF A GAMBLING PROBLEM**

***Most compulsive gamblers will answer “yes” to at least seven of these questions:***

- Did you ever lose time from work or school due to gambling?
- Has gambling ever made your home life unhappy?
- Did gambling affect your reputation?
- Have you ever felt remorse after gambling?
- Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
- Did gambling cause a decrease in your ambition or efficiency?
- After losing did you feel you must return as soon as possible and win back your losses?
- After a win did you have a strong urge to return and win more?
- Did you often gamble until your last dollar was gone?
- Did you ever borrow to finance your gambling?
- Have you ever sold anything to finance gambling?
- Were you reluctant to use “gambling money” for normal expenditures?
- Did gambling make you careless of the welfare of yourself or your family?
- Did you ever gamble longer than you had planned?
- Have you ever gambled to escape worry, trouble, boredom or loneliness?
- Have you ever committed, or considered committing, an illegal act to finance gambling?
- Did gambling cause you to have difficulty in sleeping?
- Do arguments, disappointments or frustrations create within you an urge to gamble?
- Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
- Have you ever considered self destruction or suicide as a result of your gambling?

### **GAMBLER’S ANONYMOUS – PHOENIX HOTLINE**

[www.gaphoenix.org](http://www.gaphoenix.org)

(602) 266-9784 – Phoenix Hotline

(480) 598-1226 – East Valley Hotline

(888) 665-8346 – Arizona Spanish Hotline

# ADDICTIONS AND DISORDERS

## Pornography/Sexual Addiction

### **SIGNS OF PORNOGRAPHY ADDICTION**

- Spending a great deal of time on the computer. It is not uncommon for porn addicts to spend anywhere from three to six hours daily online.
- If you enter the room where someone is using a computer, a porn addict may flinch, toggle to another page or turn off the computer altogether.
- If not tech-savvy, the history file will disclose the online traffic pattern. If the person is tech-savvy, they will have the history files clean so you are not able to see where they have been.
- Porn addicts spend a lot of time on the computer late into the night or right after work to “unwind.” They may say they have to “work overtime” at home.
- Someone hiding a porn addiction may have email accounts or rental mailboxes that you may not be aware of to hide their online and offline activity.
- Your sexual life with your partner has dwindled or is non-existent. You may find that your partner is no longer initiating sex.
- Your partner asks you to perform sexually on a very frequent basis in ways that you may be very uncomfortable with.
- A male addict may become overly obsessed with his penis and/or grooming below the belt. He may constantly touch himself, “adjust” himself, jiggle change in his pocket, etc.
- The compulsive porn user frequently masturbates. This could be during long showers in the morning or even after sex. There may be a preference for climax through masturbation.
- Keeping a cell phone in the car charger when at home or receiving phone calls and text messages from those met online.
- Anger or irritability when asked about a possible porn addiction or asked to stop suspicious behavior.

### **TIPS FOR DEALING WITH PORN ADDICTION:**

- Get blocking software for the computer
- Put up inspirational pictures around the computer (kids, loved ones, etc.)
- Move the computer to a public space in the home, not in a den or bedroom
- Connect with twelve-step meetings, sex addiction professionals and online recovery groups

# ADDICTIONS AND DISORDERS

## Pornography/Sexual Addiction (continued)

### **SIGNS OF SEXUAL ADDICTION**

- Sexual addiction depends less on the behavior itself than on the motivations of the person. Even though each involves unacceptable activities, the person given to sexual flings or an interest in pornography is not necessarily a sexual addict. The difference lies in the ability to control or postpone sexual feelings and actions. Sex addicts can't – or don't realize they can – for long.
- Rather than trying to satisfy their sexuality, sex addicts ritualize sex instead, even constructing elaborate scenarios that result in a constant state of sexual arousal and need. It is the need for arousal that replaces the need for intimacy in sex addicts. Eventually, thrill-seeking becomes more important than family, career, even personal health and safety.

### **BEHAVIORS ASSOCIATED WITH SEXUAL ADDICTION INCLUDE:**

- Compulsive masturbation (self-stimulation)
- Multiple affairs (extra-marital affairs)
- Multiple or anonymous sexual partners and/or one-night stands
- Consistent use of pornography
- Unsafe sex
- Phone or computer sex (cybersex)
- Prostitution or use of prostitutes
- Exhibitionism
- Obsessive dating through personal ads
- Voyeurism (watching others) and/or stalking
- Sexual harassment
- Molestation/rape

# ADDICTIONS AND DISORDERS

## Pornography/Sexual Addiction (continued)

### **ACCOUNTABILITY SOFTWARE**

[www.x3watch.com](http://www.x3watch.com)

*Internet software that blocks pornography sites*

### **CELEBRATE RECOVERY**

15522 West Paradise Lane, Surprise, AZ 85374

[www.radiantchurch.com](http://www.radiantchurch.com)

(623) 975-2662

*Support groups for those struggling with pornography and sexual addictions*

### **CHRISTIAN PORN HELP**

[www.xxxchurch.com](http://www.xxxchurch.com)

*Resources for Christians dealing with sexual addiction*

### **FOR MEN ONLY**

17475 West Bell Road, Surprise, AZ 85374

[www.palmvista.com](http://www.palmvista.com)

(623) 544-0561

*Support group for those struggling with pornography and sexual addictions*

# ADDICTIONS AND DISORDERS

## Self-Abuse

### SIGNS OF SELF-ABUSE

- Frequent cuts and burns that cannot be explained
- Self-punching or scratching
- Needle sticking
- Head banging
- Eye pressing
- Finger or arm biting
- Pulling out one's hair
- Picking at one's skin
- Wearing pants and long sleeves in warm weather
- Unexpected lighters, razors or sharp objects among a person's belongings
- Low self-esteem
- Difficulty handling feelings
- Relationship problems
- Poor functioning at work, school, or home

### ONLINE HELP

To Write Love on Her Arms - [www.twloha.com](http://www.twloha.com)

S.A.F.E. Alternatives - [www.selfinjury.com](http://www.selfinjury.com)

Self Mutilators Anonymous - [www.selfmutilatorsanonymous.org](http://www.selfmutilatorsanonymous.org)

### ONLINE MEETINGS

[www.recoveryrealm.com/Chat/tabid/125/Default.aspx](http://www.recoveryrealm.com/Chat/tabid/125/Default.aspx)

[www.stepchat.com](http://www.stepchat.com)

[www.health.groups.yahoo.com/group/SHE\\_Anonymous](http://www.health.groups.yahoo.com/group/SHE_Anonymous) (women only)

### HOTLINES

(800) DONTCUT

### SUPPORT GROUPS

#### ARIZONANS FOR THE PROTECTION OF EXPLOITED CHILDREN AND ADULTS (APECA)

Meeting at Alleluia Church, 8444 West Encanto Boulevard

Phoenix, AZ 85037

[www.protectchild.org](http://www.protectchild.org)

(623) 247-6026

*Free support services and groups for teens recovering from self-injury and abuse*

# CRISES AND EMERGENCIES

## Child Abuse

### **ARIZONANS FOR THE PROTECTION OF EXPLOITED CHILDREN AND ADULTS (APECA)**

Meeting at Alleluia Church

8444 West Encanto Boulevard, Phoenix, AZ 85037

[www.protectchild.org](http://www.protectchild.org)

(623) 247-6026

*Free support services and groups for teens recovering from self-injury and abuse*

### **CHILD PROTECTIVE SERVICES**

<https://egov.azdes.gov/CMSInternet/main.aspx?menu=154&id=2030>

(888) SOS-CHILD / (888) 767-2445

*Welfare services that seek to prevent dependency, abuse, and neglect of children*

# CRISES AND EMERGENCIES

## Divorce

### **DIVORCE CARE**

P.O. Box 1739, Wake Forest, NC 27588

[www.divorcecare.com](http://www.divorcecare.com)

(800) 489-7778

*Support groups, education and resources for adults and children suffering from divorce*

# CRISES AND EMERGENCIES

## Domestic Violence

### **CONTACTS SHELTER HOTLINE**

(800) 799-7739

*24-hour shelter hotline providing information on shelter availability and referrals*

### **ARIZONA COALITION AGAINST DOMESTIC VIOLENCE**

301 East Bethany Home Road Suite C-194, Phoenix, AZ 85012

[www.azcadv.org](http://www.azcadv.org)

(602) 279-2900

(800) 782-6400

*Referrals for victims of domestic violence on shelters, counselors, support groups, and lawyers*

### **CATHOLIC CHARITIES COMMUNITY SERVICES – EL MIRAGE DOMESTIC VIOLENCE PROGRAM**

7400 West Olive Avenue Suite 10, Peoria, AZ 85345

[www.catholiccharitiesaz.org/catholiccharities/domestic.aspx](http://www.catholiccharitiesaz.org/catholiccharities/domestic.aspx)

(623) 486-9868 ext. 55029

*Support and treatment groups for victims of domestic violence*

### **EVE'S PLACE DOMESTIC VIOLENCE SHELTER**

15270 West Brookside Lane Suite 129, Surprise, AZ 85374

[www.safetatevesplace.org](http://www.safetatevesplace.org)

(623) 547-6175 (office)

(623) 537-5380 (crisis hotline)

*A residential program serving victims of domestic violence in the West Valley*

### **MAG REGIONAL DOMESTIC VIOLENCE COUNCIL**

[www.mag.maricopa.gov/archive/dv/index.html](http://www.mag.maricopa.gov/archive/dv/index.html)

(800) 799-7739 (Maricopa County shelter hotline)

(602) 263-8900 (toll-free)

*A complete listing of shelters in Maricopa County and the State of Arizona*

### **NEW LEAF – FAITH HOUSE**

[www.turnanewleaf.org](http://www.turnanewleaf.org)

(623) 939-6798

(800) 799-7739

*A 24-hour crisis program for victims of domestic violence*

# CRISES AND EMERGENCIES

## Domestic Violence (continued)

### **SHELTER WITHOUT WALLS**

[www.jfcsaz.org/services/child-family-solutions/shelter-without-walls/](http://www.jfcsaz.org/services/child-family-solutions/shelter-without-walls/)

(602) 452-4640 (English)

(602) 534-3087 (Spanish)

*A non-residential program serving victims of domestic violence in Maricopa County*

# CRISES AND EMERGENCIES

## Grief/Bereavement

### **ELDERVENTION**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org/ELDERVENTION](http://www.aaaphx.org/ELDERVENTION)

(602) 264-4357

*Free in-home counseling for seniors struggling with depression and loss*

### **GRIEF SHARE**

[www.griefshare.org](http://www.griefshare.org)

*Seminars and support groups to help you through the grief process*

### **INTERFAITH COMMUNITY CARE**

16752 North Greasewood Street, Surprise, AZ 85374

[www.interfaithcommunitycare.org](http://www.interfaithcommunitycare.org)

(623) 584-4999

*Peer counseling for people facing grief and loneliness*

### **NEWSONG CENTER FOR GRIEVING CHILDREN**

6947 East McDonald Drive, Scottsdale, AZ 85253

[www.thenewsongcenter.org](http://www.thenewsongcenter.org)

(480) 951-8985

*A bi-monthly, ongoing grief support program for families with children ages 4-17*

# CRISES AND EMERGENCIES

## Prison

### **ALONGSIDE MINISTRIES**

4650 North 35th Avenue, Phoenix, AZ 85017

[www.asmaz.com](http://www.asmaz.com)

(602) 995-9484

*Prison ministry and transition program for former prison inmates*

### **LIFE-CHANGING PRISON MINISTRY**

Contact: Del Walth, Director of Operations

P.O. Box 90606, Phoenix, AZ 85066

[www.lcpm.org](http://www.lcpm.org)

(623) 933-8516

*Prison ministry to both juveniles and adults in Maricopa County jails*

# CRISES AND EMERGENCIES

## Prostitution/Sex Trafficking

### **ARIZONANS FOR THE PROTECTION OF EXPLOITED CHILDREN AND ADULTS (APECA)**

14175 West Indian School Road Suite B-4 #184, Goodyear, AZ 85395

[www.protectchild.org](http://www.protectchild.org)

(623) 247-6026

*Safe-house for girls escaping from sexual exploitation and abuse*

### **BRANDED – FOOD FOR THE HUNGRY**

Contact: David Curtis

1224 East Washington Street, Phoenix, AZ 85034

[www.brandedphx.com](http://www.brandedphx.com)

(480) 609-7717

*Awareness, advocacy, and aftercare for victims of prostitution and sex trafficking in Phoenix*

### **CATHOLIC CHARITIES COMMUNITY SERVICES – DIGNITY HOUSE**

1825 West Northern Avenue, Phoenix, AZ 85021

[www.catholiccharitiesaz.org/catholiccharities/dignity.aspx](http://www.catholiccharitiesaz.org/catholiccharities/dignity.aspx)

(602) 997-6105 (Mary Menacker)

(602) 361-0579 (Rachel Irby)

*Provides resources for women and children in prostitution*

### **STREETLIGHT**

7007 West Happy Valley Road, Peoria, AZ 85383

[www.streetlightphx.com](http://www.streetlightphx.com)

(623) 376-2444

*A non-profit organization committed to eradicating child sex slavery in Phoenix*

# CRISES AND EMERGENCIES

## Sexual Abuse/Assault/Rape

### **EMPACT**

4425 West Olive Avenue Suite 194, Glendale, AZ 85302

[www.empact-spc.org](http://www.empact-spc.org)

(480) 784-1514

(480) 736-4949 (24-hour crisis hotline)

*Services and referrals for those whose lives have been impacted by sexual assault and abuse*

# CRISES AND EMERGENCIES

## Suicide

### **IMPACT SUICIDE PREVENTION CENTER**

4425 West Olive Avenue Suite 194, Glendale, AZ 85302

[www.impact-spc.org](http://www.impact-spc.org)

(480) 784-1514

(480) 784-1500 (24-hour crisis hotline)

*Suicide prevention and counseling for those contemplating suicide or who know a suicide victim*

### **MARICOPA CRISIS RECOVERY NETWORK**

[www.crisisnetwork.org](http://www.crisisnetwork.org)

(602) 222-9444 (24-hour crisis hotline)

(800) 631-1314 (24-hour crisis hotline)

*Mental health crisis response team and referral hotline for anyone in Maricopa County*

### **TEEN CRISIS LIFELINE**

(800) 248-8336 (24-hour crisis hotline)

*A peer-operated organization for teens battling mental health crises and suicidal thoughts*

# COMMUNITY SERVICES

## Childcare

### **ABOVE AND BEYOND CHILDCARE**

17475 West Bell Road, Surprise, AZ 85374

[www.palmvistabaptist.com](http://www.palmvistabaptist.com)

(623) 556-2230

*Christian daycare and preschool for children ages 1-5*

### **CHILD CARE RESOURCE & REFERRAL**

3910 South Rural Road, Suite 0, Tempe, AZ 85282

[www.azchildcare.org](http://www.azchildcare.org)

(800) 308-9000

*Resources and referrals for families seeking child care and for child care providers*

### **INTERFAITH COMMUNITY CARE FAMILY RESOURCE CENTER**

16752 North Greasewood Street, Surprise, AZ 85374

[www.interfaithcommunitycare.org](http://www.interfaithcommunitycare.org)

(623) 207-6016

*Daycare for children 6 weeks to 5 years and parenting resources, classes, and support groups*

# COMMUNITY SERVICES

## Counseling

### **ARIZONA CHILDREN'S ASSOCIATION (COMPANEROS)**

11327 West Bell Road, Surprise, AZ 85374

[www.arizonaschildren.org](http://www.arizonaschildren.org)

(623) 583-2523

*Foster care, adoption, behavioral health and prevention and other child welfare services*

### **CATHOLIC CHARITIES COMMUNITY SERVICES**

West Valley Regional Service Center

7400 West Olive Suite 10, Peoria, AZ 85345

[www.catholiccharitiesaz.org/catholiccharities/westValley.aspx](http://www.catholiccharitiesaz.org/catholiccharities/westValley.aspx)

(623) 486-9868

*Counseling for people dealing with life challenges, behavioral problems and family relationships*

### **ELDERVENTION**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org/ELDERVENTION](http://www.aaaphx.org/ELDERVENTION)

(602) 264-4357

*Free in-home counseling for seniors*

### **INTERFAITH COMMUNITY CARE**

16752 North Greasewood Street, Surprise, AZ 85374

[www.interfaithcommunitycare.org](http://www.interfaithcommunitycare.org)

(623) 584-4999

*Peer counseling and senior case management*

### **JEWISH FAMILY AND CHILDREN'S SERVICE**

6376 West Bell Road, Glendale, AZ 85308

[www.jfcsaz.org](http://www.jfcsaz.org)

(623) 486-8202

(602) 256-0528 (customer service and referral center)

*Counseling, domestic violence, mental health services, job skills for teens, and geriatric services*

# COMMUNITY SERVICES

## Counseling (continued)

### **MAGELLAN**

4129 East Van Buren Street Suite 250, Phoenix, AZ 85034

[www.magellanofaz.com](http://www.magellanofaz.com)

(800) 564-5465 (phone)

(800) 631-1314 (24-hour crisis hotline)

*Oversees the behavioral health care portion of AHCCCS insurance for Maricopa County*

### **PHOENIX INTERFAITH COUNSELING**

2400 West Dunlap Avenue Suite 300, Phoenix, AZ 85021

[www.phoenixinterfaith.org](http://www.phoenixinterfaith.org)

(602) 943-2999 (phone)

(602) 943-4284 (fax)

(888) 343-0177 (24-hour child crisis hotline)

(800) 631-1314 (24-hour adult crisis hotline)

*Mental health services, including medication management and psychiatric evaluations*

### **THE CATHOLIC OUTREACH CENTER**

12301 West Bell Road Suite A103, Surprise, AZ 85374

[www.fsl.org](http://www.fsl.org)

(602) 532-2981

*Counseling, case management, and volunteering for the five parishes of the Sun Cities*

# COMMUNITY SERVICES

## Counseling (Christian)

### **COMPASSION CHRISTIAN COUNSELING**

13657 West McDowell Road Suite 209, Goodyear, AZ 85395

[www.compassionchristiancounseling.com](http://www.compassionchristiancounseling.com)

(623) 935-9767

*General practice specializing in marriage and family and adolescent counseling*

### **CONNECTIONS CHRISTIAN COUNSELING**

12211 West Bell Road #205, Surprise, AZ 85374

[www.lenawright.com](http://www.lenawright.com)

(623) 297-4756

*Women's issues, including depression, anxiety, and trauma*

### **DOORWAYS CHRISTIAN COUNSELING**

1825 East Northern Avenue Suite 200, Phoenix, AZ 85020

[www.doorwaysarizona.com](http://www.doorwaysarizona.com)

(602) 997-2880

*Adolescents and young adults (13-25) struggling with eating disorders, anxiety and depression*

### **KIM HUMBLE**

(623) 640-2773

*Marriage and family and individual issues*

### **MICHELLE HUTCHISON, M.C. LPC**

12600 North 113th Avenue Suite B-9, Youngtown, AZ 85363

[www.michellehutchison.michellehutchison.com](http://www.michellehutchison.michellehutchison.com)

(623) 330-9035

*Co-dependency, anxiety, depression, trauma, and post-traumatic stress in adults*

### **NORTHWEST CHRISTIAN COUNSELING**

17505 North 79th Avenue Suite 111a, Glendale, AZ 85308

[www.nwchristiancounseling.com](http://www.nwchristiancounseling.com)

(623) 680-8172

*Marriage and family and individual issues*

# COMMUNITY SERVICES

## Counseling (Christian) (continued)

### **ROB DARDEN**

7075 West Bell Road Suite 3, Glendale, AZ 85308

nvalleypsychology@yahoo.com

(623) 810-6792

*Pre-marital and marital counseling, as well as depression, anxiety, and eating disorders*

### **SAM LAMPLE**

(928) 684-5673

*Marriage and family and individual issues*

# COMMUNITY SERVICES

## Education

### **CENTRO ADELANTE CAMPEÑO**

Center for the Advancement of the Farm Worker

15646 North Verde Street, Surprise, AZ 85374

NO WEBSITE

(623) 583-9830

*Social services, educational programs, clothes, food, and transportation for low-income families*

### **DYSART COMMUNITY CENTER**

14414 North El Mirage Road, El Mirage, AZ 85335

[www.dysartcc.org](http://www.dysartcc.org)

(623) 583-0016

*Literacy, ESL, GED classes, teen programs and community services*

# COMMUNITY SERVICES

## Employment

### **CHICANOS POR LA CAUSA WESTSIDE WORKFORCE DEVELOPMENT CENTER**

3150 North 35th Avenue, Phoenix, AZ 850177

[www.cplc.org](http://www.cplc.org)

(602) 269-6485

*Helps unemployed or underemployed individuals find meaningful employment*

### **MARICOPA COUNTY WORK FORCE CONNECTIONS WEST VALLEY CAREER CENTER**

1840 North 95th Avenue Suite 160, Phoenix, AZ 85037

[www.maricopaworkforceconnection.com](http://www.maricopaworkforceconnection.com)

(602) 372-4200

*Job training and placement for employment opportunities within the state of Arizona*

# COMMUNITY SERVICES

## Handyman Help

### **INTERFAITH COMMUNITY CARE**

16752 North Greasewood Street, Surprise, AZ 85374

[www.interfaithcommunitycare.org](http://www.interfaithcommunitycare.org)

(623) 207-6016

### **HANDYMAN TEAM (PALM VISTA BAPTIST CHURCH)**

17475 West Bell Road, Surprise, AZ 85374

[www.palmvista.com](http://www.palmvista.com)

(623) 544-0561

### **FIX IT TEAM (PARKWAY CHRISTIAN CHURCH)**

14787 West Cholla Street, Surprise, AZ 85379

[www.parkwaychristianchurch.com](http://www.parkwaychristianchurch.com)

(623) 594-1855

# COMMUNITY SERVICES

## Head Start

### **CATHOLIC CHARITIES COMMUNITY SERVICES**

West Side Head Start

14018 North 5th Avenue, El Mirage, AZ 85335

[www.catholiccharitiesaz.org/catholiccharities/education.aspx](http://www.catholiccharitiesaz.org/catholiccharities/education.aspx)

(623) 583-1744

*Preschool for children of low-income families in Surprise, Youngtown, El Mirage and Whitman*

### **CATHOLIC CHARITIES COMMUNITY SERVICES**

West Side Head Start

11708 North 80th Drive, Peoria, AZ 85345

[www.catholiccharitiesaz.org/catholiccharities/education.aspx](http://www.catholiccharitiesaz.org/catholiccharities/education.aspx)

(623) 583-1915

*Preschool for children of low-income families in Wickenburg, Surprise, El Mirage, and Peoria*

### **CHICANOS POR LA CAUSA**

Migrant and Seasonal Head-Start Program

15815 North Desert Sage Drive, Surprise, AZ 85374

[www.cplc.org](http://www.cplc.org)

(623) 972-7801

*Social services for Mexican migrants and field workers and head start program for their children*

# COMMUNITY SERVICES

## Home-Delivered Meals

### **MEALS ON WHEELS – SUN CITY**

13000 North 103rd Avenue, Sun City, AZ 85351

[www.mowaa.org](http://www.mowaa.org)

(623) 974-9430

*Home-delivered meals seven days a week for qualifying Sun City and Youngtown residents*

### **MEALS ON WHEELS – SUN CITY WEST**

14502 West Meeker Boulevard, Sun City West, AZ 85375

[www.mowaa.org](http://www.mowaa.org)

(623) 214-4233

*Home-delivered meals six days a week for qualifying Sun City West residents*

### **MOBILE MEALS – AVONDALE SENIOR CENTER**

1007 South 3rd Street, Avondale, AZ 85323

[www.avondale.org/index.aspx?NID=127](http://www.avondale.org/index.aspx?NID=127)

(623) 323-2420

*Home-delivered meals for Avondale, Goodyear, Litchfield Park, and Cashion residents*

### **MOBILE MEALS – EDUCATION NETWORK MEALS**

12550 West Thunderbird Road Suite 103, El Mirage, AZ 85335

[www.ednetworkmeals.com](http://www.ednetworkmeals.com)

(623) 570-7616

*Home-delivered meals for Sun City, Sun City West, Surprise, and Waddell residents*

### **MOBILE MEALS – EL MIRAGE SENIOR CENTER**

14010 North El Mirage Road, El Mirage, AZ 85335

[www.cityofelmirage.org/index.aspx?NID=317](http://www.cityofelmirage.org/index.aspx?NID=317)

(623) 937-0500

*Home-delivered meals for El Mirage, Surprise, and Sun City residents*

### **MOBILE MEALS – OLIVE BRANCH SENIOR CENTER**

11250 North 107th Avenue, Sun City, AZ 85351

[www.bannerhealth.com](http://www.bannerhealth.com)

(623) 974-6797

*Home-delivered meals for Sun City and Youngtown residents*

# COMMUNITY SERVICES

## Home-Delivered Meals (continued)

### **MOBILE MEALS – VALLEY WEST YWCA**

8561 North 61st Avenue, Glendale, AZ 85302

[www.ywca.org](http://www.ywca.org)

(623) 931-7436

*Home-delivered meals for Glendale and some Phoenix residents*

### **MOBILE MEALS – WISE OWL SENIOR CENTER**

255 North Washington Street, Wickenburg, AZ 85390

[www.hsd.maricopa.gov/](http://www.hsd.maricopa.gov/)

(928) 684-7894 ext. 103

*Home-delivered meals for qualifying Witmann, Morristown, Aguila, and Wickenburg residents*

# COMMUNITY SERVICES

## Kin Caregivers

### **AREA AGENCY ON AGING – GRANDPARENTS RAISING GRANDCHILDREN/KINSHIP CARE**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org/node/28](http://www.aaaphx.org/node/28)

(602) 264-4357

*Legal, financial and social services and support groups for grandparents and other kin caregivers*

# COMMUNITY SERVICES

## Legal Services

### **COMMUNITY LEGAL SERVICES**

305 South 2nd Avenue, Phoenix, AZ 85003

[www.clsaz.org](http://www.clsaz.org)

(602) 258-3434

*Free legal assistance to low-income households (minus traffic, criminal, and child support cases)*

### **FAMILY LAWYERS ASSISTANCE PROJECT**

201 West Jefferson Street 6th Floor, Phoenix, AZ 85003

[www.superiorcourt.maricopa.gov/sscdocs/pdf/gn50i.pdf](http://www.superiorcourt.maricopa.gov/sscdocs/pdf/gn50i.pdf)

(602) 506-7948

*Free legal advice from volunteer lawyers for qualified individuals in family law matters*

### **MARICOPA COUNTY BAR ASSOCIATION LAWYER REFERRAL SERVICE**

303 East Palm Lane, Phoenix, AZ 85004

[www.lawyerfinders.org](http://www.lawyerfinders.org)

(602) 257-4434

*Lawyer referral service scheduling 30-minute legal consultations for a \$35 administrative fee*

### **VOLUNTEER LAWYERS PROGRAM**

305 South 2nd Avenue, Phoenix, AZ 85003

[www.clsaz.org](http://www.clsaz.org)

(602) 258-3434

*Civil legal assistance to low-income residents of Maricopa County*

# COMMUNITY SERVICES

## Military Services

### **MILSPOUSE.ORG**

[www.milspouse.org/Base/State/AZ/](http://www.milspouse.org/Base/State/AZ/)

*A resource for military spouse employment, education, and relocation information*

### **MILITARY MINISTRY (PALM VISTA BAPTIST CHURCH)**

17475 West Bell Road, Surprise, AZ 85374

[www.palmvista.com](http://www.palmvista.com)

(623) 544-0561

*Letters, care packages, and prayers for those serving in our armed forces*

# COMMUNITY SERVICES

## Refugee Services

### **AREA AGENCY ON AGING – MOSAIC © ELDER REFUGEE PROGRAM**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org/ELDER+REFUGEE](http://www.aaaphx.org/ELDER+REFUGEE)

(602) 264-4357

*Services for elder refugees of persecution in their country of origin living in Maricopa County*

### **CATHOLIC CHARITIES COMMUNITY SERVICES – REFUGEE PROGRAM**

1825 West Northern Avenue, Phoenix, AZ 85021

[www.catholiccharitiesaz.org](http://www.catholiccharitiesaz.org)

(602) 997-6105

*Helps refugees get settled in their new homes and achieve self-sufficiency*

### **INTERNATIONAL RESCUE COMMITTEE**

5227 North 7th Street, Phoenix, AZ 85014

[www.theIRC.org](http://www.theIRC.org)

(602) 433-2440

*Helps refugees and asylees build their lives in America after being forced to leave their homes*

### **REFUGEE & IMMIGRANT RELIEF CENTER**

3001 West Indian School Road, Suite 210, Phoenix, AZ 85017

[www.rircaz.org](http://www.rircaz.org)

(602) 277-5957

*Helps refugees get settled in America and achieve self-sufficiency*

# COMMUNITY SERVICES

## Senior Services

### **AREA AGENCY ON AGING**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org](http://www.aaaphx.org)

(602) 264-4357

*Programs and services for seniors, family caregivers, and those with HIV/AIDS or a disability*

### **EL MIRAGE SENIOR CENTER**

14010 North El Mirage Road, El Mirage, AZ 85335

[www.cityofelmirage.org/index.aspx?NID=317](http://www.cityofelmirage.org/index.aspx?NID=317)

(623) 937-0500

*Activities and lunch program for seniors*

### **INTERFAITH COMMUNITY CARE**

16752 North Greasewood Street, Surprise, AZ 85374

[www.interfaithcommunitycare.org](http://www.interfaithcommunitycare.org)

(623) 207-6016

*Adult daycare center and senior services like food, transportation and home services*

### **SURPRISE SENIOR SERVICES**

15832 North Hollyhock Street, Surprise, AZ 85374

[www.surpriseaz.com/index.aspx?NID=135](http://www.surpriseaz.com/index.aspx?NID=135)

(623) 222-1500

*Activities and lunch program for seniors*

### **WISE OWL SENIOR CENTER**

255 North Washington Street, Wickenburg, AZ 85390

[www.hsd.maricopa.gov](http://www.hsd.maricopa.gov)

(928) 684-7894 ext. 103

*Activities and lunch program for seniors*

# COMMUNITY SERVICES

## Transportation

### **DIAL-A-RIDE – EL MIRAGE**

14010 North El Mirage Road, El Mirage, AZ 85335

[www.cityofelmirage.org/index.aspx?NID=317](http://www.cityofelmirage.org/index.aspx?NID=317)

(623) 937-0500

*Low-cost transportation for all El Mirage residents – wheelchair accessible*

### **DIAL-A-RIDE – SURPRISE**

15832 North Hollyhock Street, Surprise, AZ 85374

[www.surpriseaz.com/index.aspx?nid=1353](http://www.surpriseaz.com/index.aspx?nid=1353)

(623) 222-1622

*Low-cost transportation for all Surprise residents – wheelchair accessible*

### **INTERFAITH COMMUNITY CARE**

16752 North Greasewood Street, Surprise, AZ 85374

[www.interfaithcommunitycare.org](http://www.interfaithcommunitycare.org)

(623) 584-4999

*Free transportation and handyman services*

### **SUN CITY WEST FOUNDATION MINIBUS SERVICE**

14624 R.H. Johnson Boulevard, Sun City West, AZ 85375

[www.scwfoundation.org/scwfMinibus.htm](http://www.scwfoundation.org/scwfMinibus.htm)

(623) 544-3020

*Low-cost transportation anywhere within Sun City West – wheelchair accessible*

# HEALTH SERVICES

## Hospice

### **AMERICAN HOSPICE**

19702 North Routzahn Way, Sun City West, AZ 85375

(623) 975-8340

[www.americanhospice.com/HospiceAZ/](http://www.americanhospice.com/HospiceAZ/)

*Hospice care for terminally ill patients and their families*

### **HOSPICE OF THE VALLEY**

1510 East Flower Street, Phoenix, AZ 85014

[www.hov.org](http://www.hov.org)

(602) 352-3640

*Hospice care for terminally ill patients and their families*

# HEALTH SERVICES

## Independent Living

### **AREA AGENCY ON AGING – SENIOR ADULT INDEPENDENT LIVING (S.A.I.L.)**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org/INDEPENDENT+LIVING](http://www.aaaphx.org/INDEPENDENT+LIVING)

(602) 264-4357

*Helps seniors live at home by providing assistance with daily living activities*

# HEALTH SERVICES

## Long-Term Care

### **ARIZONA LONG-TERM CARE**

801 East Jefferson Street (MD 800), Phoenix, AZ 85034

[www.azahcccs.gov](http://www.azahcccs.gov)

(602) 417-4017

*Long-term care assistance through the AHCCCS state Medicaid program*

### **AREA AGENCY ON AGING – LONG-TERM CARE INFORMATION**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org/node/23](http://www.aaaphx.org/node/23)

(602) 264-4357

*Information regarding long-term care options*

# HEALTH SERVICES

## Medical Services

### **ARIZONA DEPARTMENT OF ECONOMIC SECURITY (DES)**

11526 West Bell Road, Surprise, AZ 85374

[www.healtharizona.org](http://www.healtharizona.org)

(602) 771-1840

*Medical assistance through the AHCCCS state Medicaid program*

### **CLINICA ADELANTE**

16560 North Dysart Road, Surprise, AZ 85374

[www.clinicaadelante.com](http://www.clinicaadelante.com)

(623) 583-3001

*Family health care on a sliding scale basis*

### **FREE CHILDHOOD IMMUNIZATIONS**

[www.cir.org/programs-ci.html](http://www.cir.org/programs-ci.html)

*Information about childhood immunizations and free immunization clinics*

### **HIV CARE**

[www.cir.org/programs-hivcare.html](http://www.cir.org/programs-hivcare.html)

(877) 448-7020 (HIV care line)

*Information about HIV and HIV testing*

### **SEASONAL FLU SHOTS**

[www.cir.org/seasonal-flu.html](http://www.cir.org/seasonal-flu.html)

(602) 324-2814 (24-hour seasonal flu hotline)

*Information about seasonal flu and flu shot clinics*

### **WOMEN, INFANTS AND CHILDREN (WIC)**

16551 North Dysart Road Suite 110, Surprise, AZ 85374

[www.azwic.gov](http://www.azwic.gov)

(623) 583-5977

*Financial assistance for immunizations for mothers and children under the age of five*

# HEALTH SERVICES

## Medical Equipment

### **HELPING HANDS**

14624 R.H. Johnson Boulevard, Sun City West, AZ 85375

[www.scwfoundation.org/scwfHelpHands.htm](http://www.scwfoundation.org/scwfHelpHands.htm)

(623) 975-5499

*Loans medical equipment to Sun City Grand, Sun City West and Cortabella residents*

### **SUNSHINE SERVICE**

9980 West Santa Fe Drive, Sun City, AZ 85351

[www.sunshineservice.org](http://www.sunshineservice.org)

(623) 974-2561

*Loans medical equipment to Sun City residents*

### **SOLECITO SERVICES**

8320 West Madison Street, Peoria, AZ 85345

NO WEBSITE

(623) 876-5331

*Loans medical equipment to West Valley residents*

# HEALTH SERVICES

## Pregnancy, Parenting, and Adoption

### **ARIZONA CHILDREN'S ASSOCIATION (COMPANEROS)**

11327 West Bell Road, Surprise, AZ 85374

[www.arizonaschildren.org](http://www.arizonaschildren.org)

(623) 583-2523

*Foster care, adoption, behavioral health and prevention and other child welfare services*

### **CATHOLIC CHARITIES COMMUNITY SERVICES**

4747 North 7th Avenue, Phoenix, AZ 85013

[www.catholiccharitiesaz.org](http://www.catholiccharitiesaz.org)

(602) 285-1999 ext. 59025

*Family services for birth parents and adoptive services for couples wanting to adopt*

# HEALTH SERVICES

## Pregnancy Centers

### **CRISIS PREGNANCY CENTER – GLENDALE**

4494 West Peoria Avenue Suite 115, Glendale, AZ 85302

[www.azpregnancy.org](http://www.azpregnancy.org)

(623) 486-5232

(866) 303-5683 (24-hour hotline)

*Serves the needs of women and families in crisis due to an unplanned pregnancy*

### **CRISIS PREGNANCY CENTER – WICKENBURG**

778 West Wickenburg Way, Wickenburg, AZ 85390

[www.azpregnancy.org](http://www.azpregnancy.org)

(928) 668-1450

*Serves the needs of women and families in crisis due to an unplanned pregnancy*

# HEALTH SERVICES

## Prescription Assistance

### **CAREMARK**

[www.caremark.com/naco](http://www.caremark.com/naco)

(877) 321-2652

*20% discount for all Maricopa county residents on prescription drugs not covered by insurance*

### **PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

[www.pparx.org](http://www.pparx.org)

(888) 477-2669

*Helps qualifying patients without prescription drug coverage get medicine for free or nearly free*

# HEALTH SERVICES

## Respite Care

### **AREA AGENCY ON AGING – CAREGIVER RESPITE PROGRAM**

1366 East Thomas Road Suite 108, Phoenix, AZ 85014

[www.aaaphx.org/RESPITE+SERVICES](http://www.aaaphx.org/RESPITE+SERVICES)

(602) 264-4357

*Provides those caring for an older parent, grandparent or friend a personal break*

# NEXT STEPS

I will pray for the following people and look for opportunities to love and serve them.

## Home

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## Community

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## Workplace

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



17475 West Bell Road | Surprise, AZ 85374  
623-544-0561 | [palmvista.com](http://palmvista.com)