

COMMUNITY RESOURCES

HEALTH & HUMAN SERVICES

Arizona Self Help

It can be tough to get the help your family needs. **Arizona Self Help** is a free and easy way to find out if your family can get help from 25 different health and human services programs. This website provides **convenient, one-stop** access to: <http://arizonaselfhelp.org/go>

[Program List/ Descriptions](#)

[Contact Information](#)

[List of items you may need to bring to an eligibility interview](#)

[Program applications](#)

Try this website to find out if your family might qualify for helpful benefits. **Arizona Self Help does not ask who you are and we do not share your information with anyone.** Arizona Self Help is a project by Arizona Community Action Association and is not affiliated with any state agency.

Help When You Feel the Economic Crunch

http://www.az211.gov/images/stories/FeatureSection/family_economic_relief/brochure.pdf

FOOD & NUTRITION

Help Yourself

A self-help purchased food program for anyone wanting to stretch their food dollars. Boxes will provide \$40 worth of food for only \$16 in either cash or food stamps. Boxes are available most Fridays and one Saturday per month at our location at 358 East Javelina Avenue in Mesa. If you would like more information, please call @ 480-926-4897.

Need to Stretch Your Food Budget

If you have found yourself in a difficult situation because of tough economic conditions and found that your dollar doesn't go as far at the grocery checkout there is a program of St. Mary's Food Bank Alliance open to the general public.

Open to the general public, the Food Value Club offers a variety of food packages, including meat and shelf stable items. Purchased by the Food Bank from manufacturers and distributors, store quality items are offered in addition to surplus donated food items included with every purchase free of charge. Surplus items may include bread, pastries, produce, and snack and beverage items, depending on availability.

Pantry Package, \$13: includes 14 to 16 meal staples, such as canned vegetables and fruit, pasta and beans

Meat Packages, \$16-\$20: includes four to five excellent quality meat items, such as pork chops, beef patties and chicken breasts

No identification, income criteria or proof of citizenship is required, and cash, debit and Quest cards are accepted

Visit the Food Value Club at any of the following three Valley locations:

- 2831 N. 31st Avenue (31st and Thomas Road) Walk-In: Tuesday thru Friday, 12 to 4 p.m.
Drive-Thru: Saturday, 8 a.m. to 3 p.m.
- 13050 W. Elm Street in Surprise (south of Dysart Road and Bell Road) Tuesday-Saturday,
8am-3pm
- 5605 N. 55th Avenue in Glendale (55th Avenue and Bethany Home Road) Monday-Friday,
8am-3pm

Have additional questions? Contact us at foodvalueclub@firstfoodbank.org or (602) 415-5474.

HOUSING & UTILITES

Arizona Foreclosure

Help Line at 1-877-448-1211

<http://www.azgovernor.gov/MortgageHelp.asp>

ACAA Energy Program - Utilities

ACAA's Energy Program strives to create programs and increase funding to meet the needs of low-income families and individuals in their struggle to remain or become self-sufficient.

Utility companies offer a variety of programs to assist their customers in managing their utility bills. These range from discount and conservation programs to bill assistance programs. To find out more about what programs our utility partners provide, please visit their websites below.

For information on **APS** low-income programs, visit:

http://www.aps.com/aps_services/residential/lowincome/Default.html

For information on **Southwest Gas** low-income programs, visit:

<http://www.swgas.com/residential/specialprograms>

For information on **SRP** payment and discount options, visit:

<http://www.srpnet.com/prices/home/options.aspx>

For information on **Tucson Electric Power (TEP)** low-income programs, visit:

<http://www.tep.com/Community/AssistancePrograms/index.asp>

For more information on **UniSource Energy Services** low-income programs, visit:

<http://www.uesaz.com/community/assistanceprograms/lowincomeAssistance.html>

For information regarding current utility discount programs, contact info@azcaa.org

FINANCIAL ASSISTANCE

Debt Free Credit Counseling, Inc. is a non-profit public service offers personal money management assistance for ASU employees. If you are feeling over-extended and overwhelmed,

"drowning" in debt, or have too few checks and too many bills, this service may be just what you need.

Services include:

- How to get a credit report/how to correct credit report errors
- Learn to budget and balance a checkbook
- Set up affordable re-payment plans with creditors
- Stop collection activity
- Learn how to improve credit rating
- Bankruptcy counseling

For Appointments:

Schedule a 30-minute appointment **1st and 3rd TUESDAY each month between 11am and 1pm** at the University Services Building

Janice Buzzelle
Credit Counseling Specialist
1148 W. Baseline Road
Mesa, AZ 85210
480.388.3520

HEALTH CARE

Medical Resources

Low Cost Medical Assistance- <http://nursing.asu.edu/nmhc/index.htm>

- [ASU Health Center](#), located on the first floor of the Nursing & Healthcare Innovation (NHI) building at 500 N. 3rd Street. Students, faculty and staff from any ASU campus, as well as the public, are able to access quality, affordable healthcare while studying or working in the Downtown Phoenix area.
- [Breaking the Cycle Community Health Care](#), based in central Phoenix, a few blocks north of the Downtown Phoenix campus, provides free or low-cost reproductive health services for adolescents and adults who do not have health insurance.
- [Community Health Services Clinic](#), in Scottsdale, is nationally recognized as one of the first primary healthcare centers in the country to be directed and staffed by nurses.
- [Escalante Community Center](#), in Tempe, serves low-income children, their families, and elderly adults who are residents of Tempe.
- [North Tempe Health Center](#) - located at the North Tempe Multi-Generational Center aims to promote healthy lifestyles and behaviors, improve quality of life, and provide access to healthcare for uninsured or underinsured individuals, children and families in Tempe.

Kids Care-- <http://www.kidscare.state.az.us/>

Kids Care is healthcare insurance made available by the State of Arizona and offers healthcare at low cost to Arizona children 18 years old or younger.

Sight for Students— <http://www.sightforstudents.org/>

Sight for Students is a VSP charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network doctors who provide the eyecare services.

Lions Vision Center-- <http://www.lionsvisioncenter.org/> (602) 267-7573

Medications

RX Assistance-- <http://www.rxassist.org/default.cfm>

Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine.

JOBS & EMPLOYMENT

Fresh Start <http://www.wehelpwomen.com/default.htm>

Located in the heart of downtown Phoenix, The Jewell McFarland Lewis Fresh Start Women's Resource Center, which opened in October of 2002, is the first comprehensive, self-help center for women in the country. The Center is designed for women ages 18 years or older who are seeking information, resources and assistance in their quest for emotional and financial independence. There are no qualifying criteria to be met before women can obtain assistance at the center.

LEGAL RESOURCES

Appointments for legal services contact:

Elizabeth Badalamenti, RN, BSN | 480.727.6517

Appointments are available **every Thursday between 11am and 1pm** at the University Services Building. Services and exclusions will be explained in depth at your information/enrollment session. All enrollees will pay for this service through a personal account. A Spanish-speaking registration counselor is available upon request.

Pre-Paid Legal, a New York Stock Exchange company will be offering a voluntary, pre-paid legal benefit program to all interested ASU employees. The pre-paid legal services family plan is available for \$15.95 on a month-to-month basis.

Spanish-speaking attorneys are available upon request.

Services include:

- Preventive Law
- Motor Vehicle Services
- Trial Defense Services
- IRS Audit Legal Services
- Special Legal Services

Pre-Paid Legal Casualty

Wendell Wesley

Group Benefit Coordinators

480.232.1831

Lawyer Referral Service is a service of the Maricopa County Bar Association. Legal problems can be puzzling when you don't know where to turn for answers. The **Lawyer Referral Service** can:

- Refer you to a lawyer that best fits your needs after receiving payment.
- The lawyer will provide you with a 30-minute legal consultation with an attorney for a \$35.00 administrative fee. (Fee is non-refundable once the appointment is scheduled.)
- The lawyer will have professional malpractice insurance and is in good standing with the State Bar of Arizona and the Maricopa County Bar Association.
- After receiving payment will connect you directly to a lawyer's office located near your work or home.

An interviewer will:

- Ask you a few questions and arrange for payment of your \$35.00 fee.
- Will connect you to the attorney's office after receiving payment.

Fee is \$35 for a 30-minute consultation. Any additional legal services required beyond the 30-minute consultation will be determined by the attorney.

Call: 602-257-4434

OTHER RESOURCES

Arizona Community Action Association

Arizona Community Action Association promotes economic self-sufficiency for low-income people through collaborations which:

- Strengthen, represent and promote Arizona's Community Action agencies
- Encourage and enhance interagency cooperation
- Represent low-income concerns
- Assure maximum feasible participation of low-income people
- Develop partnerships with the public and private sectors
- Engage in research and education related to developing solutions to poverty

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other.

<http://www.azcaa.org/index.html>

Franciscan Renewal Center

www.thecasa.org or 480-948-4760

Salvation Army

www.salvationarmy.org or 602-256-4500

Catholic Services

www.catholiccharitiesaz.com/phoenix.aspx-22x or 602-997-6105

St. Vincent de Paul

www.stvincentdepaul.net or 602-254-3338

Chicanos Por La Causa

www.cplc.org or 602-257-0700

Community Information & Referral Services

www.cirs.org/ or 602-263-8856