



# FIRST THINGS FIRST

Yuma Region

## About First Things First

Approved by Arizona voters, First Things First (FTF) works to ensure that your youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed. Across the state, FTF Regional Partnerships Councils — in collaboration with local leaders — identify the education and health needs of children birth through age 5 in their communities and fund strategies to address those needs.

## First Things First Cocopah Regional Partnership Council

Chair - Wilana Ortega	Diana Navarro	June Stillings
Vice Chair - Dr. Elizabeth Renaud	Tabatha Novotni	Paula Twist Koolick
Esteban Escobar	Marisol Penuelas	Senda Thundercloud

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Yuma, AZ 85364

**Website:** [www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)  
[www.FirstThingsFirst.org/regions/cocopah-tribe/](http://www.FirstThingsFirst.org/regions/cocopah-tribe/)



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# Welcome to Cocopah Tribe Resource Connections Guide

Families are a child’s first and best teacher. It is important that parents and caregivers have the information and support they need to make the best choices.

Especially during the early years, when a child’s brain grows and develops the most. In fact, 90% of a child’s brain growth happens by age 5, before they start kindergarten. And scientific research has shown that a child’s experiences in their early years affect how their brain develops.

That’s why First Things First partners with families and communities to help kids have the positive, nurturing experiences they need to arrive at school ready to succeed. We do this through quality early care and education programs, preventive health efforts and supporting parents in their role as their child’s first teachers.

The purpose of this guide is to allow organizations, businesses and other entities in the FTF Cocopah Tribe region to come together to create a family-centered, comprehensive, collaborative and high-quality early childhood system that supports the development, health and early education of all children birth through age 5 in the FTF Cocopah Tribe region.

We hope you will find this information useful!

If you would like additional copies of this guide, would like to suggest corrections, or would like to be included in the next edition, please contact First Things First at 928.343.3020 or [YumaFTFGuide@FirstThingsFirst.org](mailto:YumaFTFGuide@FirstThingsFirst.org)

Thank you for partnering with us as we work together to build a better future for our children, our families and our community!



**Scan to download Cocopah Tribe Resource Connections Guide**

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## Disclaimer

Disclaimer- **Cocopah Tribe Programs are only available to Cocopah Indian Tribal Members Only.** The publishers have taken every reasonable measure to ensure the information in this resource guide is accurate. In the event any information is inaccurate, the publishers assume no liability for damages incurred directly or indirectly as a result of incomplete, incorrect or omitted information. Inclusion of the agency in this directory does not constitute an endorsement of the agency nor their services. If you identify information that is incorrect, please notify First Things First, Yuma regional office at 928.343.3020 or [YumaFTFGuide@FirstThingsFirst.org](mailto:YumaFTFGuide@FirstThingsFirst.org)

## Cocopah Indian Tribe

The Cocopah Indian Tribe, known as the River People, have lived along the lower Colorado River and delta for centuries, maintaining their traditions and culture throughout many political and environmental changes. The Cocopah are part of the greater Yuman-speaking peoples who have inhabited lands along the Colorado River for millennia have a largely oral language with histories being transmitted from generation to generation and through settler historical accounts documenting Cocopah life.

Established in 1917, the Cocopah Reservation comprises approximately 6,500 acres. Currently about 1,200 tribal members live and work on or near the Reservation. In 1964, the Tribe founded its first Constitution and established a Tribal Council.

Located 13 miles south of Yuma, AZ, the Reservation is home to Cocopah Casino, Cocopah Resort & Conference Center, Cocopah Rio Colorado Golf Course, Cocopah Museum, Cocopah RV & Golf Resort, Cocopah Speedway and Wild River Family Entertainment Center and Korner Store. Visitors enjoy golfing, gaming, shopping, learning about the Tribe's culture and taking in the great scenic beauty of the region.

**[www.cocopah.com](http://www.cocopah.com)**



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# # FIRST THINGS FIRST Ages & Stages

Available in  
English and  
Spanish

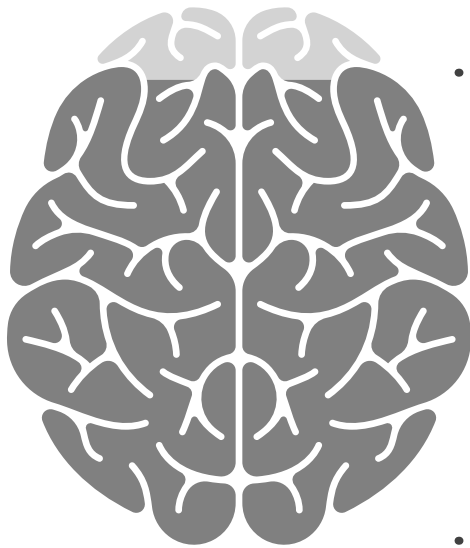


From the day your child is born, understanding how they play, learn, speak, act and move offers important clues about your child's development. While all children develop differently, it helps to know if your child is meeting typical milestones at different ages and stages and how you can support their healthy development. Understand what's happening at different stages of your child's life and how you can help them learn and grow.

**VISIT** [FirstThingsFirst.org/AgesAndStages](https://www.FirstThingsFirst.org/AgesAndStages)

# Why Early Childhood Matters

From birth to age 5, a child's brain grows more than at any other time in life. And early brain development has a lasting impact on a child's ability to learn and succeed in school and life. The quality of a child's experiences in the first few years of life – positive or negative – helps shape how their brain develops.



# 90%

## of Brain Growth Happens Before Kindergarten

At birth, the average baby's brain is about a quarter of the size of the average adult brain. Incredibly, it doubles in size in the first year. It keeps growing to about 80% of adult size by age 3 and 90% – nearly full grown – by age 5.

The brain is the command center of the human body. A newborn baby has all of the brain cells (neurons) they'll have for the rest of their life, but it's the connections between these cells that really make the brain work. Brain connections enable us to move, think, communicate and do just about everything. The early childhood years are crucial for making these connections. At least one million new neural connections (synapses) are made every second, more than at any other time in life.

The early years are the best opportunity for a child's brain to develop the connections they need to be healthy, capable, successful adults. The connections needed for many important, higher-level abilities like motivation, self-regulation, problem solving and communication are formed in these early years – or not formed. It's much harder for these essential brain connections to be formed later in life.



## **What is Quality First?**

Quality First is a program of First Things First, Arizona's early childhood agency, that supports Arizona's child care providers, so they can support our young children. With over 1,200 participants, these programs are licensed and regulated, but participating in Quality First is voluntary. These programs are committed to quality improvement, going beyond regulatory requirements to help the infants, toddlers and preschoolers in their care be ready for success in school and beyond.

## **Quality Matters**

90% of a child's brain growth happens before age 5, and the positive, nurturing relationships young kids have with adults — from parents to child care and early learning professionals — shape their learning now and throughout their lives.

## **Quality First Scholarships**

Early care and education providers enrolled in Quality First may be eligible to offer Quality First Scholarships, which help low-income families with children birth to age 5 afford quality child care. Many low-income families struggle to pay for quality child care. Some must choose between a job or leaving their children in care that is not their first choice. Quality First Scholarships help early care and education providers fill paid slots in their program and reimburse them for some of the expenses of providing quality (higher wages for more experienced and educated professionals, low staff-to-child ratios and small group sizes, etc.).

## **Find a Quality First Child Care Program Near You**

Choosing a child care or preschool program for your young child is a big decision. Things like location, availability, hours and cost are important to consider, and so is the quality of the program. Research shows that quality early care and education programs help young children learn, grow and be ready for success in kindergarten and beyond.

**[www.FirstThingsFirst.org/quality-first](http://www.FirstThingsFirst.org/quality-first)**



# BASIC NEEDS

## Head Start & Preschools

### Cocopah Head Start

Cocopah Head Start is a federally funded program that provides free services to support preschool and early learning/development, 3 to 5 years of age, as well as health and well-being for families that meet Head Start eligibility guidelines. Head Start prioritizes services to families with lower income, children with special needs, families experiencing homelessness, or engaged in the foster care system, families receiving public assistance, and other families depending on circumstances and availability. Documents needed for eligibility: Original Birth Certificate; Current immunization records; Proof of income (tax form, TANF letter etc.); Guardianship documentation (if applicable); Physical Exam; Diagnoses (if applicable); Proof of insurance (AHCCCS, Kids Care, Private Insurance etc.); Proof of Residency; Proof of tribal enrollment (if applicable); Parent Identification.

17900 S Cottonwood Dr

Somerton, AZ 85350

928.627.3197

<https://www.facebook.com/cocopahtribe/posts/1718348444934823>

Office hours: Monday to Friday 7:30am to 4:30pm

School hours: 7:30am to 2:30pm

Languages offered: English

Cost: Free

### Cocopah Day Care

The Cocopah Day Care is a child care center for children 3-12 years of age who are enrolled in a federally recognized tribe. We provide nutritious meals, child care, tutoring, and provide parents informational flyers that may interest them. We have CPR and First Aide certified staff to ensure the children's safety at all times.

14281 S Centre Ave

Somerton, AZ 85350

928.627.3729 Ext. 20

[www.facebook.com/CocopahDaycare](http://www.facebook.com/CocopahDaycare)

Hours: Mon – Fri 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

### Early Steps Program

The Early Steps Program is a free voluntary home visitation program designed to help with the challenges of parenting and achieving goals that are important to you and your family. Your home visitor will work with you and your family in the areas of early childhood development, health, and the importance of early literacy. Being a parent is both very rewarding, but also challenging. Home visitation can guide you in helping your child grow, learn and thrive.

14515 S Veterans Dr

Somerton, AZ 85350

928.722.7536

928.372.7546

<https://www.facebook.com/groups/1030211004173658/>

Hours: Mon – Fri 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

## Housing & Nutrition Resources

### Cocopah Indian Housing and Development (CIHAD)

The Cocopah Indian Housing and Development (CIHAD) is an independent organization created by the Cocopah Tribe to establish a strong cohesive and financially stable community. CIHAD exists to provide safe, decent and sanitary housing for every tribal member and to encourage members already living on the Reservation to remain and to encourage members now living off-reservation to return.

10488 W Steamboat St

Somerton, AZ 85350

928.627.8863

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

### Cocopah Elder Nutrition

The Cocopah Elder Nutrition program provides Cocopah Tribal Members who are 55 years or older the following services: Home delivered meals, transportation, information and referral services, nutrition counseling, support services, advocacy and low-income home energy assistance.

14515 S Veterans Dr

Somerton AZ 85350

928.627.1148

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

## Art & Recreation Resources

### Cocopah Parks Community Center

A safe, fun environment offering recreational and social activities to Cocopah tribal members of all ages. Provides scheduled activities in the Arts, Sports and Fitness, Music and Dance and much more. The center houses a gym, computer room and recreation room which are open for tribe members use daily. The community center employs experienced recreation staff who are trained to ensure tribal members needs are met and all community members feel welcome. Community Center activities can be found on the Cocopah Community Center official Facebook page.

14281 S Centre Ave,  
Somerton, AZ, 85350  
928.627.5658

<https://www.facebook.com/groups/597209651915119/>

Hours: Mon.- Fri. 7 a.m.-7 p.m.

Languages offered: English

Cost: Free

### Cultural Resources Department

The Cocopah Cultural Resources Department serves the Cocopah community by protecting cultural resources, both past and present, as well as engaging in programs to build a brighter future for the Cocopah culture. Cocopah Cultural Resources works with government departments and agencies, both within the Cocopah Tribal Government and with outside organizations to ensure the protection of cultural resources and education about the Cocopah community. Cocopah Cultural Resources also assists Cocopah tribal members who wish to access traditional sites or need traditional plants/animals/knowledge for cultural practices.

14529 S Veterans Dr  
Somerton, AZ 85350  
928.722.7523

[www.facebook.com/cocopahmuseum](http://www.facebook.com/cocopahmuseum)

Hours: Mon-Fri 8a.m.-5p.m.

Languages offered: English

Cost: Free

### Museum

Built in 1996, the Cocopah Museum and Cultural Center feature exhibits on history and culture, meeting spaces, and a gift shop. The Cocopah Museum is a recognized federal repository and its exhibits feature objects and depictions of Cocopah history and culture. Museum guests will see examples of traditional clothing such as bark skirts and leather sandals, modern-day beadwork, pottery, traditional tattoo designs, musical instruments and the Cocopah warriors' display.

14533 S Veterans Dr  
Somerton, AZ 85350  
928.627.1992  
[www.cocopah.com/museum.html](http://www.cocopah.com/museum.html)

Office Hours: Mon - Fri 8 a.m.-5p.m.

Gift Shop & Exhibit Hours: 9am-4pm

Languages offered: English

Cost: No Admission Fee

# FAMILY SUPPORT

Reading is vital to a child's ability to learn and be successful in school. And the early literacy skills needed to be a good reader – like language and vocabulary – start developing from birth. But it doesn't happen automatically. A child's brain is not pre-wired for reading.



When babies and toddlers hear words and language from caring adults, their brains develop the important connections needed to learn how to read. Studies show that children whose parents and caregivers regularly talk and read with them develop larger vocabularies, become better readers and do better in school. That's because the first few years of a child's life are when the brain grows and develops the most, and a child's experiences in these early years affect how their brain develops.

Language and early literacy developments starts from the very beginning. Babies are listening in utero, and once they're born, they're communicating through eye contact, facial expressions, crying, smiles and touch. When adults respond with words, conversation and attention, it helps build the child's brain in ways that promote healthy development and learning.



For more information visit:

**[FirstThingsFirst.org/language-and-literacy](https://www.firstthingsfirst.org/language-and-literacy)**

# FAMILY SUPPORT

## Education & Vocational Resources

### Cocopah Education Department

The Education Department exists to address the primary and secondary education issues and concerns of the Cocopah Indian Nation by providing information and funding opportunities which assist the maximum number of enrolled Cocopah Indian students in grades K-12 and higher education.

#### Programs

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##### ■ Higher Education Assistance

The Cocopah Education Department will aid in the funding of graduating high school juniors and seniors with their college or university admissions application fees. The Cocopah Education Department will assist with college or university fees for students who qualify. For more information, contact the Education Department.

##### ■ Johnson O'Malley Program

The Johnson O'Malley program is a math and reading program, with cultural and traditional values integrated for school age children entering kindergarten through 12th grade. The Johnson O'Malley Program is held during the summer months so all Native American school-aged children can participate.

##### ■ Cocopah Summer Youth Program

Cocopah Summer Youth Program is an employment program that is available to high school students who meet the specified criteria and have successfully completed an academic school year. The summer youth program operates during the summer months, please review the K-12 Handbook for further requirements.

14503 S Veterans Dr  
Somerton, AZ 85350  
928.627.4973

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

Facebook: [www.facebook.com/cocopahtribe](https://www.facebook.com/cocopahtribe)

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

### Cocopah Vocational Training Center

The goal of the Cocopah Vocational Training Center is to enable Tribal Members to find unsubsidized employment by providing the education and vocational skills required to be competitive in today's job market.

14250 S Ave I  
Somerton, AZ 85350  
928.627.8026

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

### ManPower

Manpower provides GED and on the job training services for adults. Additionally, emergency services and food assistance are also provided.

9803 W Veterans Pl  
Somerton AZ 85350  
928.210.4163

Hours: Mon.- Fri. 8 a.m – 5 p.m.

Languages offered: English

Cost: Free

# FAMILY SUPPORT

# HEALTH & WELLNESS

## Social Services & Legal Resources

### Cocopah Social Services

Cocopah Social Services provides support and services to individuals, families and the Cocopah community to ensure family and community unity. The services the department provides are Child & Adult Protection, enforcement of the Indian Child Welfare Act, and assisting community members in finding & applying for services from other agencies. Financial assistance is limited to foster care payments to foster parents and group homes for Cocopah wards and vulnerable adults of the Court. The Department acts as Fiduciary for Tribal members and medical power of attorneys as ordered by Cocopah Court.

14515 S Veteran Dr  
Somerton AZ 85350  
928.627.3729

Hours: Mon-Fri 8 a.m. – 5 p.m.  
Languages offered: English  
Cost: Free

## Legal Resources

### Prosecutors Department

202 South First Ave., Suite 301-C  
Yuma, AZ 85364  
928.919.7470

Hours: Mon-Fri 8 a.m. – 5 p.m.

### Cocopah Tribal Court

9761 Veterans Pl  
Somerton, AZ 85350  
928.627.2550 Ext 7507

## Behavioral Health & Family Medicine

### Alcohol/Drug Abuse Prevention Program (ADAPP)

The Cocopah Alcohol and Drug Prevention Program (ADAPP) delivers culturally sensitive and competent substance abuse/dependence treatment, education and prevention services to Cocopah tribal members. The goal of ADAPP is to improve functioning and relational stability thereby helping clients to overcome barriers and become productive members of their community and society. Tribal Opiate Response Grant, offers services to tribal members and their families who have been impacted by opiates and the negative outcomes surrounding this epidemic.

Perry Thompson, ADAPP Director  
9803 Veterans Pl  
Somerton, AZ 85350  
928.627.2161  
Email: [adapp@cocopah.gov](mailto:adapp@cocopah.gov)

Marcos Nieves, BA, Tribal Opiate Response Director  
Email: [nievesm@cocopah.gov](mailto:nievesm@cocopah.gov)  
Hours: Mon.- Fri. 8 a.m. – 5 p.m.  
Languages offered: English  
Cost: Free

### Cocopah Native Connections

Cocopah Native Connections mission is to empower the community to prevent youth suicide and substance misuse by promoting body, mind and spirit wellbeing to establish balance in their lives. Native Connections services include awareness training, suicide prevention coalitions, screening for depression, suicides and substance abuse, youth togetherness activities, behavioral health referrals, youth after-school program, postvention services, at-risk youth well-check visits and youth counseling services. Native Connection services are available for all Cocopah youth from 9 to 24 years of age.

19515 S Veterans Dr  
Somerton, AZ 85350  
928.627.2681  
[www.cocopah.com/departments.html](http://www.cocopah.com/departments.html)  
Facebook: [www.facebook.com/profile.php?id=100064448156193#](https://www.facebook.com/profile.php?id=100064448156193#)

Hours: Mon.- Fri. 8 a.m. – 5 p.m.  
Languages offered: English,  
Cost: Free

# HEALTH & WELLNESS

## Behavioral Health & Family Medicine

### Fort Yuma Indian Health Services (IHS)

The Cocopah Tribe is served by the Fort Yuma Indian Health Services (IHS). The center provides patient centered medical services in the areas of acute illness, behavioral health counseling, chronic illness management, dental care, laboratory, nutrition, pediatrics, pharmacy, physical therapy, public health nursing, preventive care, social services, and wellness care.

Fort Yuma Health Center  
401 Picacho Rd  
Winterhaven, CA 92283  
760.572.4100

Toll Free: 1.800-862-4911

Weekends and After Hours Nurse-Line: 1.866.896.1585

Pharmacy: 760.572.4119

Dental: 760.572.4226

Hours: Mon-Wed, Fri, 8 a.m. -5 p.m.; Thu. 10 a.m.-5p.m.

Languages Offered: English Cost: Free

### Tribal Health Maintenance Programs (THMP)

The Cocopah Tribal Health Maintenance Program (THMP) exists to provide services to support the wellness and healthcare needs of the tribal members to maintain and/or improve the quality of life for the community.

THMP Services Include:

- Non-emergency medical transportation \*Restriction may apply
- Medication pickup/ delivery
- Diabetic shoe vouchers
- Eyeglasses vouchers
- Incentives

4526 S Veterans Dr  
Somerton, AZ 85350  
928.627.2681  
Fax: 928.627-2929  
[www.facebook.com/cocopahthmp](http://www.facebook.com/cocopahthmp)

Hours: Mon-Fri 8 a.m. – 5 p.m.

On site Public Health Nurse available every Wednesday

10:00am – 3:00pm

Cost: Free

# PUBLIC SAFETY & EMERGENCY SERVICES

## Environmental Protection

### Environmental Protection Office (EPO)

Jennifer Alspach, EPO Director

14500 S Veterans Dr

Somerton, AZ 85350

928.627.2025

Fax: (928) 627-3115

[alspachj@cocopah.com](mailto:alspachj@cocopah.com)

## Emergency Readiness

### Office of Emergency Preparedness

14500 S Veterans Dr

Somerton, AZ 85350

928.750.6612

<http://www.cocopah.com/oem/>

### Fire Department

Somerton/Cocopah Fire Department

445 E Main St

Somerton, AZ 85350

928.722.7381

### Police Department

Cocopah Police Department

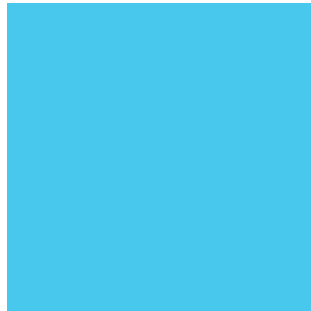
14540 S Veterans Dr

Somerton, AZ 85350

928.627.8857

# Yuma

## COUNTY RESOURCE CONNECTION GUIDE



2025-2026

**# FIRST THINGS FIRST**

Here's to wisdom  
and wonder.  
Here's to life.



**From first smiles to first steps,  
expert care for your little one.**

The early years are magical, and we're here for every moment. Our pediatric specialists provide expert care for children starting at birth, helping your little one grow, thrive and stay healthy every step of the way. From wellness visits to specialty care, find the trusted partner your family needs today.

**nvida**  
**Health™**

[nvidahealth.org/Pediatrics](https://nvidahealth.org/Pediatrics)



# FIRST THINGS FIRST

Yuma Region

## About First Things First

Approved by Arizona voters, First Things First (FTF) works to ensure that your youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed. Across the state, FTF Regional Partnerships Councils — in collaboration with local leaders — identify the education and health needs of children birth through age 5 in their communities and fund strategies to address those needs.

## First Things First Yuma Regional Partnership Council

Chair - Donald Vickers

Emilia Cortez

Cori Rico

Vice Chair - Linda Elliott-Nelson

Lizette Esparza

Mia Sanchez

Ayari Armenta

Marla Ford

Mario Ybarra

Alma Barrantey

Miriam Limon

## First Things First Yuma Regional Staff

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Diana Ortega, Program Coordination Specialist

Zahid Plantillas, Community Engagement Coordinator

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2450 S. 4th Avenue, Suite 400  
Yuma, AZ 85364

**Website:** [www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)  
[www.FirstThingsFirst.org/regions/yuma](http://www.FirstThingsFirst.org/regions/yuma)



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# Welcome to the Yuma Region Resource Connection Guide

Strong families are the cornerstone of strong communities. Physical well-being and lifelong health begin at birth and continue to develop as we grow. These enable our children to become productive and contributing community members.

Parents and caregivers are a child's first and most important teachers. It is important that families have the information and support they need to make the best choices.

First Things First (FTF) brings you this guide to provide you with information on programs, organizations and resources in the FTF Yuma and Cocopah Tribe regions.

The mission of First Things First is to collaborate with local partners to create a family-centered, comprehensive, collaborative and high-quality early childhood system that supports the development, health and early education of all Arizona's children birth through age 5 to prepare them to succeed in school and life.

This guide is intended to enhance networking opportunities, improve communication, create new partnerships and bring awareness of resources in the area to help better serve families.

We hope this information will be useful to you!

If you would like additional copies of this guide, would like to suggest corrections or would like to be included in the next edition, please contact First Things First at 928-343-3020 or [YumaFTFGuide@FirstThingsFirst.org](mailto:YumaFTFGuide@FirstThingsFirst.org).

Thank you for partnering with us as we work together to build a better future for our children, our families and our community!



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# BASIC NEEDS / NECESIDADES BÁSICAS

## Breastfeeding Resources / Recurso De Lactancia Materna

### The Arizona Department of Health - WIC Pregnancy and Breastfeeding Hotline

Offers free breastfeeding support and consultations, Pregnancy and PostPartum support, and Newborn support. The services are offered in over 250 languages. Services are available 24/7 to everyone. Families, Healthcare Providers, Healthcare Paraprofessionals can call 1.800.833.4642 for assistance.

1.800.833.4642

<https://www.azdhs.gov/prevention/azwic/>

Hours: 24 hours, 7 days

Languages offered: English, Spanish

Cost: Free

### Arizona Department of Health Services Breastfeeding Program

The Arizona Department of Health Services (ADHS) provides support to breastfeeding mothers through breastfeeding awareness.

150 N 18th Ave

Phoenix, AZ 85007

602.542.1025

Breastfeeding hotline: 1.800.833.4642

[www.azdhs.gov/breastfeeding](http://www.azdhs.gov/breastfeeding).

Hours: Breastfeeding hotline is 24 hours a day, 7 days a week

Languages offered: English, Spanish

Cost: Free

### La Leche League of Arizona

La Leche League provides education, information, support, and encouragement to those who want to breastfeed/chestfeed. Support services include breastfeeding support by phone and in person.

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

Hours: Contact for hours.

Languages offered: English, Spanish

Cost: Free

### Onvida Health - Breastfeeding Support

As a new mother, your decision to breastfeed is a healthy choice for your baby. But the process of breastfeeding is sometimes challenging. Our support services help you breastfeed successfully and include access to lactation consultants — registered nurses who are dedicated to making breastfeeding a positive and rewarding experience for moms and babies.

928.336.1228

<https://www.onvidahealth.org/services/newborn-care/>

Facebook: [www.facebook.com/onvida](https://www.facebook.com/onvida)

Hours: 8:30 am - 4:30 pm or leave a message after hours

Languages offered: English, Spanish

Cost: Contact for details

### Postpartum Support International-Arizona Chapter

Free resources for expecting or parenting caregivers to support their mental and emotional wellbeing.

<https://psiarizona.org/birthing-people>

English and Spanish, translation services for other languages available with appointment

### Women, Infants and Children (WIC)

Women Infants & Children (WIC) program is a Special Supplement Nutrition Program for Women, Infants and Children (WIC) up to 5 years of age is a short-term intervention program designed to influence lifetime nutrition and health behaviors. Services include nutrition education, breastfeeding support, supplemental foods, in-staff registered dietician, referrals to health care and other social services. WIC locations in Yuma, San Luis, Somerton and Wellton.

Yuma

220 W 28th St

Yuma, AZ 85364

928.317.4500

[www.yumacountyaz.gov/government/health-district/divisions/wic-nutrition](http://www.yumacountyaz.gov/government/health-district/divisions/wic-nutrition)

San Luis

1358 Liberty ST (inside County Court Complex)

San Luis, AZ 85349

928.317.4500

Monday through Friday - 8:00 a.m. to 5:00 p.m.

Somerton

350-B Main ST

Somerton, AZ 85350

928.317.4500

Monday, Wednesday, Friday - 8:00 a.m. to 5:00 p.m.

Hours: Mon.-Fri. 8 a.m.- 5 p.m.

Languages offered: All

Cost: Free

# BASIC NEEDS / NECESIDADES BÁSICAS

## Housing Resources / Recursos De Vivienda

### Arizona Association of RV Parks & Campgrounds Manufactured Housing Communities of Arizona

Mobile/Manufactured Home Parks: Manufactured Housing Communities of Arizona represents the owners of parks throughout the state. Many mobile/manufactured home parks are the most affordable unsubsidized housing available. If you are looking for a mobile home for sale or rent that is on a space you will rent, please go to our website at [https://azmhca.com/af\\_memberdirectory.asp](https://azmhca.com/af_memberdirectory.asp) and enter the area you are interested in living in and you will see a list of parks in the area. You can also email us at [info@azmhca.com](mailto:info@azmhca.com) for more information.

800.351.3350

[https://azmhca.com/af\\_memberdirectory.asp](https://azmhca.com/af_memberdirectory.asp)

Hours: 24/7 online

Languages offered: English

Cost: Contact for details

### Arizona Department of Housing (ADOH)

Funding quality affordable housing and community revitalization to benefit all Arizonans and ensuring safe manufactured buildings throughout the state. An Arizona with safe, inclusive, livable communities and affordable housing options for all.

### Arizona Department of Housing (ADOH) - con't

602.771.1000

1110 W. Washington #280

Phoenix, AZ 85007

[www.housing.az.gov/](http://www.housing.az.gov/)

Languages Offered: English/Spanish

### Avenir Financial

VA Home Loan Specifically for veterans, service members, and families of service members. Purchase your home with little to no down payment, no private mortgage insurance (PMI), and get a competitive rate. First-time Home buyers Program Owning your first home is possible. Home loan programs with low down payments are available for first-time home buyers. \*\*Rate and terms may vary depending on each individual's credit history and underwriting factors. Subject to lending approval. Membership required—based on eligibility. Certain restrictions apply. Federally insured by NCUA. Equal Housing Lender. NMLS 746414.

Visit the website for hours and locations:

<https://www.avenirfinancial.org/loans/home-loans.html>

Toll free: 1.888.783.8881

928.783.8881



**A Rise Above.**

Avenir Financial is Yuma's only local community credit union, and we are dedicated to uplifting families towards their American dream.

Call or visit today to learn more about how to join our credit union family.

**avenir**  
FINANCIAL

Federally Insured by NCUA

928.783.8881 | [avenirfinancial.org](http://avenirfinancial.org)

# BASIC NEEDS / NECESIDADES BÁSICAS

## Housing Resources / Recursos De Vivienda

### Comité de Bien Estar, Inc.

Comite de Bien Estar is a non-profit agency focusing in building and strengthening the community. Comite de Bien Estar assist Mexican-Americans and new immigrants to overcome barriers they may face such as low wages, limited political representation and limited access to conventional financing.

#### Program

##### ■ Bienestar Housing Resource Center (BHRC)

Bienestar Housing Resource Center (BHRC) a division of the Comité de Bien Estar. BHRC is a one-stop center that focuses on assisting people meet their housing needs by facilitating access to affordable housing and practical financial counseling. Program assistance aims to aide families in areas such as finances management, foreclosure assistance, financial literacy, first time homebuyer counseling, down payment, and closing cost assistance.

963 E B St

San Luis, AZ 85349

928.627.8559

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

Facebook: [www.facebook.com/ComitedeBienestarYuma](https://www.facebook.com/ComitedeBienestarYuma)

Hours: Mon - Thur: 8am - 6pm Friday: 8am - 12pm

Sat - Sun: Closed

Languages offered: English, Spanish

Cost: Fees may apply

### Hacienda Manuel Chavez

The Chavez Foundation housing program assist eligible families with subsidized apartments and rentals. The Hacienda Manuel Chavez offers apartments to qualifying applicants. Application fees apply and all applicants are subject to background checks.

500 S Somerton Ave

Somerton, AZ 85350

928.627.2919

Hours: Mon.-Fri. 8 a.m. – 5 p.m

Languages offered: English, Spanish

Cost: Contact for details

### Housing America Corp.

Housing America Corp is dedicated to the improvement of communities by providing safe, affordable and decent housing through education and economic opportunity for low-income to moderate income families and individuals.

#### Programs

##### ■ 502 Loan Program

The 502 Loan Program assist low- and very-low-income families/homebuyer in obtaining a decent, safe and clean housing through payment assistance to increase the homebuyer repayment ability. Payment assistance is a form of subsidy that may reduce monthly mortgage payments.

##### ■ Homeownership Education

Homeownership Education assist by providing families with pre and post purchase homebuyer education in an effort to create successful long term homeowners. Classes are free of charge.

130 N State Ave

Somerton, AZ 85350

928.627.4221

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

Facebook: [www.facebook.com/Housing-America-Corporation](https://www.facebook.com/Housing-America-Corporation)

Hours: Mon-Fri 8 a.m - noon, 1 p.m - 5 p.m

Languages offered: English, Spanish

Cost: Fees may apply

##### ■ Self Help

The USDA Mutual Self-Help program provides assistance to very low and low income individuals and families able and willing in building 65% of their own house. Programs creates groups of ten to twelve participants who work together to build each other's houses. All participants are to attend required education classes, work a set amount of construction labor to include weekends. For further information, contact the USDA Mutual Self Help program office.

# BASIC NEEDS / NECESIDADES BÁSICAS

## Housing Resources / Recursos De Vivienda

### Housing Authority of the City of Yuma (HACY)

HACY is non-profit organization committed to providing affordable housing opportunities that meet the needs of residents and the community.

#### Programs

##### ■ Family Self Sufficient Program (FSS)

The Family Self-Sufficiency (FSS) Program designed to motivate and assist participants identifying career goals to overcome barriers and achieving their goals. The FSS program provides low-income families opportunities for education, job training, counseling and other forms of social service assistance as they live in assisted housing.

928.782.3823 Ext 153

##### ■ Homeownership Programs

Family Self-sufficient Participants who wish to become a homeowner are afforded the opportunity to develop their Individual Training and Service Plan (ITSP) in preparation for homeownership. The FSS program coordinates workshop to assist participants with programs such as WISH/IDEA.

420 S Madison Ave Yuma, AZ 85364

928.782.3823 Ext. 151

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

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish Cost: Free

##### ■ Multi-Family Service Program (MSP)

The Multi-Family Service Program assists residents of public housing remain self-sufficient and be aware of resources available in the Yuma community. The MSP Program offers assessments to help to determine needs and provide referrals to medical and/or mental health services, meal or nutritional services, emergency response services, educational workshops, employment information and transportation is provided for qualified participants.

928.782.3823 Ext 145

##### ■ Rental Assistance Demonstration (RAD)

The Rental Assistance Demonstration (RAD) Program is a new initiative that seeks to improve the quality of life for over 200 Yuma residents. The RAD program consist in converting public housing subsidies into Section 8 contracts attached to the developments.

928.782.3823 Ext. 110

##### ■ Section 8

HCV Section 8 program works with landlords and property owners to provide affordable housing opportunities to individuals and families in need. Housing Assistance Payment (HAP) program subsidizes the household rent in contract with the landlord/owner. Program subsidies are dependent of participants' household income.

928.782.3823 Ext. 110

### National Bank of Arizona: Affordable Home Mortgage Loan Program

The Affordable Home Mortgage Loan is a mortgage loan featuring a variety of benefits for qualified or first-time homebuyers. National Bank of Arizona Mortgage Officers can help you prepare to find the program and type of loan that best accomplishes your goals. Several locations in Yuma, AZ.

Visit the website for more information.

<https://www.nbarizona.com/personal/>

<https://www.nbarizona.com/personal/home-loans/affordable-home-mortgage/>

Mon-Friday 9 a.m. to 5 p.m. Cost: Call for Details

928.723.6377

### Rapid Rehousing - Western Arizona Council of Governments (WACOG)

Western Arizona Council of Governments' Rapid Rehousing program assist families in becoming stabilized utilizing specialized services and community referrals.

Case managers are available to assess and provide eligible households appropriate services such as client engagement, developing & monitoring case plan, closure of the care plan, outside resources, evaluation & planning, and budgeting.

1235 S Redondo Center Dr

Yuma, AZ 85364

928.782.1886

Facebook: [www.facebook.com/WACOG.AZ](http://www.facebook.com/WACOG.AZ)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

If you are currently experiencing homelessness, the first step is to get in touch with the shelter in your community. DIAL 2-1-1

### HOUSING COUNSELING SERVICES

COUNSELING/ADVISORY SERVICES

-First-time Homebuyer/Pre-purchase

- Foreclosure/Default Prevention

-Rental/Eviction Prevention

FOR AN APPOINTMENT Call:

928.217.7195 OR 866.559.2264

Email: [housingcounseling@wacog.com](mailto:housingcounseling@wacog.com)



# BASIC NEEDS / NECESIDADES BÁSICAS

## Housing Resources / Recursos De Vivienda

### Southwest Fair Housing Council SWFHC

SWFHC is dedicated to eliminating housing discrimination and assisting victims of housing discrimination in exercising their rights. The Fair Housing Act protects people from adverse treatment in any housing transaction based upon seven protected classes: race, color, national origin, religion, sex, disability, and familial status. Depending on where you reside in Arizona, you may also be protected on the basis of sexual orientation, gender identity, ancestry, age, and marital status.

520.798.1568

602.218.6491

1.888.624.4611

<https://www.swfhc.org/>

Hours: 9 a.m. to 5 p.m. by appointment only

Languages: English, Spanish. Let a representative know if another language is needed.

Cost: Free

### U.S. Department of Agriculture - USDA

USDA provides opportunities for homeownership and home renovation and repair programs in rural sites. USDA assist in providing financing to elderly, disabled or low-income rural residents in multi-unit housing complexes. USDA Programs include: housing for individuals, multi-family housing rentals, single family housing direct home loans, single family housing guarantee loan program, single family housing repair loans and grants.

833.663.8732

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

Facebook: [www.facebook.com/USDA](https://www.facebook.com/USDA)

Hours: Mon.-Fri 8 a.m. – 5 p.m.

Languages offered: English

Cost: Free

### Youth Build/AmeriCorps - Portable Practical Education Preparation, Inc. (PPEP)

The YouthBuild/AmeriCorps is program for youth providing students skill development. Through housing partnerships students build low income housing, attend GED classes and community college courses. Students are able to give back to the community through service, expand their education, and earn education scholarships for higher education.

731 N First Ave

San Luis, AZ 85349

928.627.3203

<https://ppep.org/programs/youth/>

Hours: Mon.-Fri. 8 a.m. – 4 p.m.

Languages offered: English, Spanish

Cost: Free

PPEP microbusiness & Housing Development foster dynamic communities of opportunity by offering financial products, business services, and community development programs. Our program offers capital lending and supportive services by experienced staff which includes technical assistance, business counseling, and training to start-ups and existing businesses. PMHDC is an intermediary lender for SBA, EDA, and USDA. PMHDC assists underserved communities through microbusiness lending and technical assistance training.

Somerton Office-

201 N. Bingham Ave #2

Somerton, AZ 85350

928.294.3284

<https://www.pmhdc.com/about-us>

### Yuma County Housing Department

The staff at the Yuma County Housing Department assist low-income families with safe, decent and affordable housing opportunities as they strive to achieve self-sufficiency and improve the quality of their lives. We do this by being fiscally responsible, being creative and by always being committed to excellence in public service.

2050 W. Main Street, Suite 88

Somerton, AZ 85350

928.304.7333

<https://www.yumacountyaz.gov/government/housing>

Hours: M-F 8 a.m. to 5 p.m.

# BASIC NEEDS / NECESIDADES BÁSICAS

## Nutrition & Food Resources / Recursos De Nutrición Y Alimentos

### Department of Economic Security (DES)

DES works with families, community organizations, advocates and state and federal partners to realize our collective vision that every child, adult and family in Arizona will be safe and economically secure.

#### Programs

##### ■ Nutrition Assistance (Formerly known as food stamps program)

Nutrition Assistance is a program for the Food and Nutrition Service (FNS) Supplemental Nutrition Assistance Program (SNAP) which strives to prevent under nutrition in Arizona.

<https://des.az.gov/na>

##### ■ State Nutrition Action Committee

Visit the website to learn about Various Nutrition Assistance Programs

<https://www.azheadstart.org/pdfs/Infographic-06-11-2024.pdf>

##### ■ Emergency Food Assistance Program (TEFAP)

The Emergency Food Assistance Program (TEFAP) is a federally funded program assisting the low-income Americans nutrition, including elderly people through emergency food and nutrition assistance at no cost  
[www.fns.usda.gov/tefap/emergency-food-assistance-program](http://www.fns.usda.gov/tefap/emergency-food-assistance-program)

### Fr. Cherian Food Pantry -St. Paul's Episcopal Church

Fr. Cherian Food Pantry has teamed up with the Yuma Community Food Bank to provide boxes of food to our community. Working hours are 9 a.m. to 11 a.m. every other Saturday. All those with a picture ID and residential address may please access this opportunity to receive food items whether for themselves or to recommend this outreach program to others who are in need.

1550 S 14th Ave

Yuma, AZ 85364

928.782.5155

Facebook: [www.facebook.com/StPaulsYuma](http://www.facebook.com/StPaulsYuma)

Hours: Every other Saturday 9am. – 11 a.m.

Languages offered: English, Spanish

Cost: Free

### New Life Pregnancy Center - Arizona Baptist Children Services

Free Pregnancy tests, diapers, wipes, clothes, baby supplies and food boxes. Services offered to pregnant women and children zero to six years of age.

2363 S. Kennedy Ln

Yuma, AZ 85365

928.726.5568

[www.newlifepregnancy.com/locations/new-life-pregnancy-center-yuma/](http://www.newlifepregnancy.com/locations/new-life-pregnancy-center-yuma/)

Hours: Tues.-Thurs. 8a.m.-4p.m.

Languages offered: English, Spanish

Cost: Free

### Office Locations

#### San Luis

663 N William Brooks Ave

San Luis, AZ 85349

928.627.1890

#### Yuma

1800 E. Palo Verde S

Yuma, 85364

928.247.8740

#### Somerton

342 W Main St

Somerton, AZ 85350

928.627.2075

1185 S Redondo Dr

Yuma, AZ 85365

928.247.8760

Hours: Mon.-Fri. 7:30 am. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

# BASIC NEEDS / NECESIDADES BÁSICAS

## Nutrition & Food Resources / Recursos De Nutrición Y Alimentos

### Yuma Community Food Bank

Designed to provide low- income individuals and families with surplus food monthly that is donated by the United States Department of Agriculture (USDA), to supplement the nutritional needs of program eligible individuals and households.

Requirements-

- Photo ID at each visit
- Proof of residence in Yuma County during first visit
- Self-declare that you meet the eligibility guidelines.

2404 E 24th St

Yuma, AZ 85365

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

Facebook: [www.facebook.com/yumafoodbank](https://www.facebook.com/yumafoodbank)

Food Distribution Mon.-Fri. 7:30 a.m. – 12:30 p.m.

Languages offered: English

Cost: Free

### Distribution Sites

#### Dateland

Dateland Elementary School

1300 Ave 64E

Dateland, AZ 85333

928.343.1243

Food Distribution: 2nd Thu of every month,  
10 a.m. – 12 p.m.

#### Somerton

Somerton Gym

801 W Main St

Somerton, AZ 85350

Food Distribution:

4th Wed of each month,  
10 a.m. -12 p.m.

#### San Luis

San Luis Senior Center

790 Juan Sanchez

San Luis, AZ 85349

928.343.1243

Food Distribution: 2nd Wed of each month  
7 am - 11 am

Yuma County Housing

Campo Amarillo 8450 US 95

Somerton, AZ 85350

928.343.1243

Food Distribution:

3rd Thu of each month,  
8 a.m. – 11 a.m.

### Distribution Sites (cont)

#### Wellton

Sunset Health

10425 Williams Street

Wellton, AZ 85356

Last Thursday of each month

7 a.m. to 9 a.m.

#### Yuma

2404 E 24th St

Yuma, AZ 85364

928.343.1243

Food Distribution:

Open Mon – Fri,  
7:30 am - 12:30 pm

#### Mesa Heights

2150 S. AZ Ave

Yuma, AZ 85364

928.343.1243

Food Distribution:

3rd Tue of each month,  
8a.m. – 10 a.m.

#### OC Johnson Community School

1201 W 12th St,

Yuma, AZ 85364

928.502.7900

2nd Thurs of each month,

8a.m. – 9:30 a.m.

### Yuma County Women Infants & Children (WIC)

Women Infants & Children (WIC) program is a special supplement nutrition program for Women, Infants and Children (WIC) up to 5 years of age is a short-term intervention program designed to influence lifetime nutrition and health behaviors. WIC is assistance, not a handout. It is healthcare, not a welfare program. WIC provides nutritious foods and services at no cost without reservation of status. Services include nutrition education, breastfeeding support, supplemental foods, in-staff registered dietician, referrals to health care and other social services.

<https://www.yumacountyaz.gov/government/health-district/divisions/wic-nutrition>

Language: English, Spanish, ASL, and other languages available via Language Line

### Locations

#### Yuma

2200 W 28th St

Yuma, AZ 85364

928.317.4500

#### San Luis

1358 Liberty St

San Luis, AZ 85349

928.317.4500

(Appointment only)

#### Somerton

350-B Main St

Somerton, AZ 85350

928.317.4500

# BASIC NEEDS / NECESIDADES BÁSICAS

## Nutrition & Food Community Resources / Recursos Comunitarios De Nutrición Y Alimentos

### Adventist Community Services

903 W 3rd St  
Yuma, AZ 85364  
928.329.1076  
[www.communityservices.org/](http://www.communityservices.org/)

### American Legion #19

2575 S Virginia Dr  
Yuma, AZ 85364  
928.344.3441  
10:00 am - 11:00 pm every day  
Webpage: <https://www.legion.org/>  
Cost: veteran to attend \$35.00 membership fee  
Language: English Spanish  
\*Food boxes for veterans and families in need

### Gila Mountain Methodist Church

12716 E North Frontage Rd  
Yuma, AZ 85365  
928.342.0345  
[www.gilamountain.org](http://www.gilamountain.org)  
Mon.-Thrus. 9am-3pm  
Sun. 10:30am-12:00pm  
\*Food donation drop off only

### Helping Hands of Yuma

11776 S Sheryl Dr  
Yuma, AZ 85364  
928.305.9974  
<https://helpingyuma.org/>

### San Luis Food Pantry

800 E. Juan Sanchez Blvd.  
San Luis, AZ 85349  
928.627.9660  
928.627.9056

### San Luis Senior Nutrition

790 S. Juan Sanchez  
San Luis, AZ 85349  
Contact: Amparo Baulista  
928.627.0646

### Yuma Senior Nutrition-Home Delivered Meals

160 E 1st Street  
Yuma, AZ 85364  
928.782.1105  
928.782.4489  
<https://www.ccs-soaz.org/services/detail/senior-nutrition-congregate-meals-ccs-waz>

## Meal Distribution Locations/ Ubicaciones de Distribución de Comida

### Catholic Community Services North End Community Center

Monday-Thursday, 10 a.m.-noon, senior meal

### Crossroads Mission

Weekdays-  
5:30 a.m. for breakfast,  
11:30 a.m. for lunch, and  
5 p.m. for dinner;  
Weekends-  
6 a.m. for breakfast,  
noon for lunch,  
5 p.m. for dinner

### The Salvation Army

Monday-Thursday until noon for a bag of lunch, or Friday at  
5:30 p.m. for a hot meal

### Stone Ridge Church

Tuesday and Thursday, 5 p.m., a hot meal

## Hygiene Locations / Ubicaciones de Higiene

### Cristina's Closet

Third Thursday of the month, 7-9 a.m.,  
clothing, hygiene, drinks, food and other resources

### Damascus Road Church

Second Saturday of the month, 7-9 a.m.,  
clothing, hygiene and food

### The Rock Church

Saturdays at 8 a.m. for showers, clothing, haircuts and food

# BASIC NEEDS / NECESIDADES BÁSICAS

## Safe House & Shelter Resources / Recursos De Casa Segura Y Refugio

### Amberly's Place

Amberly's Place houses specially trained professionals who respond on the scene 24 hours a day to offer support to victims of child abuse (both physical and sexual), domestic violence, sexual assault, human trafficking, and elder abuse. Referrals to Amberly's Place come from community service providers, Department of Child Safety, law enforcement and individuals who wish to self-report.

1310 S 3rd Ave  
Yuma, AZ 85364  
928.373.0549  
24 Hour Crisis Hotline: 928.373.0849  
www.amberlyspplace.com  
Hours: Mon.-Fri. 8 a.m.-5p.m.  
Languages offered: English, Spanish  
Cost: Free

### Catholic Community Services

Safe House provides programs such domestic violence intervention programs through mobile and community based advocacy and emergency shelters. Safe House is committed to breaking the cycle of domestic violence by providing an accessible safe place for individuals and families fleeing for their safety. Prevention and Intervention services. Community based services include: tenant program and community outreach.

690 E 32nd St  
Yuma, AZ 85364  
928.782.0077  
www.ccs-soaz.org  
Local Hotline: 928.782.0044 Crisis Hotline: 1.877.440.0550  
Hours: Mon.-Fri. 8 a.m.-5p.m.  
Languages offered: English, Spanish  
Cost: Free

### Crossroads Mission

Crossroads Mission offers programs to assist homeless guest with basic needs, a safe environment, a clean, comfortable bed, hot meals, showers, and bathrooms. Services are available 365 days a year, 24 hours a day. Guests can make use of the program for ten consecutive days each month. Guest must be 18 years and older or be accompanied by a parent or guardian. Program access requires a valid, non-expired, and acceptable identification, proof of marriage for couples. Without identification, guests are only allowed one night of shelter. Crossroads Mission is a faith based organization whose goal is to restore and preserve human dignity. Cooling and Hydration Station - Offering a place indoors to cool down and hydrate.

944 S. Arizona Ave  
Yuma, AZ 85364  
928.783.9362  
www.crossroadsmmission.org  
Hours: Mon.-Fri. 8 a.m.-5p.m.  
Languages offered: English, Spanish  
Cost: Free

### Proverbios 31 South County Domestic Violence Shelter

928.750.0562  
Email:proverbs31homeaz@gmail.com  
Office: 8 a.m. to 3 p.m.  
Emergencies: 24/7

### Right Turn for Veterans

Right Turn for Veterans assist Veterans at risk of being homeless or homeless veterans with permanent transition to financial and social independence through transitional housing. Assistance includes room and board, medical benefits, re-engaging with community and family and assisting in obtaining financial independence.

257 S 3rd Ave  
Yuma, AZ85364  
928.783.2427  
www.rightturnyumavets.com  
Hours: Mon.-Fri. 8 a.m.- 5p.m.  
Languages offered: English, Spanish  
Cost: Free

### Support Groups

#### ■ Circle of Friends:

<https://www.facebook.com/groups/202559730289858/>

#### ■ Autism Support Group (Stone Ridge Church):

<https://www.facebook.com/events/6300-e-24th-st-yuma-az-united-states-arizona-85365/autism-support-group-of-yuma-meeting/1338433153784895/>

#### ■ Spanish Support Group: Grupo de Apoyo Creciendo Unidos con Autismo

Facebook: <https://www.facebook.com/profile.php?id=100093688471864>  
Email: unidosconautismo@outlook.com  
928.210.5716

# BASIC NEEDS / NECESIDADES BÁSICAS

## Transportation Resources / Recursos De Transporte

### Greyhound/FLIX

(Look for the YCAT Bus Shelter with Greyhound logo)  
Greyhound provides transportation within the state and national travel. Greyhound is one of the largest providers of transportation. Travel fees and restrictions apply.

Fair Information: 1.800.231.2222

Greyhound does not have a physical station in Yuma County. It is a bus stop pick up location.

YCAT is a ticket agent.

1245 S Castle Dome Ave

Yuma, AZ 85364

928.783.4403

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

Hours: Mon.-Fri. 8a.m.-8 p.m.; Sat.9 a.m. - 6 p.m.

Languages offered: English

Cost: Fees apply

### New Angel Flight West

Angel Flight West's network of volunteer pilots provide free medical transportation to people in need. Angel Flight West delivers health and hope using donated flights to serve those with healthcare or other compelling human needs. In the air, Angel Flight West links volunteer pilots and commercial airlines with people whose non-emergency health needs require long-distance travel to access care. On the ground, volunteer drivers ferry passengers to and from their departure and destination airports.

Flights to Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, Oregon, Utah, Washington, and Wyoming.

3161 Donald Douglas Loop South

Santa Monica, CA 90405

Main Number

(310) 390-2958

Toll-Free Number

888.4AN.ANGEL

888.426.2643 <https://angelflightwest.org/>

### YCAT

Yuma County Area Transit (YCAT) part of the Yuma County Intergovernmental Public Transportation Authority (YCIPTA) providing bus services throughout Yuma County. Services are available in Yuma, Somerton, Town of Wellton, Cocopah Indian Reservation and unincorporated communities of Yuma County, including Gadsden, Fortuna Foothills, Ligurta, Winterhaven and El Centro, CA and on the Quechan/Fort Yuma Indian Reservation.

### Programs

#### ■ YCAT OnCall

YCAT OnCall service offers on demand door to door transportation for individuals with disabilities or for any individual of age who is functionally unable to use regular scheduled routes. This service is wheelchair accessible and supports individuals with visual impairments. For further information on program guidelines call 1.800.782.1886

2715 E 14th St

Yuma, AZ 85365

Administrative Offices: 928.539.7076

Transit Information: 928.783.2235

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

Hours: Mon.-Fri. from 5:25 a.m. to 8:30 p.m.;

Sat. from 9:30 a.m. -6:30 p.m.

Languages offered: English

Cost: Fees apply

#### Yuma International Airport

Yuma International Airport is operated and managed by the Yuma County Airport Authority. Yuma International Airport strives to provide a safe and comfortable environment for people traveling through the airport's terminal.

2191 E 32nd St, Suite 218

Yuma, AZ 85365

928.726.5882

<https://flyyuma.com/>

Hours: Mon.-Fri. 8a.m.-5 p.m.; Terminals open at 5:30 a.m., 7 days a week 4am to midnight

Languages Offered: English, Spanish

Cost: Fees apply

# BASIC NEEDS / NECESIDADES BÁSICAS

## Utilities Resources / Recursos De Utilidades

### Arizona Public Service (APS)

Arizona Public Services provides assistance for individuals in need of assistance with their energy bills through discounts for qualified limited income individuals and bill management programs. A little help can make a big difference.

MS 3200 PO Box 53933

Phoenix, AZ 85072

1.800.253.9405

[www.aps.com/en/Residential/Account/Assistance-Programs](http://www.aps.com/en/Residential/Account/Assistance-Programs)

Hours: 24 hours a day, seven days a week

Languages offered: English, Spanish

Cost: Free

### Chicanos Por La Causa Family Assistance

Chicanos Por La Causa provides vulnerable communities with emergency hardship services and referrals. Under the Family Assistance, Terriy Cruz Legacy Program, these emergency services include APS utility assistance, rental assistance, Southwest Gas, funeral assistance, food box referrals, SNAP (Supplemental Nutrition Assistance Program) eligibility assistance and AHCCCS (Arizona Health Care Cost Containment System).

1938 W CESAR CHAVEZ BLVD STE 1A.

San Luis AZ 85349

928.543.9841 or 602.805.1666

<https://cplc.org/programs/family-assistance>

Monday, Tuesday, or Wednesday 9AM–12PM or 2PM–4PM

Languages offered: English, Spanish

Cost: Contact for details

### City of Yuma Utilities Department

City of Yuma Utilities Department offers assistance to city residents with utilities through a one-time set amount limit towards utilities. The City of Utilities Department goal and priority is to take all necessary actions to ensure the delivery of reliable water supply of the highest quality at reasonable cost. For more information, contact the utilities department.

270 W. 13th St

Yuma, AZ 85364

Water Billing & Payments 928.373.4999

Customer Services 928.373.5076

After Hours Emergencies 928.783.7601

<https://www.yumaaz.gov/government/utilities>

Hours: Mon.- Thu. 7 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

### The Salvation Army

Assistance with emergency food, utilities and rent (when funds are available) and personal hygiene kit bag. The Salvation Army is a feeding location Monday-Thursday until noon for a bag of lunch, or Friday at 5:30 p.m. for a hot meal.

600 W Catalina Dr

Yuma, AZ 85364

928.783.0181

[www.yuma.salvationarmy.org/yuma\\_corps](http://www.yuma.salvationarmy.org/yuma_corps)

Facebook: [www.facebook.com/salvationarmyyuma](http://www.facebook.com/salvationarmyyuma)

Hours: Mon.-Fri. 9 a.m. -5p.m.

Languages offered: English, Spanish

Cost: Free

### Western Arizona Council of Governments

Western Arizona Council of Governments (WACOG) provides a comprehensive array of services to help people achieve their highest level of self-sufficiency. WACOG programs provide a safety net of services to the community, working to prevent homelessness, maintain independent living and providing the foundation for the development of self-sufficient, healthy, caring and productive children and families.

COMMUNITY ASSISTANCE & REFERRAL HELPLINE

Type of assistance provided:

-State Portal Navigation Application Assistance

\*Electric/Natural Gas/ Propane/Wood/Coal/Water Rental/ Mortgage Assistance (Very Limited)

-Energy Education/Advocate & Referrals

-Case Management:

Intended to assist the household in resolving crisis situations and move closer to financial sustainability.

For assistance call

Fridays ONLY

from 8AM—12PM

928.782.3462

For status updates on current intakes contact:

928.782.1886

1235 S Redondo Center Dr

Yuma, AZ 85364

928.782.1886

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

Facebook: [www.facebook.com/WACOG.AZ](http://www.facebook.com/WACOG.AZ)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free



## What is Quality First?

Quality First is a program of First Things First, Arizona's early childhood agency, that supports Arizona's child care providers, so they can support our young children. With over 1,200 participants, these programs are licensed and regulated, but participating in Quality First is voluntary. These programs are committed to quality improvement, going beyond regulatory requirements to help the infants, toddlers and preschoolers in their care be ready for success in school and beyond.

## Quality Matters

90% of a child's brain growth happens before age 5, and the positive, nurturing relationships young kids have with adults — from parents to child care and early learning professionals — shape their learning now and throughout their lives.

## Quality First Scholarships

Early care and education providers enrolled in Quality First may be eligible to offer Quality First Scholarships, which help low-income families with children birth to age 5 afford quality child care. Many low-income families struggle to pay for quality child care. Some must choose between a job or leaving their children in care that is not their first choice. Quality First Scholarships help early care and education providers fill paid slots in their program and reimburse them for some of the expenses of providing quality (higher wages for more experienced and educated professionals, low staff-to-child ratios and small group sizes, etc.).

## Find a Quality First Child Care Program Near You

Choosing a child care or preschool program for your young child is a big decision. Things like location, availability, hours and cost are important to consider, and so is the quality of the program. Research shows that quality early care and education programs help young children learn, grow and be ready for success in kindergarten and beyond.

[www.FirstThingsFirst.org/quality-first](http://www.FirstThingsFirst.org/quality-first)



# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Child Care Resources & Providers / Recursos Y Proveedores De Cuidado Infantil

### Department of Economic Security (DES)

The Arizona Department of Economic Security (DES) works with and provides families with assistance programs to become economically secure. DES Child Care provides childcare assistance program to assist families with childcare cost to empower parents to partake in employment and education development.

### Office Locations

#### San Luis

663 N William Brooks Ave  
San Luis, AZ 85349  
1.855.432.7587

#### Yuma

1800 E. Palo Verde S  
Yuma, 85364  
1.855.432.7587

1185 S Redondo Dr  
Yuma, AZ 85365  
928.247.8760

<https://des.az.gov/>

Hours: Mon.-Fri. 7:30 a.m. to 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Quality First

Quality First is Arizona's quality improvement and rating system for early learning programs. Created and administered by First Things First, Quality First partners with more than 1,000 licensed and regulated child care and preschool providers across the state to improve the quality of their early learning programs for children from birth to age 5 and help more Arizona kids arrive at kindergarten ready to succeed.

### Programs

#### Quality First Scholarships

Early care and education providers enrolled in Quality First may be eligible to offer Quality First Scholarships, which help low-income families with children birth to age 5 afford quality child care. Many low-income families struggle to pay for quality child care. Some must choose between a job or leaving their children in care that is not their first choice. Quality First Scholarships help early care and education providers fill paid slots in their program and reimburse them for some of the expenses of providing quality care.

1.866.973.0012

Hours: Mon.-Fri. 8 a.m. to 5 p.m.

#### Site Coaching

Coaching focused on key components of quality early care, including adult-child interactions, learning environments and staff qualifications. Coaches can conduct on-site customized training and provide coaching on how to implement best practices for children in your care. Based on assessment scores, each program is given a Quality First Star Rating, ranging from 1 to 5 stars.

3970 W 24th St., Suite 103

Yuma, AZ 85364

928.783.4003

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

Hours: Mon.-Fri. 8 a.m. to 4 p.m.

Languages offered: English, Spanish

Cost: Income based, contact for more information

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Child Care Resources & Providers / Recursos Y Proveedores De Cuidado Infantil

### Quality First Child Care Providers

#### San Luis

Arcoiris Childcare/Preschool  
1944 E San Francisco  
San Luis, AZ 85349

928.627.0494

Email: arcoirischildcarepreschool@hotmail.com

Bienestar Child Development Center  
1504 Liberty St  
San Luis, AZ 85349

928.627.9342

Email: bienestarchildcare@yahoo.com

Chavez's Family Daycare

3726 E Udall Ln  
San Luis Az 85349  
928.488.0556

El Castillo Del Niño

1409 Arden Ave  
San Luis AZ 85349

928.366.9447

Email: elcastillodelninodaycare@gmail.com

Ester's Childcare

1434 B St  
San Luis, AZ 85349

928.627.1695

Email: estergurrola@yahoo.com

Estrellita Childcare center LLC

751 N 4th Ave  
San Luis, AZ 85349

928.722.5242

Famania Learning Center

3333 East Edna Lopez Ct  
San Luis, AZ 85349

928.236.3087

Email: Mrs.famania24@gmail.com

First Steps Preschool LLC

1350 E Monreal Ln  
San Luis 85349

928.919.6562

Harvest Preschool & Childcare Center

1945 Juan Sanchez Blvd, Suite 5b  
San Luis, AZ 85349

928.446.3333

Email: agamez@harvestprep.com

Hi Kids Childcare/Preschool

1456 Babbitt Ln  
San Luis, AZ 85349

928.627.0108

Email: hikidscc@yahoo.com

Kivito's Family Childcare

3826 E San Pedro St  
San Luis Az 85349

928.488.7486

Little Hands Big Minds Daycare

174 N Joe Harper Ct  
San Luis Az 85349

928.271.0607

Luz Luna

1514 E San Francisco St.  
San Luis Az 85349  
928.285.3304

Martha Espinoza

572 Montano Dr  
San Luis 85349

928.627.7939

Mi Casita Daycare

1019 N Ppep Dr.  
San Luis 85349

928.366.9557

#### Somerton

Bienstar De Cielo

144 Brenda St  
Somerton Az 85350  
928.550.5188

Colibri Daycare

806 W 12th St  
Somerton Az 85350  
928.446.9235

Little Stars Daycare

548 S Sunset Ave  
Somerton Az 85350  
928.723.7154

The King's Treasures

4715 West Cynthia Ln  
Somerton, AZ 85350

928.210.7932

Email: rositaadonai@yahoo.com

#### Yuma

ABC's Clubhouse  
246 West 23rd St  
Yuma, AZ 28364

928.388.1831

Contact: Herlinda Martinez

Email:

Herlindamartinez1250@gmail.com

Alicia's Daycare

2036 S. 46th Ave  
Yuma, AZ 85364

928.329.8987

Email: plara2036@gmail.com

Angela's Daycare

3056 S 32nd Ave  
Yuma, AZ 85364

928.257.8921

Email: gela129@gmail.com

Angel's Place

1436 S 12th pl  
Yuma Az 85364

928.920.8539

Bubbles Early Headstart and Preschool

1403 S. 5th Ave  
Yuma, AZ 85364

928.783.3364

Contact: Kenia Morales

Email:

Bubbleschildcareyuma@gmail.com

Bubbles Early Learning Center

2464 W 8th Street  
Yuma, AZ 85364

928.257.7643

Email:

bubbleschildcareyuma@gmail.com

Busy Bee's Preschool/Childcare

2375 S. Ave A  
Yuma, AZ 85364

928.783.4677

Contact: Humberto Montero

Email:

Busybeezpreschool@hotmail.com

busybeezpreschoolandchildcare.com

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Child Care Resources & Providers / Recursos Y Proveedores De Cuidado Infantil

### Quality First Child Care Providers

Capstone Quest Academy

2098 S 3rd Ave

Yuma Az 85364

928.329.1100

1220 S 4th Ave

Yuma Az 85364

928.919.7203

Children's Daycare Center

1701 South Ave B, Unit 101-103

Yuma, AZ 85364

928.276.4862

Contact: Jose Diaz

Email: Childrens20011@hotmail.com

Desert Trails Learning Center

802 West 19th St

Yuma, AZ 85364

928.246.1243

Contact: Rozalynn Koch

Deserttrails@happytrailsyuma.com

Elsa Day Care

3906 W 25th Ln

Yuma Az 85364

928.840.1868

First Christian Church Preschool

3261 S Ave 6E

Yuma, AZ 8536

928.503.9763

Email: akinsmbsb4@yahoo.com

Five Little Stars

3047 S Orlando Ave

Yuma Az 85365

928.219.0997

Gabby's Family Childcare

1732 W 26th Dr.

Yuma Az 85364

928.315.3127

Happy Face Daycare

1739 W 26th Dr.

Yuma Az 85364

928.726.9515

Happy Trails Preschool Daycare

1739 West 26th Dr

Yuma, AZ 85364

928.726.9515

Contact: 928.726-9515

Email: Lauraesquer61@gmail.com

Happy Trails Preschool

11607 S Fortuna Rd

Yuma, AZ 85367

928.345.9199

happytrailsyuma@happytrailsyuma.com

Harvest Preschool/Childcare

1793 S 1st Ave

Yuma, AZ 85364

928.446.3333

Contact: Araceli Gamez

Email: agamez@harvestprep.com

www.harvestprep.com

Jardin Angelical

4240 West Daisy St

Yuma, AZ 85364

928.783.3318

Contact: Guadalupe Centeno

Email: Jardinangelical@gmail.com

Kid's Wonderland

4882 West 18th Pl

Yuma, AZ 8534

928.210.5784

Email: lizzyparra@yahoo.com

Little Hands Academy

3780 S 4th ave

Yuma Az 85365

928.259.7440

Little Star Childcare

1733 West 26th Dr

Yuma, AZ 85364

928.726.0481

Contact: Angelica Tovar

Email: Atovar0481@gmail.com

Little Rascals

1748 W 26th St

Yuma Az 85364

928.488.7634

Lupita's Daycare

2018 S. 36th Dr

Yuma, AZ 85364

928.304.4331

Email: lupitasdaycare@yahoo.com

Lydia's Daycare

1702 West 1st St

Yuma, AZ 85364

928.783.5743

Contact: Lydia Sanchez

Email: lydiasanchezll@yahoo.com

Maria Rodriguez

4599 W 17th St

Yuma, AZ 85364

928.219.0997

Email: dorcamercedes45@gmail.com

Maria Teresa Elizarraras

4885 W 20th Pl

Yuma, AZ 85364

928.581.8671

Email: mariaelizarraras37@gmail.com

Milestone Preschool

2600 W 24th St

Yuma, AZ 85364

928.783.4326

Contact: Josefina Garcia

Email: Milestone.yuma@gmail.com

www.milestonespreschoolyuma.com

Preschool Express, LLC

183 E 24th St. #8

Yuma, AZ 85364

928.782.3290

Contact: Kimberly Fanning

Email: fanningkd@hotmail.com

www.preschoolexpressyuma.com

Sunflower's Day Care

217 W 12th St

Yuma, AZ 85364

928.376.0091

Contact: Rosa Silva

Email: Silvarossy41@gmail.com

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Child Care Resources & Providers / Recursos Y Proveedores De Cuidado Infantil

### Quality First Child Care Providers

Sunshine ABC Preschool LLC  
1901 S 7th Ave  
Yuma Az 85364  
928.538.9988

The Treehouse Kids Club  
2350 S Virginia Drive  
Yuma AZ 85364  
928.783.8733  
Contact: Marcia Worley  
Email: play@treehouseyuma.com  
<https://www.treehouseyuma.com/>

The Treehouse Kids Club  
7985 E 24th St  
Yuma, AZ 85365  
928.246.0871  
Email: play@treehouseyuma.com

Wonder Kidz Preschool  
2332 S Arizona Ave  
Yuma, AZ 85364  
928.782.7777  
Contact: Maria G Hurtado  
Email: mariagalindohurtado@gmail.com

Yadi's Group Home  
2023 S Walnut Ave  
Yuma, AZ 85364  
928.318.2454  
928.955.3495  
Contact: Yadira Romero  
Email: yadiradaycare@gmail.com

Yumis Childcare/Preschool  
4053 S Brittlebush  
Yuma, AZ 85364  
928.581.6061  
Email: yumischildcareandpreschool@gmail.com

Zulema's Childcare  
1756 W 26th Dr  
Yuma, AZ 85364  
928.344.6887  
Contact: Zulema Padilla  
Email: Zulemarascon24@gmail.com

## Head Start & Preschools / Head Start Y Preescolares

### Bienestar Child Development Center

The Bienestar program provides a preschool program for children 3 to 5 years of age. Children are taught utilizing AZ Early Learning Standards to assist children in school readiness.

1504 Liberty St  
San Luis AZ 85349  
928.627.9342

Facebook:  
[www.facebook.com/people/Bienestar-Child-Development-Center-LLC/100054370786700](http://www.facebook.com/people/Bienestar-Child-Development-Center-LLC/100054370786700)

Hours: Mon.-Thurs. 7:30 am.-2:30 p.m.

Languages offered: English, Spanish

Cost: Fees apply

### Chicanos Por La Causa (CPLC)

Chicanos Por La Causa assist families and children through early childhood development programs such as Head Start and Early Head Start. Programs provide nutrition, comprehensive appropriate early childhood education, health and parent involvement services to low income children and their families.

### Programs

#### ■ Migrant & Seasonal Head Start

Program provides full-day, full-year program services to children, ages birth to 5 years, of migrant and seasonal farm and agriculture working families.

#### ■ Early Head Start

Program provides full-day, full-year early childhood development services to low-income children, ages birth to 3 years, and their families in educationally-stimulating learning environments.

310 W Main St  
Somerton, AZ 85350

928.627.5050

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

Facebook: [www.facebook.com/1cplc](http://www.facebook.com/1cplc)

Hours: Mon.-Fri. 8 a.m.-5 p.m.

Languages offered: English, Spanish

Cost: Free

### CPLC Sites

#### San Luis

690 N. 10th Ave  
San Luis, AZ 85349

928.627.4970

#### Yuma

1875 S 45th Ave  
Yuma, AZ 85364

928.783.4657

930 S Ave C  
Yuma, AZ 85364

928.782.1639

## Head Start & Preschools / Head Start Y Preescolares

### Crane School District

"The Crane School District programs and curriculum are developed by creating a personalized learning experience for students. The success of students is the responsibility of our outstanding teachers, dedicated administrators and support staff. Students will have the best possible learning opportunities and experiences as staff actively promote inclusive practices and diversity." ([www.craneschools.org](http://www.craneschools.org))

### Programs

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#### ■ Exceptional Students Services

The Exceptional Student Services department assist and is designed to promote interaction with regular education and special education.

928.373.3451

#### ■ Migrant Education Program

The Migrant Education strives to impact instruction and learning for students k-12 to achieve high academic success by providing support structure and scope of available services to migratory students.

928.373.3432

#### ■ Homeless Education Assistance

The McKinney-Vento Homeless Education Assistance Act is to ensure that each homeless child or youth is afforded equal access to free appropriate education as other children to include preschools.

928.373.3432

[www.craneschools.org/apps/pages/index.jsp?uREC\\_ID=1905814&type=d&pREC\\_ID=2112491](http://www.craneschools.org/apps/pages/index.jsp?uREC_ID=1905814&type=d&pREC_ID=2112491)

### Preschool Sites

4501 W 20th St  
Yuma, AZ 85364

928.373.3949

[www.craneschools.org/EarlyLearningCenter.aspx](http://www.craneschools.org/EarlyLearningCenter.aspx)

#### Crane Preschool Sites

Gary A. Knox  
2926 S 21st Dr  
Yuma, AZ 85364

928.373.5500

[www.garyaknox.craneschools.org](http://www.garyaknox.craneschools.org)

#### Great Beginnings at Valley Horizon

4501 W 20th St  
Yuma, AZ 85364

928.373.4000

<https://www.greatbeginnings.craneschools.org/>

Preschool Enrollment Information

928.373.3949

H. L. Suverkrup  
1590 S Ave C  
Yuma, AZ 85364

928.373.3500

<https://www.hlsuverkrup.craneschools.org/>

Preschool Enrollment Information

928.373.3949

Ronald Reagan  
3200 W 16th St  
Yuma, AZ 85364

928.373.3700

<https://www.ronaldreagan.craneschools.org/>

Preschool Enrollment Information

928.373.3949

Salida de Sol  
910 S Ave C  
Yuma, AZ 85364

928.373.5600

[www.craneschools.org/salidadelsolelementaryschool](http://www.craneschools.org/salidadelsolelementaryschool)

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Head Start & Preschools / Head Start Y Preescolares

### Gadsden School District

"Our mission is to ensure high-quality educational programs by providing each student with the skills necessary to contribute to our society and to successfully compete in the global economy. We will accomplish this by emphasizing the development of both academic and social skills."

([www.gesd32.org](http://www.gesd32.org))

San Luis Preschool  
1055 North Main St  
San Luis, AZ 85349  
928.627.6961  
[www.gesd32.org](http://www.gesd32.org)

### Harvest Preschool and Childcare

Harvest Preschool and Child Care is designed to nurture the child's mind with age appropriate instruction and learning experiences. Harvest Preschool strives to develop the whole child by providing opportunities for physical, social-emotional and cognitive development, in a safe, loving, and happy environment.

1793 South 1st Ave  
Yuma, AZ 85364  
928.276.4286  
Facebook: [www.facebook.com/harvestpreschoolandchildcare](http://www.facebook.com/harvestpreschoolandchildcare)

Hours: Mon.-Fri. 7:30 a.m. – 6 p.m.

Languages offered: English

Cost: Fees apply

### Preschool Express, LLC

Preschool Express provides high quality preschool and childcare to children from 1 year of age through 8 years.

183 E. 24th St #8  
Yuma, AZ 85364  
928.782.3290  
[www.preschoolexpressyuma.com](http://www.preschoolexpressyuma.com)

Hours: Mon.-Fri. 6:30 a.m. – 6 p.m.

Languages offered: English, Spanish

Cost: Fees apply

### Somerton School District

"The Somerton School District's mission is to empower students of all ages to achieve a quality education in a nurturing, positive and inviting atmosphere." ([www.ssd11.org/](http://www.ssd11.org/))

Valle del Encanto Preschool  
400 North Cesar Chavez Ave  
Somerton, AZ 85350  
928.341.6705  
[www.ssd11.org/o/elc](http://www.ssd11.org/o/elc)

### Western Arizona Council of Governments - WACOG

"WACOG Head Start believes each child must be treated as an individual in an inclusive community that values, respects and responds to diversity. The variety of classroom experiences provided by the program support the continuum of children's growth and development, including the physical, social, emotional and cognitive development of each child. Half and full day classes focus on school readiness. There is no cost for the program for children ages 3-5 years old (income requirements apply)." ([www.wacog.com/head-start](http://www.wacog.com/head-start))

### WACOG Early Head Start Program

WACOG offers an Early Head Start Program for children birth to 2 years of age at select locations. For further information, please contact the WACOG program.

1235 S Redondo Center Dr  
Yuma, AZ 85365  
928.782.1886  
[www.wacog.com/](http://www.wacog.com/)  
Facebook: [www.facebook.com/WACOG.AZ/](http://www.facebook.com/WACOG.AZ/)

### WACOG Preschool Sites

#### San Luis

San Luis Head Start & Early Head Start  
720 E. Juan Sánchez Blvd  
P.O. Box 758  
San Luis, AZ 85349

928.627.3981

*\*Early Head Start Program Site*

#### Somerton

Carlisle  
241 N Congress Ave  
P.O. Box 2652  
Somerton, AZ 85350

928.627.3922

Orange Grove  
3525 W Co. 16 ½ St  
P.O. Box 2652  
Somerton, AZ 85350

928.627.2601

#### Wellton

Wellton Head Star  
29126 San Jose Ave  
Wellton, AZ 85356  
928.785.4118

#### Yuma

Carver  
1341 W 5th St  
Yuma, AZ 85364  
928.782.0005

Foothills  
2950 S Ave 10E.  
Yuma, AZ 85365

928.305.1652

*\*Early Head Start program site*

Gwyneth Ham  
840 E 22nd St  
Yuma, AZ 85365

928.502.8400

*\*Early Head Start program site*

Helping Hands  
384 S 13th Ave  
Yuma, AZ 85364  
928.783.4706

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Head Start & Preschools / Head Start Y Preescolares

### WACOG Preschool Sites

#### Yuma

Pecan Grove  
600 S 21st Ave, Rooms 10 & 11  
Yuma, AZ 85364

928.502.8126

*\*Early Head Start program site*

Rancho Viejo  
930 S Ave C, Bldg. # 800  
Yuma, AZ 85364

928.782.3621

*\*Early Head Start program site*

Yuma West  
2505 W 20th St  
Yuma, AZ 85364

928.782.2130

### Yuma School District One Preschool

Yuma School District One offers several preschool options with different qualifying requirements. All preschool programs focus on the whole child in terms of development with program curriculum focusing on the five developmental areas including cognition, social emotional, communication, physical and adaptive" ([www.yuma.org/Preschool](http://www.yuma.org/Preschool) ). Students must be 4 years of age prior to September 1 of the current school year, live in the district and meet income requirements.

#### Programs

##### ■ Exceptional Student Services Program

Exceptional Student Services preschool staff follow the Child Find Policy; screenings and evaluations are conducted to determine eligibility determination. Transportation for provided for ESS preschool programs. For more information, contact the ESS office.

928.502.8140

##### ■ Migrant Preschool Programs

Migrant Preschool programs are available for qualifying migrant families. Qualifying students are placed in the program based on program availability. There is no transportation provided for the program and no September 1 deadline applies. For more information, contact the Migrant Office.

928.502.4381

601 S 5th Ave  
Yuma, AZ 85364

928.502.8139

[www.yuma.org/Preschool](http://www.yuma.org/Preschool)

Facebook: [www.facebook.com/YumaDistrict1/](https://www.facebook.com/YumaDistrict1/)

### Preschool Sites

Desert Mesa  
2350 Ave 7 ½ E  
Yuma, AZ 85365

928.502.8600

[www.desertmesa.yuma.org](http://www.desertmesa.yuma.org)

Dorothy Hall  
5777 E 45th Pl  
Yuma, AZ 85365

928.502.8300

<https://dorothyhall.yuma.org/>

James B Rolle  
2711 S Engler Ave  
Yuma, AZ 85365

928.502.8289

[www.rolle.yuma.org](http://www.rolle.yuma.org)

O.C. Johnson  
1201 12th St  
Yuma, AZ 85364

928.502.7900

[www.johnson.yuma.org](http://www.johnson.yuma.org)

Pecan Grove  
600 S 21st Ave  
Yuma, AZ 85364

928.502.8050

[www.pecangrove.yuma.org](http://www.pecangrove.yuma.org)

Desert Mesa  
2350 Ave 7 ½ E  
Yuma, AZ 85365

928.502.8600

[www.desertmesa.yuma.org](http://www.desertmesa.yuma.org)

Dorothy Hall  
5777 E 45th Pl  
Yuma, AZ 85365

928.502.8300

<https://dorothyhall.yuma.org/>

James B Rolle  
2711 S Engler Ave  
Yuma, AZ 85365

928.502.8289

[www.rolle.yuma.org](http://www.rolle.yuma.org)

O.C. Johnson  
1201 12th St  
Yuma, AZ 85364

928.502.7900

[www.johnson.yuma.org](http://www.johnson.yuma.org)

Pecan Grove  
600 S 21st Ave  
Yuma, AZ 85364

928.502.8050

[www.pecangrove.yuma.org](http://www.pecangrove.yuma.org)

Right At School - Mary A.  
Otondo Elementary  
2251 Otondo Dr.  
Yuma Az 85365

928.502.4414

[www.yuma.org/preschool](http://www.yuma.org/preschool)

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Head Start, Preschools & Provider Resources Consultation & Support Resources / Head Start, Preescolares Y Recursos Para Proveedores - Recursos De Consulta Y Apoyo

### Smart Support Mental Health Consultation

A unique program that partners early childhood mental health consultants with child care providers to promote the social and emotional development of all children in care, and help providers respond to children with behavioral challenges. Smart Support consultants work with you to design an individualized plan to meet your program's needs for children ages birth to 5. Services may include early childhood mental health consultation and professional development, implementation of classroom strategies and resources, or referrals for specific children or situations. Your plan may be short- or long-term, depending on need.

3860 W 24th St, Suite 201

Yuma, AZ

928.276.9225

Providers need not be part of DES or Quality First, and can apply through the statewide number at 1.866.330.5520

[www.swhd.org/training/smart-support/](http://www.swhd.org/training/smart-support/)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Yuma Child Care Health Consultation - University of Arizona, Cooperative Extension (CCHC)

The Yuma Child Care Health Consultation program is to provide countywide health and safety consultation specific to early childcare and home providers for children birth through age 5. The program strives to improve the overall quality of care, reduced illness and increased school readiness.

2200 W 28th St, Ste 102

Yuma, AZ 85364

928.366.0114 and 928.978.8045

[www.extension.arizona.edu/child-care-health-consultation](http://www.extension.arizona.edu/child-care-health-consultation)

Hours: Mon.-Fri. 8 a.m. - 5 p.m.

Languages offered: English, Spanish

Cost: Free



## Home Visitation / Visita A Domicilio

### Chicanos por la Causa-Parents as Teachers

A free, voluntary in-home program designed to support families with children prior to kindergarten entry. Parent Support Specialists are trained to provide the re-assurance and tools caregivers need to become their child's first and best teacher. The program is free to families and/or caregivers expecting children and up to 47 months who live the following Yuma Zip Codes: 85364, 85365, 85366, and 85369.

928.285.8634

602.580.7755

Megan.Bourque@parentingaz.org

Languages offered: English, Spanish

Cost: Free

### Children and Youth with Special Health Care Needs

Focuses on improving systems of care, providing information and referrals to families; provide training to families and professionals on best practices related to medical, home, cultural competence, transition to adulthood and family and youth involvement; and support telemedicine to provide services in remote areas of the state.

2200 W 28 th St, Suite 178,

Yuma, AZ 85364

928.317.4540

<https://www.azdhs.gov/hrpp>

Hours: M-F 8 a.m. to 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Healthy Families-Child and Family Resources Inc.

Healthy Families is a home visitation program that provides in-home/virtual support to families during pregnancy and the challenging first five years of a child's life. Healthy Families provides a range of support services to families such as information about fetal and child development, parent-child attachment, positive family relationships, parenting information and referrals to community services.

3970 W 24th St., Suite 103

Yuma, AZ 85364

928.783.4003

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

Hours: Mon.- Fri. 8 a.m. - 5 p.m.

Languages offered: English, Spanish

Cost: Free

### High Risk Perinatal Program

Is a comprehensive, statewide system of services dedicated to reducing maternal and infant mortality (deaths) and morbidity (abnormalities that may impact a children's growth and development). The program provides a safety net for Arizona families, to ensure the most appropriate level of care surrounding birth as well as early identification and support for the children's developmental needs.

2200 W 28 th St, Suite 178,

Yuma, AZ 85364

928.317.4540

<https://www.azdhs.gov/hrpp>

Hours: M-F 8 a.m. to 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Maternal Early Childhood Sustained Home-visiting (MECSH)

MECSH is an evidenced-based nurse-led program that helps families parent effectively despite the challenges they face. Parents are paired with a nurse to provide them with education on how to have a healthy pregnancy and healthy baby. Nurse give guidance on caring for a newborn, ways to bond and play while caring for parent's own well-being, personal goals and connecting to community resources. Parents can begin during any stage of any pregnancy, up to 8 weeks after hospital discharge.

3860 W. 24th Street, Suite 201

Yuma, AZ 85364

520.247.3275

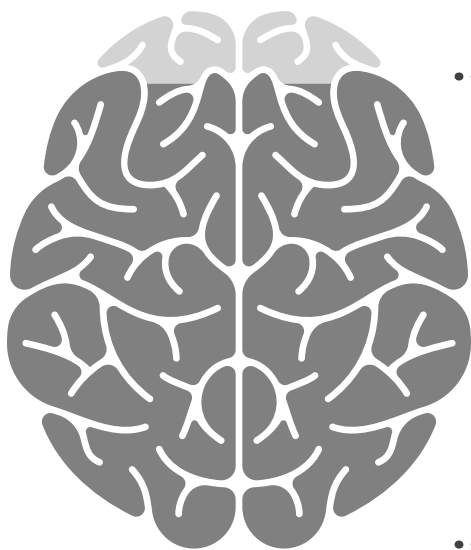
<https://www.easterseals.com/blakefoundation/our-programs/childrens-services/family-support-programs.html>

Hours: 8am - 5 pm

Cost: Free

# Why Early Childhood Matters

From birth to age 5, a child's brain grows more than at any other time in life. And early brain development has a lasting impact on a child's ability to learn and succeed in school and life. The quality of a child's experiences in the first few years of life – positive or negative – helps shape how their brain develops.



# 90%

## of Brain Growth Happens Before Kindergarten

At birth, the average baby's brain is about a quarter of the size of the average adult brain. Incredibly, it doubles in size in the first year. It keeps growing to about 80% of adult size by age 3 and 90% - nearly full grown - by age 5.

The brain is the command center of the human body. A newborn baby has all of the brain cells (neurons) they'll have for the rest of their life, but it's the connections between these cells that really make the brain work. Brain connections enable us to move, think, communicate and do just about everything. The early childhood years are crucial for making these connections. At least one million new neural connections (synapses) are made every second, more than at any other time in life.

The early years are the best opportunity for a child's brain to develop the connections they need to be healthy, capable, successful adults. The connections needed for many important, higher-level abilities like motivation, self-regulation, problem solving and communication are formed in these early years – or not formed. It's much harder for these essential brain connections to be formed later in life.

# Help grow the FTF Yuma and Cocopah Tribe Regions Resource Connection Guide.

First Things First developed this guide to inform the general public about programs, organizations and resources in the FTF Yuma and Cocopah Tribe regions. It is intended to enhance networking opportunities, improve communication, create new partnerships and bring awareness of resources in the area to help better serve families with children from birth to age 5.



## Advertisement Page Sizes

### Full page, inside front or back cover (color)

8.75 inches (W) x 11.25 inches (H)

Full Color, 300 DPI

### Full page, (black/white)

8.75 inches (W) x 11.25 inches (H)

black and white, 300 DPI

### 1/2 page (black/white)

7 inches (W) x 4.75 inches (H)

Black and white, 300 DPI

### 1/4 page (black/white)

3.5 inches (W) x 4.75 inches (H)

Black and white, 300 DPI

## Contact for pricing information

### Interested in advertising?

The Yuma Region Resource Connection Guide will be available digitally and in print (in limited quantities). For-profit and non-profit rates are available.

### Contact us

For questions or clarifications, please contact Diana Ortega at [dortega@FirstThingsFirst.org](mailto:dortega@FirstThingsFirst.org) or 928-343-3020.

## Home Visitation / Visita A Domicilio

### Parent Support Program (NPSP) – MCAS YUMA

A unique program that partners early childhood mental health The New Parent Support Program (NPSP) is a professional team of supportive and caring counselors, registered nurses, and/or social workers who provide parenting education, resources and support to military families who are expecting or raising children aged 0-5 years old. NPSP is designed to provide reliable information and resources for moms and dads promoting positive parent-child connections. We offer free home visitations, workshops/classes, and playgroups tailored to meet the interests, needs and unique challenges of military families.

Building 645 on Quilter Street,  
MCAS Yuma, AZ 85365 or  
PO Box 99119, Yuma, AZ 85369 (mailing)

928.269.2308

[yuma.usmc-mccs.org/marine-family-support/child-and-youth/new-parent-support-program](http://yuma.usmc-mccs.org/marine-family-support/child-and-youth/new-parent-support-program)

### Yuma Parents as Teachers- Easterseals Blake Foundation

Free home visitation services for prenatal mothers and families with children birth to 5 years of age. Parents as Teachers is an evidence based model. The program offers development-centered parenting and family well-being topics, parent-child interactive activities, developmental and health screenings, parenting assessments, community resources and group connections. All families with children up to the ages of 5 years of age are eligible. \*Now offering virtual and telecommunication services.

3860 W 24th St  
Yuma, AZ 85364  
928.248.5112

[www.easterseals.com/family-support-programs](http://www.easterseals.com/family-support-programs)

Hours: We provide flexibility to schedule visits beyond typical working hours, 8 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

# First Things First Community Engagement

As a community, we all have a shared responsibility to ensure children are well prepared for their educational journey. Our mission is to assist the community in creating a family-centered, equitable, high-quality early childhood system that supports the development, well-being, health and education of all Arizona's children, birth to age 5.

First Things First community engagement focuses on building relationships with community stakeholders who can help get the message out that early childhood matters.

Awareness is provided to local agencies/organizations via presentations, trainings, meetings and community events. The FTF community engagement coordinator can provide resources with those interested in becoming our voices and ambassadors of early childhood and First Things First.

If you are interested in learning more about the importance of early childhood in the community, please contact:

**Zahid Plantillas**

**FTF Yuma Region Community  
Engagement Coordinator**

**928.343.3020**

# # FIRST THINGS FIRST Ages & Stages

Available in  
English and  
Spanish



From the day your child is born, understanding how they play, learn, speak, act and move offers important clues about your child's development. While all children develop differently, it helps to know if your child is meeting typical milestones at different ages and stages and how you can support their healthy development. Understand what's happening at different stages of your child's life and how you can help them learn and grow.

**VISIT** [FirstThingsFirst.org/AgesAndStages](https://www.FirstThingsFirst.org/AgesAndStages)

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Literacy Resources / Recursos De Literatura

### Reach Out and Read Yuma County - American Academy of Pediatrics, AZ Chapter

Reach Out and Read gives young children a foundation for success by incorporating books into pediatric health care and encouraging families to read aloud together. Reach Out and Read doctors are trained to talk with parents about how important it is to read aloud and engage with their young children and show them how to look at books and talk about the stories with their children, encourage them to build routines around books and then give a new book to the child to take home and keep.

2600 N Central Ave, Ste 1860

Phoenix, AZ 85004

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

Hours: Reach Out and Read Medical Practitioners hours vary at each location

Languages offered: English, Spanish

Cost: Free

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### Participating Reach Out and Read Medical Practitioners & Clinics

#### San Luis

San Luis Walk-In Clinic

1896 E Babbitt Ln

San Luis, AZ 85350

928.722.6112

Sunset Community Health Center

815 E Juan Sanchez Blvd

San Luis, AZ 85350

928.627.3822

Onvida Health Primary Care

845 B. St

San Luis, AZ 85350

928.336.2055

#### Somerton

San Luis Walk-In Clinic

214 W Main St

Somerton, AZ 85350

928.627.1120

San Luis Walk-in Clinic

950 E. Main Street

Somerton, AZ 85350

928.315.7935

Sunset Community Health Center

115 N Somerton Ave

Somerton, AZ 85350

928.627.2051

#### Wellton

Sunset Community Health Center

10425 Williams St

Wellton, AZ 85356

928.785.3256

#### Yuma

Habib Rathle, MD-Pediatrics

1025 W 24th St, Ste #6

Yuma, AZ 85364

928.341.1100

Karen A. Watts, NP, PLC

3970 W 24th St, Ste 214

Yuma, AZ 85364

928.341.0058

Sunset Community Health Center

2060 W 24th St

Yuma, AZ 85364

928.344.5112

Sunset Community Health Center

North End Clinic

675 S Ave B

Yuma, AZ 85364

928.539.3140

Tuscany Children Clinic

2525 W 28th St

Yuma, AZ 85364

928.366.1026

Onvida Health Pediatrics

2851 S Ave B, Ste. 1201, Bld.12

Yuma, AZ 85364

928.819.7000

Onvida Health Pediatrics

2359 S 22nd Dr #2

Yuma, AZ 85364

928.344.4800

Onvida Health Family Medicine

2500 S 8th Ave #200

Yuma, AZ 85364

928.336.709



# FIRST THINGS FIRST

**FIND PROGRAMS NEAR YOU**

## **Search free early childhood programs across Arizona.**

- Child Health and Development
- Parenting
- Support for Families with Young Children

First Things First (FTF) supports early childhood programs through grants to community organizations that provide FTF-funded services—at no cost—for young children from birth to age 5 (before kindergarten) and their families. Space may be limited and eligibility requirements may apply. This listing only includes programs funded by FTF, but many of them can connect you with additional services that might be right for you.

[www.FirstThingsFirst.org/find-programs](http://www.FirstThingsFirst.org/find-programs)

# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Parent, Caregiver & Family Resources / Recursos Para Padres, Cuidadores Y Familiares

### Arizona's Children Association

#### ■ Family Education and Support Services

Various parenting education workshops that engage parents and caregivers in structured series to promote knowledge of child development and positive parenting skills. Program is designed for families with children ages birth to 5 that live in Yuma County.

#### ■ Community Based Language and Literacy Program

Gives parents and families of young children the opportunity to participate in language and literacy workshops at community locations, such as libraries, schools or housing complexes. The workshops may be one-time, one-day events or may be ongoing, but they all include opportunities for parents to learn about early language and literacy in a group setting.

291 S Main St Suite J  
Yuma, AZ 85364  
928.315.5025 or 928.680.4458  
[www.arizonaschildren.org](http://www.arizonaschildren.org)

Hours: Monday 9 a.m. – 6 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Birth to Five Helpline

The Birth to Five Helpline is a free service open to all Arizona families with young children looking for the latest child development information from experts in the field. Professionals may also take advantage of this service. Call the Helpline to speak with one of our bilingual (English/Spanish) early childhood specialists. You can also leave a voicemail, or text the Helpline 24 hours a day, seven days a week. Virtual video consultation services are also available.

877.705.5437

Hours: M-F 8 a.m. to 8 p.m.  
Languages: English and Spanish

### Bright By Text

Arizona PBS Education provides a free service that sends tips and resources promoting child development via text message. A free parent and caregiver messaging program for expectant parents and families with children up to age 8. The messages are comprised of research-based content from Bright by Three and other trusted providers, such as PBS Kids, PBS Kids for Parents, PBS LearningMedia, Vroom, Fred Rogers Productions and Sesame Workshop.

Text "ARIZONAPBS: to 274448 to join

For more information in Yuma, AZ contact  
Yanira.Yee@asu.edu, 928.655.0150 or  
Misty.Haas@asu.edu 480.869.0183

Hours: Mon – Fri, 8 a.m.- 5p.m.

Languages offered: English

Cost: Free, Message and Data Rates May apply

### Family, Friend and Neighbor - Arizona's Children Association

Family, Friend and Neighbor (FFN) care increases the knowledge and skills of caregivers and supports the quality of caregiving, interactions and learning environments for children zero to five in lawfully unregulated, home-based child care settings or any other unrelated adult while parents need to be away. FFN services are provided in the home with the caregiver or in community-based classes in Yuma County.

291 S Main St Suite J  
Yuma AZ 85364  
928.315.5025 or 928.680.4458  
[www.arizonaschildren.org](http://www.arizonaschildren.org)

Hours: Monday 9 a.m. – 6 p.m.

Languages offered: English, Spanish

Cost: Free

### Western Arizona Council of Governments (WACOG)

Comprehensive services to children and families. Education, health, social service supports. Half or full day classes focus on school readiness. Quality education, nutritious meals, family goals and support.

1235 S Redondo Center Dr  
Yuma, AZ 85365  
928.217.7146  
[www.wacog.com](http://www.wacog.com)  
Facebook: [www.facebook.com/WACOG.AZ](https://www.facebook.com/WACOG.AZ)

Hours: Mon – Fri, 8 a.m.- 5p.m.

Languages offered: English, Spanish

Cost: Free



# CHILD DEVELOPMENT / DESARROLLO INFANTIL

## Professional Development / Desarrollo Profesional

### Arizona Association for the Education of Young Children AZToolkit

AZToolkit is a one-stop website to help Arizona's child care providers save time, maximize funding and share resources. It includes more than 1,800 tools and resources for financials/budgeting, business operations, staff recruitment/retention, human resources, cost savings/discounts and professional development.

602.935.9505

[www.azaeyc.org/toolkit](http://www.azaeyc.org/toolkit)

Hours: 24 hours, 7 days

Languages offered: English, Spanish, plus 100+ other translations

Cost: Contact for details

### AZ-PBS Professional Development for Early Care and Education Professionals

Monthly professional development meetings are provided at Arizona Western College and an annual conference is held in the Spring. We provide three cohorts for early childhood educators (teachers, directors and home visitors) to meet monthly around the essential early childhood series.

928.655.0150

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

Hours: Monthly PD is offered from 7 a.m. -12 p.m.

Languages offered: English, Spanish

Cost: Free

### AZ STEPS Expulsion Prevention

Provides training, consultation, and support to help child care providers prevent suspensions and expulsion while strengthening their ability to support all children. These services are FREE to DES-contracted child care providers, along with their early childhood staff and the families they serve. Foundational and advanced courses offer opportunities to learn how understanding child development, attachment, trauma reaction, and support of children's developing self-regulation skills can help reduce and prevent expulsion of children from ages birth to 12 years.

3860 W 24th St., Suite 201,  
Yuma, AZ 85364

602.633.8730

Email: [AZSTEPS@swhd.org](mailto:AZSTEPS@swhd.org)

[www.swhd.org/expulsion/](http://www.swhd.org/expulsion/)

Hours: Mon.-Fri. 8 a.m.-4 p.m.

Languages offered: English, Spanish

Cost: Free

### Early Childhood Business Management

A professional development program utilizing consulting, training, and collaborating with early childhood education professionals to create financially sustainable early care and education programs. Services may include child care management software implementation, program operations training, goal development, business development and marketing, data metrics for business decision, record-keeping, staff management and much more. Services are offered in Yuma County.

602.265.4768

English interest form: <https://forms.office.com/r/0XVJzzQfsT>

Spanish interest form: <https://forms.office.com/r/ZF5quZ9HKn>

Hours: 8 a.m. - 4:30 p.m.

Languages offered: English, Spanish

Cost: Contact for details

### Local First Arizona Business Support

We believe that Arizona thrives on the foundation of a strong, competitive local business community. For 20 years, Local First Arizona has offered a comprehensive approach to aiding locally owned businesses through education, one-on-one assistance and training. Local First Arizona's top-notch education, certifications and one-on-one support address the unique challenges experienced by businesses operating throughout the state. From retail and food entrepreneurs to makers and service providers, our programs cover essential needs that help businesses operate and create a competitive edge.

407 E Roosevelt St.

Phoenix AZ 85004

602.956.0909

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

Mon - Fri 8am - 5pm

English, Spanish and French

### Prevent Child Abuse Arizona

Through our programs and trainings, we equip individuals and organizations with tools and information to advance child wellbeing in our state.

Statewide Headquarters:

3298 Bob Drive

Prescott Valley, AZ 86314

928.445.5038

602.255.5540

<https://pcaaz.org/>

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Early Intervention Information

### What is Early Intervention?

Parents, guardians, foster parents and family members know their child best. They observe the health and development of their child daily through routines, play and interactions. Sometimes parents/caregivers may have concerns that their child is not meeting the milestones for his or her age. Other times home visitors, health care providers, child care providers or early education teachers may identify concerns for a child's development and share them with the parent/caregiver.

These concerns may be observed by the way a child:

- Plays, sees, hears (physical development),
- Interacts with others (social-emotional development),
- Learns (cognitive development),
- and communicates (language/speech development).

### Why is Early Intervention important?

Addressing concerns early on in a child's life is important. If the parent, guardian or caregiver is interested in learning more about the additional support their child can receive, there are early intervention resources that can help them. Early intervention resources can have a maximum impact by enhancing the early growth and development in infants and toddlers, who may have or are at risk for developmental delays or disabilities, by providing individualized support and services to the child and their family.

- Children who receive early intervention have improved outcomes and increased success and independence in the long run.
- Early intervention can have a positive impact on a child's health, development and academic success.
- Early intervention therapies can alleviate the financial burden of therapy in the long run by reducing the need for continuing intensive therapy.

### What can I do if I have concerns about my child's development?

- Talk to your child's doctor and share your concerns. Don't wait. Acting early can make a real difference!
- Complete a milestone checklist for your child's age.
  - Center for Disease Control (CDC) Milestone checklist Search online: CDC Milestone Checklist. The CDC's Developmental Milestones link will provide checklists for age 2 months to 5 years.
  - CDC's Milestone Tracker App Download it free today on iOS and Android devices.
- Ask about a developmental screening.
  - Ask your child's doctor to conduct a developmental screening and/or if you are concerned about possible signs of autism, an autism screening (generally completed at 18 and 24 months).
  - Parents have FREE access to the Ages & Stages Questionnaires® (ASQ), one of many general developmental screening tools, by visiting [easterseals.com](http://easterseals.com) and searching ASQ.
- Get an Evaluation for your child.
  - Call your local public school district to get information about their upcoming Child Find events. The Individuals with Disabilities Education Act (IDEA) includes the Child Find mandate. Child Find requires all Public Education Agencies (school districts) to identify, locate and evaluate ALL children birth through 21, who may have or are at risk for developmental delays or disabilities. Screening procedures include vision and hearing screenings along with developmental screenings.

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Early Intervention Services

### CHILD IDENTIFICATION

There is a concern about the child's growth, development and/or learning. These concerns can be identified by parents/caregivers, relatives, home visitors, child care providers, school teachers or health care providers based on:

- Observation – the way a child plays, sees, hears, interacts with others, learns and communicates and/or
- A milestone checklist or a developmental screening completed.

#### THE CHILD IS BIRTH TO AGE 3.

##### Referral & Intake

- The parent/guardian can start the online or phone referral process for their child; or,
- A home visitor, child care provider, early education teacher or health care provider obtains permission from the parent/guardian before referring and starting the online or phone referral process.

##### Who to contact:

##### Arizona Early Intervention Program (AzEIP)

1789 W Jefferson St,  
Mail Drop 2HP1  
Phoenix, AZ 85007  
602.532.9960

##### Easterseals Blake Foundation

3860 W 24th St., Ste 200  
Yuma, AZ 85364  
928.276.9225

Click the link to make an online referral:  
<https://azeip.azdes.gov/AzEIP/AzeipRef/Forms/Categories.aspx>

#### THE CHILD IS AGE 3 TO 21.

##### Referral & Intake

- The parent/guardian can contact their local school district (Public Education Agency) to get information on the next Child Find event, where the child can be evaluated; or,
- The parent/guardian can take the child to their local school district (Public Education Agency) to be evaluated; or,
- A home visitor, child care provider, early education teacher or health care provider obtains permission from the parent/guardian before referring the child to be evaluated by their local school district or Child Find event.

##### Evaluation & Assessment

The **school district** (for children age 3-21) conducts a comprehensive multidisciplinary developmental evaluation and assessment of the child's development and the family's needs and concerns within **45 calendar days** of the date they are notified about the child.

##### Evaluation & Assessment

The **Early Intervention program** (for children age 0-3) conducts a comprehensive multidisciplinary developmental evaluation and assessment of the child's development and the family's needs and concerns.

##### Child is Found Ineligible for Services

###### If the child is age 0-3:

The child's family receives information on growth and development. Referrals are made to other community resources, if appropriate. The child may be reevaluated at a later date.

###### If the child is age 3-21:

The school system will notify the parent/guardian in writing and explain why the child has been found "not eligible." The parent/guardian will be given information about what they can do if they disagree with the decision.

#### ELIGIBILITY DETERMINATION

##### Child is Found Eligible for Services

###### If the child is age 0-3:

**Individualized Family Service Plan (IFSP)** The family of an eligible child meets with the Early Intervention (EI) team to create an IFSP, usually in the home or in a community setting. The EI team provides services as outlined in the IFSP. The EI team reviews the child's IFSP as needed throughout the year. The IFSP is updated annually with the family.

**Transition:** As the child approaches their third (3rd) birthday, the family and local EI program prepare for transition to special education preschool, school district (K-12) and/or other community based services.

###### If the child is age 3-21:

When a concern is identified through evaluation procedures, the parent/guardian must be notified within 10 school days and informed of procedures to follow up on the child's needs. For example:

- The child may be referred to the school's study team for pre-intervention services; or,
- If the child may have a disability, a comprehensive evaluation will be necessary to determine the child's eligibility for special education and related services. A team, of which the parent/guardian will be a member of, will meet to begin the process.

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Child & Family Resources / Recursos Para Niños Y Niñas Y Familiares

### Arizona Developmental Disabilities Planning Council

Arizona Developmental Disabilities Planning Council, which is made up of individuals with disabilities, family members, professional stakeholders and state agency representatives appointed by the Governor of Arizona. The 23-member Council meets at least four times a year to discuss issues and vote on which projects to support by allocating our federal funds.

602.542.8970 Main  
877.665.3176 Toll Free  
<https://addpc.az.gov/>

### Clarvida

Clarvida provides high quality accessible programs serving children, families, and adults across Arizona. Programs include service programs for youth, families' services, assessment & evaluation, functional behavioral analysis, autism (ABA) services, case management; individual, group & family therapy; 24/7 crisis services; psychiatric services; tele-medicine; skills development; substance abuse; parenting; prevention; respite; child-parent psychotherapy.

3818 W 16th St  
Yuma, AZ 85364  
928.317.0177  
<https://www.clarvida.com/arizona/locations/yuma/>

Mon. 7 a.m.- 6 p.m Tues. - Fri. 7 a.m - 5 p.m  
Languages offered: English, Spanish  
Cost: Contact for details

### Desert ABA Solutions

Provides evidence-based therapy to support individuals with autism and other developmental disabilities in improving behavior, communication, social skills, and daily living abilities.

Behavioral Assessments: Evaluating a client's strengths, challenges, and needs. Working directly with clients to teach new skills and reduce challenging behaviors.

206 S Orange Ave  
Yuma, AZ 85364  
928.750.0623  
<https://www.facebook.com/profile.php?id=61568733269170#>

Hours: Monday- Friday 8:00am- 5:00pm  
Languages: English, Spanish, ASL  
Cost: Covered by insurance

### Just Ask MIA

When families are facing a crisis, the worry, stress and fear they experience often take them further off track. They need a trusted resource they can count on to point them in the right direction—one that's always there when they need it and is completely anonymous. That's Mia.

When hardships arise, Mia connects families searching for help with the resources and services they need.

Mia helps decrease the number of families in crisis by: Increasing connections to needed family resources  
Freeing up time for connections with live-person case management at existing resources.

"<https://justaskmia.org/>  
Email: [contact@justaskmia.org](mailto:contact@justaskmia.org)"

### MIKID

MIKID offers services to mental health programs for children, support for families, youth services, suicide prevention, transition youth program and training programs. MIKID is a licensed outpatient clinic, family run organization assisting in proving contract care with various insurances and Indian communities.

3780 S 4th Ave  
Yuma, AZ 85364  
928.344.1983  
<https://www.mikid.org/>

Hours: Mon.- Fri. 8 a.m.- 4 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Mrs. Haberle's Learning Lab

At Mrs. Haberle's Learning Lab, we are committed to providing personalized, high-quality academic services to students from pre-kindergarten through 8th grade in Yuma, AZ. Through tutoring and educational enrichment activities, we aim to foster academic success, build student confidence, and inspire a love for learning. All of our providers are certified educators in the state of Arizona, ensuring the highest level of expertise and support. Mrs. Haberle's Learning Lab is a vendor to receive ESA funds.

We provide in-home services and services at the local library.

928.275.2729  
[www.mrshaberleslearninglab.com](http://www.mrshaberleslearninglab.com)  
Facebook: <https://www.facebook.com/mrshaberleslearninglab>

Hours vary based on tutor availability. Please contact us for the current schedule of availability.

Languages offered: English  
Cost: Fees apply

# **FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES**

## **Child & Family Resources / Recursos Para Niños Y Niñas Y Familiares**

### **Raising Special Kids**

Raising Special Kids programs assist to improve the lives of children with disabilities from birth to age 26 through support, training, information and individual assistance to assist families in becoming effective advocates for their children.

5025 E. Washington St., Ste. 204

Phoenix, AZ 85034

928.444.8803

<https://raisingspecialkids.org/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English, Spanish

Cost: Free

### **SAAVI Services for the Blind**

SAAVI Services for the Blind specializes in non-visual training for Adults, young adults, teens and children across Arizona who are blind or have low vision. It is our motto and belief to expect more of our students. High expectations mean high achievements for program participants. We expect more of our students, and in turn they set high expectations for themselves.

3350 E. Grant Rd

Tucson, Az 85716

Phone: 520.795.1331

(serves individuals in Yuma County through their Satalite location.)

### **Strong Beginnings, LLC**

Strong Beginnings programs are dedicated to improving the quality of life for children with Autism Spectrum Disorders (ASD) and other developmental delays in Yuma. Services include ABA Therapy and Parent Training.

2741 S 8th Ave, Ste C

Yuma, AZ 85364

928.782.1338

<https://strongbeginnings-aba.com/>

Mon-Thurs 9-5 Fri: 9-2:30

Languages offered: English and Spanish

Cost: Contact for information

### **United Cerebral Palsy of Southern Arizona (UCPSA)**

United Cerebral Palsy of Southern Arizona assist children and adults with disabilities by providing home based support services. Services include personal care, hygiene, light housekeeping, cooking and other households' chores related to care. UCPSA also offers respite to parents and guardians of individuals with disabilities, behavioral services, behavioral training, independent living, and various habilitation services.

333 W 8th St

Yuma, AZ 85364

928.259.7700

<http://ucpsa.org/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English, Spanish

Cost: Contact for details

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Early Intervention / Intervención Temprana

### Arizona Early Intervention Program (AzEIP)

AzEIP is a statewide interagency which provides support and services addressed to assist eligible families of infant children and toddlers with developmental delays or disabilities with support to support the child's development.

1789 W. Jefferson Street, Mail Drop 2HP1

Phoenix, AZ 85007

Phone: 888.592.0140

or check the status of a referral (602) 532-9960

<https://des.az.gov/azeip>

Refer a child online -

<https://azeip.azdes.gov/AzEIP/AzeipRef/Forms/Categories.aspx>

Refer a child by email - [AzEIP.Info@raisingspecialkids.org](mailto:AzEIP.Info@raisingspecialkids.org)

### Easterseals Blake Foundation

Easterseals Blake Foundation serves people and families who face a wide range of disabilities, to include physical, emotional, intellectual social and educational. Easterseals services are designed to help people and families realize and reach for their full potential.

### Programs

#### ■ Family Support for Children with Developmental Concerns: Desarrollo Mutuo

Family support services for families with children 5 years of age and under exposing mild to moderate developmental concerns who are not eligible for early intervention programs. We monitor children's development, help enhance parenting practices and provide referrals to community resources, as needed. We offer development-centered parenting and family-wellbeing topics, parent-child interactive activities, developmental and health screenings, parenting assessments and group connections.

#### ■ Early Care and Education Inclusion Plus (ECEI+)

Early Childhood Education Inclusion Coaching (ECEI+) provides onsite coaching a minimum of twice monthly to increase the capacity of early education programs to include and serve children with special needs. Financial support is available for adaptive materials and equipment intended to meet coaching goals. A targeted technical assistance option is also available for licensed or certified sites with short-term goals not accredited or involved with Quality First.

3860 W 24th St

Yuma, AZ 85364

928.248.5112

<https://www.easterseals.com/blakefoundation/>

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Kids Cuddle Kit Closet

Kindness CuddleKit School Program: This referral system based in Yuma County elementary schools allows teachers, counselors, nurses, etc. to refer children who are in need of some form of kindness

Pediatric CuddleKit Program

The program has now given over 13,000 CuddleKits to every pediatric patient admitted to our local hospital

928.503.7939

<https://www.cuddlekit.org/>

Kristan Sheppeard: Founding Board Member

928.246.9108

Veronica Cabrales: Founding Board Member

928.503.7393

## Education Resources / Recursos Educativos

### AZ Child Find

"Child find is a component of the Individuals with Disabilities Education Act that requires Public Education Agencies (PEA) to locate, identify, and evaluate all children with disabilities, aged birth through 21, located within their boundaries of responsibility who are in need of early intervention or special education services." ([azed.gov/specialeducation/az-find/](https://azed.gov/specialeducation/az-find/))

602.542.4013

[azfind@azed.gov](mailto:azfind@azed.gov)

<https://www.azed.gov/specialeducation/az-find/>

### Arizona Department of Education Exceptional Student Services (ESS)

"ESS ensures that public education agencies in Arizona have special education programs, policies, and procedures that comply with the federal Individuals with Disabilities Education Act (IDEA) and its implementing regulations, and that eligible children and youth with disabilities receive a free appropriate public education (FAPE). ESS provides professional learning opportunities, provides technical assistance to schools, supports the needs of families of students with disabilities, monitors schools for compliance with the regulations that implement the IDEA, and administers the IDEA Entitlement grant." ([azed.gov/specialeducation](https://azed.gov/specialeducation))

ESS Reception Desk

602.542.4013

<https://www.azed.gov/specialeducation>

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Education Resources / Recursos Educativos

### Arizona School for the Deaf and Blind (ASDB)

ASDB is committed in providing excellence education and innovation for all Arizona children who are hard of hearing, deaf, blind/visually impaired, multiple sensory disabled, or deafblind. ASDB Utilizing cooperatives provide services to students from preschool to high school.

Southwest Regional Cooperative (SWR)  
2450 S 4th Ave, Ste 600  
Yuma, AZ 85364  
928.317.0429

Facebook: <https://www.facebook.com/asdbazgov>

Hours: Mon.- Fri. 6 a.m.- 2:30 p.m.

Languages offered: English, Spanish, American Sign Language  
Cost: Free

### Arizona Western College- AccessAbility Services

AccessABILITY Resource Services assists and works in partnership with students with disabilities, faculty and staff to remove barriers in the educational process through design and accommodation. Recognizing disability as an aspect of diversity and promoting a culture of inclusion for all diverse groups.

2020 S Ave 8E  
Yuma, AZ 85365  
928.344.7674  
<https://www.azwestern.edu/student-support/accessibility-services>

Hours: Mon.- Fri. 8 a.m.- 6 p.m.

Languages offered: English  
Cost: Free

### Crane School District

"The Crane Exceptional Student Services department is designed to promote the interaction and cooperation of special education and regular education. Although committed to Child Find, the district strives to minimize labeling and continually address the concept of the least restrictive environment. Through the use of School-Wide Teacher Assistance Teams (STAT), collaboration / consultation and/or child study teams (CST), the District adheres to the standard of developing interventions in regular education before referring the student for special education consideration." ([www.craneschools.org](http://www.craneschools.org))

4250 W. 16th St  
Yuma, AZ 85364  
928.373.3451  
<https://www.craneschools.org/>

Hours: Mon.- Fri. 8 a.m.- 4 p.m.

Languages offered: English, Spanish  
Cost: Free

### Early Childhood Special Education

"Early Childhood Special Education (ECSE) is a state and federally mandated program for children (ages 3-5) who meet state eligibility criteria because they are experiencing developmental delays. School districts and other public agencies are responsible for locating, identifying and evaluating eligible children and offering a free & appropriate public education (FAPE). Eligible children are entitled to a FAPE at no cost to the family. If a child is eligible, the public school district of the child must offer services to meet their identified needs to access the general education curriculum." (<https://www.azed.gov/specialeducation/early-childhood-special-education>)

ESS Reception Desk

602.542.4013

[essinbox@azed.gov](mailto:essinbox@azed.gov)

<https://www.azed.gov/specialeducation/early-childhood-special-education>

### Gadsden Elementary School District

"Resource teachers/LD teachers work with students in small groups to provide one-on-one assistance in areas such as: academics, social emotional, behavioral, and various other students' needs in or out of the mainstream classroom." ([www.gesd32.org](http://www.gesd32.org))

1350 E Cesar Chavez Blvd

San Luis, AZ 85349

928.627.6540

<https://www.gesd32.org/>

Hours: Mon.- Fri. 7:30 a.m.- 4 p.m.

Languages offered: English, Spanish

Cost: Free

### Somerton School District

"The Exceptional Student Services staff and related service personnel work collaboratively with District personnel and parents to provide a free and appropriate public education for students with disabilities. These mandates are supported through parent support services, instructional support, and related services including psych-educational services. Staff are trained continuously and receive on-going program development to maintain an appropriate level of support to students with disabilities." ([www.ss11.org](http://www.ss11.org))

343 N Carlisle Ave

Somerton, AZ 85350

928.341.6000

[www.ssd11.org](http://www.ssd11.org)

Hours: Mon.- Fri. 8 a.m.- 4 p.m.

Languages offered: English, Spanish

Cost: Free

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Education Resources / Recursos Educativos

### Wellton Elementary School

"The Student Services Department provides services for students between the ages of 3 to 14 with special needs. Students with disabilities could be eligible to receive services under the Individual with Disabilities Education Act (IDEA)." ([www.welltonschool.org](https://www.welltonschool.org))

29126 San Jose Ave  
Wellton, AZ 85356  
928.785.3311

<https://www.welltonschool.org/>

Hours: Mon.- Fri. 7:30 a.m.- 4 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Yuma School District One

"Exceptional Student Services provides services for students between the ages of 3 and 14 with special needs. All students with disabilities categorically eligible under the Individuals with Disabilities Education Act (IDEA), regardless of severity, may receive services. These include students with impairments in speech and language, hearing, health, and vision; developmental delays; emotional and learning disabilities; intellectual disabilities; autism; traumatic brain injury; multiple disabilities; and other health learning disabilities; intellectual disabilities; autism; traumatic brain injury; multiple disabilities; and other impairments." ([www.yuma.org](http://www.yuma.org))

601 S 5th Ave  
Yuma, AZ 85364  
928.502.7800

<https://www.yuma.org/>

Hours: Mon.- Fri. 8 a.m.- 4:30 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Yuma Union High School District No. 70

"YUHSD is dedicated to identifying all students who need special education services who live within the district's boundaries. Once a student is identified, the student's special education team works together to ensure the student receives the necessary special education services. If parents or community members have a concern about the academic or developmental progress of a student, they can review this site to determine whether they should inquire about special education services at their child's school." ([www.yumaunion.org](http://www.yumaunion.org))

3150 S Ave A, Bld. A  
Yuma, AZ 85364  
928.502.6780

<https://www.yumaunion.org/YUHSD>

Hours: Mon - Fri 7 a.m.- 4 p.m.  
Languages offered: English, Spanish  
Cost: Free

## Education Resources - After School Care / Recursos Educativos-Cuidado Después De La Escuela

### CASPER -Saguaro Foundation Community Living Programs, Inc.

The Children After School Program is made for Educational Recreational (CASPER) is developed for children of 12 to 17 years of age. CASPER provides a wide range of activities such as arts and crafts, community outings for social development, and life skills. CASPER operates 365 days a year and transportation is provided.

1495 S 4th Ave  
Yuma, AZ 85364  
928.783.6069

<https://saguarofoundation.org/day-program-services/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.  
Languages offered: English  
Cost: Free

### School Transitional Program (SASTP) - Saguaro Foundation Community Living Programs, Inc.

The afterschool SASTP provides programs diverse activities for students 18 years of age who are still attending high school who do not qualify for the DTA regular program. Program attendance can be customized to meet individual plans. Transportation is provided.

1495 S 4th Ave  
Yuma, AZ 85364  
928.783.6069

<https://saguarofoundation.org/day-program-services/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.  
Languages offered: English  
Cost: Free



# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Habilitative & Rehabilitative Resources / Recursos De Habilitación Y Rehabilitación

### Cartwheel Care

Virtual mental health services such as therapy and psychiatry for PreK-12th

<https://www.cartwheel.org/arizona>

[alvin.padolina@cartwheelcare.org](mailto:alvin.padolina@cartwheelcare.org)

Flexible Hours for varying schedules

### Family Partners, LLC

Family Partners LLC offers services for unique needs of developmental disabled family members. Services offered include: respite, habilitation and attendant care, adult day program, and child and developmental homes.

2197 S 4th Ave

Yuma, AZ 85364

928.783.3858

<https://www.familypartners.net/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English

Cost: Contact for Details

### Saddles of Joy

Saddles of Joy, Inc. is a therapeutic riding program dedicated to introducing children, or any person to the joy of riding horses. Saddles of Joy's offers services such as therapeutic riding, adaptive riding and riding lessons.

2749 W County 14th St

Yuma, AZ 85365

928.344.3562

<http://www.saddlesofjoyinc.org/home.html>

Facebook: <https://www.facebook.com/SaddlesOfJoyInc/>

Hours: Contact for Classes Schedule

Languages offered: English

Cost: Contact for Details

### Saguaro Speech Therapy

Saguaro Speech Therapy offers clinical services, prevention, advocacy, education, administration and research in the areas of communication and swallowing, speech sound production, voice, fluency, language comprehension and expression, and cognition to children from infancy through life span through geriatrics.

3802 W 16th St

Yuma, AZ 85364

928.276.3824

Hours: Mon.- Thursday 8 a.m.- 6 p.m.

Languages offered: English

Cost: Contact for Details

### Special Olympics Arizona

Special Olympics Arizona offers inclusive programs to individuals of all abilities and age levels through sports, arts, health and much more.

2455 N Citrus Rd, Bld. 64

Goodyear, AZ 85395

928.210.8862

<https://specialolympicsarizona.org/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.; some Saturdays

Languages offered: English

Cost: Free

### Strong Beginnings, LLC

Strong Beginnings provides a variety of instructional techniques such as discrete trial training, pivotal response training, incidental teaching, and errorless learning. Services offered include parent training, feeding, school tutoring, consultations, and Applied Behavior Analysis (ABA).

2741 S 8th Ave, Suite C

Yuma, AZ 85364

928.782.1338

<https://strongbeginnings-aba.com/>

Hours: Mon-Thursday 8:30 a.m.-5 p.m.

Fri: 8:30 a.m.-2:30 p.m.

Languages offered: English and Spanish

Cost: Contact for Details

### Yuma Rehabilitation Hospital

We know that choosing where to receive care after a life-changing illness or injury is an important decision for you and your loved ones. At Yuma Rehabilitation Hospital, an affiliation of Encompass Health and Onvida Health, we are committed to helping you get back to what matters most. Located in Yuma, we are a leading provider of inpatient rehabilitation for stroke, brain injury, hip fracture and other complex neurological and orthopedic conditions. When you choose Yuma Rehabilitation Hospital, an affiliation of Encompass Health and Yuma Regional Medical Center for your rehabilitation, you receive compassionate care from an expert team of physical, occupational and speech therapists; physicians; nurses; dietitians; pharmacists; and case managers who work together to create a plan to help you meet your unique goals in a hospital setting. On top of all this, we are Nationally accredited by the Joint Commission and have programs specifically focused for Spinal Cord Injury, Stroke Rehabilitation and Orthopedic, Hip Fractures.

901 W 24th St

Yuma, AZ 85364

928.726.5000

<https://encompasshealth.com/locations/yumarehab>

8 AM-7 p.m. 7 days a week

English and Spanish (AMN language services)

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Independent Living Resources / Recursos De Vida Independiente

### Care 4 the Caregivers

Care 4 the Caregivers aims to reduce caregiver burnout and build the resiliency of caregivers of children with disabilities by providing them with easy to access tools that focus on mindfulness, education, and community.

602.320.6556

<https://care4thecaregivers.org/>

Hours: Online tools are available 24/7

Languages: English and Spansih

Cost: Free

### Daybreak Adult Day Health Care

Catholic Community Services of Southern Arizona, Inc. (CCS-Yuma)

Yuma's Daybreak Adult Day Health Care offers a welcoming and structured day program with nursing services. Daybreak program offers interactive and social activities to encourage cognitive stimulation/maintenance, social development, and nutritional services. Services are provided on a community-based care and respite is available for family caregivers.

321 S. 15th Ave

Yuma, AZ 85364

928.783.8316

<https://www.ccs-soaz.org/services/detail/daybreak-adult-day-health-care>

Hours: Mon.- Fri. 8a.m. to 5p.m.

Languages offered: English, Spanish

Cost: Free

### RISE Services

RISE is a Human Services Network provides services for seniors, individuals with disabilities and children with foster care & adoption needs. RISE programs include residential home settings, home, community-based services for individuals of all ages, day treatment for adults, supported employment and non-medical home care.

1030 W 24th St

Yuma, AZ 85364

928.304.7484

<https://riservicesinc.org/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English

Cost: Some fees may apply

### Saguaro Foundation Community Living Programs, Inc.

Saguaro Foundation provides services to individuals with developmental disabilities, disabled adults, behavioral health, training, and transportation. Saguaro strives to deliver quality services through professionally trained caregivers, residential aids and professionally trained drivers.

1495 S 4th Ave

Yuma, AZ 85364

928.783.6069

<https://cpfamilynetwork.org/resources/resources-guide/saguaro-foundation-community-living-programs/>

### Programs

#### ■ Day-by-Day

Day-By-Day Offers a day program for developmentally disabled adults. The program strives to engage adult individuals with special needs through activities such as: art projects, gardening, table games, kick ball, basketball, air hockey, etc.

#### ■ SAND

Saguaro's-A-New-Day (SAND) day program is for developmentally disabled adults. The program is designed to provide a supportive service to meet the needs of adults with special needs who have difficulty performing daily living activities.

274 N Ave B, Ste B

Somerton, AZ 85350

Hours: Mon.- Fri. 8:30 a.m-3:30 p.m.

2301 W County 18th

Somerton, AZ 85350

<https://saguarofoundation.org/day-program-services/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English

Cost: Free

### SMILE – Service Maximizing Independent Living and Empowerment

Services Maximizing Independent Living and Empowerment (SMILE) is a Center for Independent Living, Yuma is home to one of five centers in the state of Arizona. S.M.I.L.E. assists individuals with disabilities including children and youth by providing an array of independent living services regardless of age, income or disability.

### Programs

#### ■ Blind Services Program

The Blind Services Program provides assistive devices and device training to individuals with low vision or blind to assist them in living an independently, safely and with dignity in their community.

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Independent Living Resources / Recursos De Vida Independiente

### ■ Lost Peepers

The Lost Peepers group provides support for individuals with low vision or blindness. The group is open to community members that would like to attend group meetings, learn and grow with the group.

### ■ Transition Services

Transition Services provides assistance for people with disabilities with transition assistance from nursing homes to community based residences

### ■ Youth Transition Services

Transition of youth with significant disabilities after completion of secondary education to post-secondary life.

1929 S Arizona Ave, Ste 11

Yuma, AZ 85364

928.329.6681

<https://smile-az.org/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English

Cost: Free

### Vocational Rehabilitation (VR) Program

The Vocational Rehabilitation program provides a variety of services to persons with disabilities, with the ultimate goal to prepare for, enter into, or retain employment.

### Programs

#### ■ Arizona Rehabilitation Services Administration (RSA)

Assists individuals with disabilities to overcome barriers to employment and become as economically independent.

### ■ Business Enterprise Program (BEP)

The Business Enterprise Program provides opportunities for VR program participants who are blind or visually impaired in operating business merchandising businesses such as vending machines and food service facilities, under Federal and State agency management.

### ■ Older Individuals who are Blind Program (OIB)

The Older Individuals who are Blind program provides evaluation and instruction to persons with blindness or vision impairments in the areas of orientation and mobility, communication skills, and personal home management. For further information, contact the OIB program.

### ■ Vocational Rehabilitation Program (VR, Voc-Rehab)

The Vocational Rehabilitation program assists individuals with disabilities with programs to include but not limited to vocational evaluation, job training, job search, job placement, transportation job site modification, self-employment and entrepreneurial activities.

AZ Department of Economic Security

1185 S Redondo Center Dr

Yuma, AZ 85364

928.247.8880

<https://des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English, Spanish

Cost: Free

## Legal & Advocacy Resources / Recursos Legales Y De Defensa

### Arizona Association of Providers for People with Disabilities

"The Arizona Association of Providers for People with Disabilities supports and advocates for organizations that enhance the lives of people with disabilities and their families. Our vision is to advance excellence in Arizona programs and services through informing, educating and networking with the disabilities community, while encouraging a strong collective voice among those networks." ([www.aappd.org](http://www.aappd.org))

P.O. Box 33366

Phoenix, AZ 85067

602.510.9373

<http://aappd.org/>

### Arizona Center for Disability Law

"The ACDL provides legal services to people who have a wide range of physical, mental, psychiatric, sensory, and cognitive disabilities. We receive specific federal protection and advocacy funding to assist people with certain kinds of disabilities, such as developmental disabilities or serious mental illness." ([www.azdisabilitylaw.org](http://www.azdisabilitylaw.org))

ACDL Phoenix

5025 E. Washington St, Suite 202

Phoenix, AZ 85034

602.274.6287

Toll Free 1.800.927.2260

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

Hours: Mon.- Fri. 8 a.m. – 4:30p.m.

Intake hours Mon., Tues., Thurs., Fri. 9a.m.-1p.m.

Languages offered: English

Cost: Free

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Legal & Advocacy Resources / Recursos Legales Y De Defensa

### Arizona Disability Advocates of Arizona

Advocates for the legal rights of persons with disabilities to be free from abuse, and neglect and discrimination, and also have access to education, health care, housing and jobs, and other services in order to maximize independence and achieve equality.

1.602.274.6287

\*See the Legal Resources Section for additional resources.

## Resource Programs & Services / Programas De Recursos Y Servicios

### Arizona Department of Child Safety

The Arizona Department of Child Safety is charged with child protection and serves as a visionary leader in primary prevention, partnering with other family-serving agencies and community organizations to improve community health and strengthen families.

1800 E Palo Verde St

Yuma AZ 85364

928.247.8200

Child Abuse Hotline: 1.888.767.2445

<https://dcs.az.gov/>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Arizona Department of Health Services, Division of Behavioral Health

The Arizona Department of Health Services/Division of Behavioral Health Services that serves as the state authority in providing coordination, planning, administration, regulation and monitoring all facets of the state public behavioral health system.

150 North 18th Ave

Phoenix, AZ 85007

602.542.1025

<https://www.azdhs.gov/index.php>

### Department of Developmental Disabilities

The Division of Developmental Disabilities, within the Arizona Department of Economic Security, provides support and services to eligible individuals with developmental disabilities. The support services are tailored to meet as individual needs at home and in community-based settings.

1800 E palo Verde St

Yuma, AZ 85364

928.247.8709

<https://des.az.gov/ddd>

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English, Spanish

Cost: Free

## Respite Resources / Recursos De Relevancia

### ABRIO Care

ABRIO Care provides respite, habilitation, and attendant care to individuals with disabilities. ABRIO staff maintain Level 1 clearance and houses in-house trainer to instruct CPR, First Aid, and state approved Direct Care workforce curriculum.

183 E 24th St, Suite 7

Yuma, AZ 85364

928.314.9961

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

Facebook:[www.facebook.com/ABRIOYuma](https://www.facebook.com/ABRIOYuma)

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English

Cost: Contact for details

### Daybreak Adult Day Health Care - Catholic Community Services of Southern Arizona, Inc. (CCS-Yuma)

Daybreak Adult Day Health Care program is a structured day program providing nursing services, engaging social activities to encourage cognitive stimulation/maintenance and social development. Daybreak provides community-based care for a loved one to remain home and respite for family caregivers.

321 S. 15th Ave

Yuma, AZ 85364

928.783.8316

<https://www.ccs-soaz.org/services/detail/daybreak-adult-day-health-care>

Hours: Mon.- Fri. 7:30 a.m. to 4 p.m.

Languages offered: English, Spanish

Cost: Contact for details

### Resilient Health

Resilient Health assist in creating a safe place for individuals to learn the tools in navigating through challenges by providing opportunities for differentiated therapies.

## Programs

### ■ Respite (In Community)

Supportive services for family caregivers and participants outside the home with program emphasis in community connection to assist and support long term resilience.

### ■ Art Awakenings

Art Awakenings provides therapeutic arts and art therapy for families, children and adults in individual and group settings; with emphasis on meaningful activities for socialization, life skills and resilience.

1314 S 4th Ave, Ste B & C

Yuma, AZ 85364

928.344.3870

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

Hours: Mon.- Fri. 9a.m. to 3p.m.

Languages offered: English, Spanish

Cost: Contact for details

# FAMILY SUPPORT - DISABILITIES & SPECIAL NEEDS / APOYO FAMILIAR - DISCAPACIDADES Y NECESIDADES ESPECIALES

## Skilled Nursing Facility / Centro de Enfermería Especializada

### Haven Health Yuma

2470 S Arizona Ave  
Yuma, AZ 85364  
Phone: 928.344.8541  
Hours: 24/7  
Visiting hours: 8am-4pm

### Haven Health Sandpointe (Kissito Healthcare - Palm View)

2222 S Avenue A  
Yuma, AZ 85364  
Phone: 928.783.8831  
Hours: 24/7

### Life Care Center of Yuma

Our in-house team of therapists and nurses create individualized care plans, focusing on the goals and needs of each resident and patient.

2450 S 19th Ave  
Yuma, AZ 85364  
928.344.0425  
<http://www.lifecarecenterofyuma.com/>  
English, Spanish  
Hours: Monday-Sunday 8am-7pm

### Yuma Nursing Center

1850 W 25th St  
Yuma, AZ 85364  
Phone: 928.726.6700  
Hours: Tues-Fri 8:00am-5:00pm

## Transportation Resources / Recursos De Transporte

### Helping Hands of Yuma

Helping Hands provides no cost programs for individuals in need of minimal assistance to maintain their independence. Services include transportation for vital and medical appointments, therapy, banking, legal matters and post office.

11776 S Sheryl Dr  
Yuma, AZ 85367  
928.305.9974  
[www.helpingyuma.org/](http://www.helpingyuma.org/)

Hours: Mon.- Thurs. 8a.m. - 2p.m.  
Languages offered: English  
Cost: Free

### Saguaro Transportation Services

Saguaro Transportation services provides transportation for the elderly/handicapped and individuals with developmental disabilities. Vehicles are equipped with power lifts and ramps that are able to accommodate wheelchairs, personal mobility carts and walkers; also, these vehicles also have capabilities to transport individuals on stretchers.

1495 S 4th Ave  
Yuma, AZ 85364  
928.783.6069  
[www.saguarofoundation.org](http://www.saguarofoundation.org)

Hours: 24 hours a day  
Languages offered: English  
Cost: Fees may apply

### Western Arizona Council of Governments Area Agency on Aging

WACOG Area Agency on Aging collaborates with transportation providers to provide free transportation to seniors age 60 and older, and in certain areas to younger adults with disabilities.

1235 S. Redondo Center Dr  
Yuma, AZ 85365  
928.782.1886  
[www.wacog.com/senior-transportation/](http://www.wacog.com/senior-transportation/)

Hours: Mon.- Fri. 8a.m. - 5p.m.  
Languages offered: English  
Cost: Free

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

Reading is vital to a child's ability to learn and be successful in school. And the early literacy skills needed to be a good reader – like language and vocabulary – start developing from birth. But it doesn't happen automatically. A child's brain is not pre-wired for reading.



When babies and toddlers hear words and language from caring adults, their brains develop the important connections needed to learn how to read. Studies show that children whose parents and caregivers regularly talk and read with them develop larger vocabularies, become better readers and do better in school. That's because the first few years of a child's life are when the brain grows and develops the most, and a child's experiences in these early years affect how their brain develops.

Language and early literacy developments starts from the very beginning. Babies are listening in utero, and once they're born, they're communicating through eye contact, facial expressions, crying, smiles and touch. When adults respond with words, conversation and attention, it helps build the child's brain in ways that promote healthy development and learning.



For more information visit:

**[FirstThingsFirst.org/language-and-literacy](https://www.firstthingsfirst.org/language-and-literacy)**

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Elementary & Middle Schools / Escuelas Primarias E Secundarias

### Crane School District

"The Crane School District programs and curriculum are developed by creating a personalized learning experience for students. The success of students is the responsibility of our outstanding teachers, dedicated administrators and support staff. Students will have the best possible learning opportunities and experiences as staff actively promote inclusive practices and diversity." ([www.craneschools.org](http://www.craneschools.org))

### Programs

#### ■ Exceptional Students Services

The Exceptional Student Services department assist and is designed to promote interaction with regular education and special education.

928.373.3451

#### ■ Migrant Education Program

The Migrant Education strives to impact instruction and learning for students k-12 to achieve high academic success by providing support structure and scope of available services to migratory students.

928.373.3432

#### ■ Homeless Education Assistance

The McKinney-Vento Homeless Education Assistance Act is to ensure that each homeless child or youth is afforded equal access to free appropriate education as other children to include preschools.

928.373.3432

[www.craneschools.org/apps/pages/index.jsp?uREC\\_ID=1905814&type=d&pREC\\_ID=2112491](http://www.craneschools.org/apps/pages/index.jsp?uREC_ID=1905814&type=d&pREC_ID=2112491)

4501 W 20th St  
Yuma, AZ 85364

928.373.3949

[www.craneschools.org/apps/pages/index.jsp?uREC\\_ID=1926042&type=d&pREC\\_ID=2062171](http://www.craneschools.org/apps/pages/index.jsp?uREC_ID=1926042&type=d&pREC_ID=2062171)

### Crane School Sites

Gary A. Knox Elementary School  
2926 S. 21st Dr  
Yuma, AZ 85364

928.373.5500

[www.garyaknox.craneschools.org](http://www.garyaknox.craneschools.org)

Gowan Science Academy (Magnet School)

1590 S Ave C  
Yuma, AZ 85364

928.539.1200

[www.gowanscience.craneschools.org](http://www.gowanscience.craneschools.org)

HL Suverkrup Elementary School

1590 Ave C

Yuma, AZ 85364

928.373.3500

[www.hlsuverkrup.craneschools.org](http://www.hlsuverkrup.craneschools.org)

Mesquite Elementary School

4451 W 28th St

Yuma, AZ 85364

928.373.4100

[www.mesquite.craneschools.org](http://www.mesquite.craneschools.org)

Pueblo Elementary School

2803 W 20th St

Yuma, AZ 85364

928.373.3600

[www.pueblo.craneschools.org](http://www.pueblo.craneschools.org)

Ronald Reagan Fundamental School

3200 W 16th St

Yuma, AZ 85364

928.373.3700

[www.ronaldreagan.craneschools.org](http://www.ronaldreagan.craneschools.org)

**Gowan**<sup>®</sup>

At Gowan, we believe strong families build strong communities. We are proud to support the Yuma Resource Guide in connecting families to the resources and support they need to thrive.

**TOGETHER, WE GROW**

Logos for partner organizations: THE DUNE COMPANY, Gowan USA, GOWAN MILLING, BARD DATE COMPANY, and DESERT DEPOT.

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Elementary & Middle Schools / Escuelas Primarias E Secundarias

### Crane School District

Salida del Sol Elementary School  
910 Ave C  
Yuma, AZ 85364  
928.373.5600  
[www.salidadelsol.craneschools.org](http://www.salidadelsol.craneschools.org)

Valley Horizon Elementary School  
4501 W 20th St  
Yuma, AZ 85364  
928.373.4000  
928.329.0504  
[www.valleyhorizon.craneschools.org](http://www.valleyhorizon.craneschools.org)

### Middle Schools

Crane Middle School  
4450 W 32nd St  
Yuma, AZ 85364  
928.373.3200  
[www.cranemiddle.craneschools.org](http://www.cranemiddle.craneschools.org)

Centennial Middle School  
2650 W 20th St  
Yuma, AZ 85364  
928.373.3300  
[www.centennial.craneschools.org](http://www.centennial.craneschools.org)

### Gadsden Elementary School District

"Our mission is to ensure high-quality educational programs by providing each student with the skills necessary to contribute to our society and to successfully compete in the global economy. We will accomplish this by emphasizing the development of both academic and social skills."  
([www.gesd32.org](http://www.gesd32.org))

#### ■ Migrant Program

The Migrant Program assist and supports migratory students to achieve high academic success in their K-8 learning.

#### ■ Special Education

Special Education supports students' academic, social emotional, behavioral and various students' needs through small group instruction, one on one assistance, and address needs in or out of the mainstream classroom.

1350 E Cesar Chavez Blvd  
San Luis, AZ 85349  
928.627.6540  
[www.gesd32.org](http://www.gesd32.org)

### Gadsden Elementary School District

**Gadsden Elementary School District Sites**  
Arizona Desert Elementary School  
1245 N Main St  
San Luis, AZ 85349  
928.627.6940  
<https://ads.gesd32.org/>

Cesar Chavez Elementary School  
1130 N 10th Ave  
San Luis, AZ 85349  
928.627.6958  
<https://ccs.gesd32.org/>

Desert View Elementary School  
P.O. Box 6870  
San Luis, AZ 85349  
928.627.6915  
<https://dvs.gesd32.org/>

Ed Pastor Elementary  
985 N 6th Ave  
San Luis, AZ 85349  
928.627.6980  
<https://eps.gesd32.org/>

Gadsden Elementary School  
18745 S Gadsden St  
Gadsden, AZ 85336  
928.627.6970  
<https://ges.gesd32.org/>

Rio Colorado Elementary School  
1055 N Main St  
San Luis, AZ 85239  
928.627.6902  
<https://rcs.gesd32.org/>

### Middle Schools

San Luis Middle School  
1135 N Main St  
San Luis, AZ 85349  
<https://slms.gesd32.org/>

Southwest Junior High School  
963 N 8th Ave  
San Luis, AZ 85349  
928.627.6580  
<https://swjh.gesd32.org/>

### Somerton School District

"The Somerton School District's mission is to empower students of all ages to achieve a quality education in a nurturing, positive and inviting atmosphere."  
([www.ssd11.org/](http://www.ssd11.org/))

#### ■ Exceptional Student Services

The Exceptional Student Services staff collaborates with parents and district personnel to support students with disabilities education through services such as instructional support, support services, to include psych-educational services.

928.341.6000

#### ■ Migrant Education Program

The Migrant Education Program assist and supports migrant students in academic standards to propel students to earn a high school diploma or complete a GED.

928.341.6036

343 N Carlisle Ave  
Somerton, AZ 85350  
928.341.6000  
[www.ssd11.org](http://www.ssd11.org)



# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Elementary & Middle Schools / Escuelas Primarias E Secundarias

### Somerton School District Sites

Bravie T. Soto Elementary School  
1201 W Main St,  
Somerton, AZ 85350  
928.341.6800

Desert Sonora Elementary School  
301 N Carlisle Ave  
Somerton, AZ 85350  
928.341.6300  
[www.ssd11.org/o/dss](http://www.ssd11.org/o/dss)

Orange Grove Elementary  
3525 W County 16 ½ St  
Somerton, AZ 85350  
928.341.6200  
[www.ssd11.org/o/oge](http://www.ssd11.org/o/oge)

Tierra Del Sol Elementary School  
1002 S Somerton Ave  
Somerton, AZ 85350  
928.341.6400  
[www.ssd11.org/o/tds](http://www.ssd11.org/o/tds)

### Middle Schools

Somerton Middle School  
1011 N Somerton Ave  
Somerton, AZ 85350  
928.341.6100  
[www.ssd11.org/o/sms](http://www.ssd11.org/o/sms)

### Wellton School District

"When you're a Wellton Bulldog, you're family. Learn all about who we are, and meet the people who come together to make our school an excellent place for your child to learn and grow."  
([www.welltonschool.org](http://www.welltonschool.org))

#### ■ Student Services Department

The Student Services Department provides support and services for students with special needs between the ages of three to fourteen.

29126 San Jose Ave  
Wellton, AZ 85356  
928.785.3311  
[www.welltonschool.org](http://www.welltonschool.org)

### Yuma District One

"Here at Yuma Elementary School District One, we believe education should be an adventure where every child is thrilled to learn. We foster an environment that challenges students to develop their innate talents and abilities to the fullest. We know that investing in our children will enrich our community for years to come." ([www.yuma.org](http://www.yuma.org))  
We offer services across the continuum from full inclusion in the general education classroom, to off-campus alternative setting, to homebound services. A team of individuals familiar with the student's needs determines the least restrictive environment (LRE) for eligible students. Recognizing the goal to provide an integrated, inclusive learning community, we make best efforts to place students in their home school. If placement in the home school does not meet the needs of the student, we will provide transportation to the service school.

#### ■ Exceptional Student Services Program

Exceptional Student Services assist and supports special needs students between the ages of 3 to 14. Services strives to assist students educational progress through inclusion to general classrooms, off campus alternative setting or homebound services. For more information, contact the ESS office.

928.502.7818

#### ■ Migrant Program

Migrant program is available for qualifying migrant students from 3 years of age to the 8th grade. Support services provide assistance to parents and teachers to assist students' educational growth. For information, contact the Migrant Office.

928.502.4381

601 S 5th Ave  
Yuma, AZ 85364

928.502.4300  
[www.yuma.org](http://www.yuma.org)

Hours: Mon.- Fri. 8 a.m.- 4:30 p.m.  
Language: English Spanish

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Elementary & Middle Schools / Escuelas Primarias E Secundarias

### Yuma District School Sites

Alice Byrne School  
811 W 16th St  
Yuma, AZ 85364  
928.502.7500  
<https://alicebyrne.yuma.org/>

C.W. McGraw School  
2345 S Arizona Ave  
Yuma, AZ 85364  
928.502.7700  
[www.mcgraw.yuma.org](http://www.mcgraw.yuma.org)

Desert Mesa School  
2350 S Ave 71/2 E  
Yuma, Arizona 85364  
928.502.8600  
[www.desertmesa.yuma.org](http://www.desertmesa.yuma.org)

Dorothy Hall Elementary  
5777 E 45th Pl  
Yuma, AZ 85365  
928.502.8300  
<https://dorothyhall.yuma.org/>

G.W. Carver School  
1341 W 15th St  
Yuma, Arizona 85364  
928.502.7600  
[www.gwcarver.yuma.org](http://www.gwcarver.yuma.org)

James B. Rolle  
2711 Engler Ave  
Yuma, AZ 85365  
928.502.8200  
[www.rolle.yuma.org](http://www.rolle.yuma.org)

James D. Price Elementary  
1010 Barranca Rd  
Yuma, Arizona 85365  
928.502.4306  
[www.price.yuma.org](http://www.price.yuma.org)

Mary A Otondo School  
2251 Otondo Dr  
Yuma, AZ 85364  
928.502.8500  
[www.otondo.yuma.org](http://www.otondo.yuma.org)

O.C. Johnson School  
1201 W 12th St  
Yuma, AZ 85364  
928.502.7900  
[www.johnson.yuma.org](http://www.johnson.yuma.org)

Palmcroft School  
901 Palmcroft Dr  
Yuma, AZ 85364  
928.502.8000  
[www.palmcroft.yuma.org](http://www.palmcroft.yuma.org)

Pecan Grove  
600 S 21st Ave  
Yuma, Arizona 85364  
928.502.8050  
[www.pecangrove.yuma.org](http://www.pecangrove.yuma.org)

Roosevelt School  
550 5th St  
Yuma, AZ 85365  
928.502.8150  
928.502.8228  
[www.roosevelt.yuma.org](http://www.roosevelt.yuma.org)

Sunrise Elementary  
9943 E 28th St  
Yuma, AZ  
928.502.8800  
928.502.8787  
[www.sunrise.yuma.org](http://www.sunrise.yuma.org)

### Middle Schools

Fourth Avenue Junior High  
450 S 4th Ave  
Yuma, AZ 85364  
928.502.7000  
[www.fourthavenue.yuma.org](http://www.fourthavenue.yuma.org)

Ron Watson Middle School  
9851 E 28th St  
Yuma, AZ 85364  
928.502.7400  
[www.ronwatson.yuma.org](http://www.ronwatson.yuma.org)

Castle Dome Middle School  
2353 S Otondo Dr  
Yuma, AZ 85365  
928.502.7300  
[www.castledome.yuma.org](http://www.castledome.yuma.org)

Woodard Junior High  
2250 8th Ave  
Yuma, AZ 85364  
928.502.7200  
[www.woodard.yuma.org](http://www.woodard.yuma.org)

Gila Vista Junior High  
2245 Arizona Ave  
928.502.7100  
[www.gilavista.yuma.org](http://www.gilavista.yuma.org)

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Elementary & Middle Charter Schools / Escuelas Primarias Y Secundarias Escuelas Chárter

### AmeriSchools

AmeriSchools Academy™ strives to create and maintain a safe and inviting learning community to support both students and families. Our goal is to develop lifelong learners who are compassionate, culturally sensitive, effective and responsible citizens.

#### School Sites

1220 S 4th Ave  
Yuma, AZ 85364  
928.919.7803

South Campus  
2098 S 3rd Ave  
Yuma, AZ 85364  
928.329.1100

North Campus  
1220 S 4th Ave  
Yuma, AZ 85364  
928.919.7203  
[www.amerischools.org](http://www.amerischools.org)

### Desert View Academy

"Purpose at Desert View Academy is to educate our students with knowledge, empower our students with character and equip our students for life. (<https://dva.dvsk12.com/>)

#### School Sites

Elementary Campus  
3777 W 16th St  
Yuma, AZ 85364  
928.314.1102

Middle School Campus  
Desert View Academy  
3777 W 20th Ln  
Yuma, AZ 85364  
928.317.3113  
<https://dva.dvsk12.com/>

### Harvest Preparatory Academy

"It is the mission of Harvest Preparatory Academy to guide each student into a high level of academic achievement and success through the development of their personal integrity through an academically rich rigorous educational program."  
([www.harvestprep.com](http://www.harvestprep.com))

#### School Sites

Yuma Campus  
350 E 18th St  
Yuma, AZ 85364  
928.782.2052

San Luis Campus  
1044 N 10th Ave  
San Luis, AZ 85349  
928.627.5008  
[www.harvestprep.com](http://www.harvestprep.com)

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Student After School Care Resources / Recursos Para El Cuidado Después De La Escuela Para Estudiantes

### Bienestar Child Development Center

Bienestar Child Development Center provides before and after school care for children to assist working parents. Child care services are also available during the summer.

1504 Liberty St  
San Luis AZ 85349  
928.627.9342  
bienestarchildcare@yahoo.com

Facebook:  
[www.facebook.com/Bienestar-Child-Development-Center](http://www.facebook.com/Bienestar-Child-Development-Center)

Hours: Mon- Fri 6 am.- 6 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details.

### Boys and Girls Club of the Valley-Yuma

Our programs aren't just fun – everything we do has a purpose. We want to ensure kids' academic, social and emotional success. Our Outcome-Driven Club Experience is focused on Four Priority Outcomes for the youth we serve: Academic Success, Good Character & Leadership, Healthy Lifestyles, and Career Pathways & Workforce Readiness.

1100 S. 13th Ave  
Yuma, AZ 85346  
928.575.2450  
<https://www.bgcaz.org/club/yuma-branch/>

Club Hours  
Office Hours: 2:30 pm - 7:00 pm  
After School: 07/31/2023 - 05/30/2024  
Mon, Tue, Fri: 2:30 pm - 7:00 pm  
Wed, Thu: 12:00 pm - 7:00 pm  
Summer: 05/30/2023 - 07/26/2023  
Mon, Tue, Wed, Thu, Fri: 7:00 am - 6:00 pm  
Cost: Contact for details

### Right at School

Right at School supports parents and families by offering before and after school care at students' main school. Right at School strives to cultivate the love of learning, support schools and giving parents a piece of mind. Participating schools vary, please contact for more information.

928.294.9596  
[www.rightatschool.com](http://www.rightatschool.com)

Hours: Mon.-Fri. 7 a.m.-9:40 a.m.  
Languages Offered: English  
Cost: Contact for details

### SHINE Program

The SHINE Program is an after-school program providing sports and character education program to students from 3rd to 6th grade in high poverty neighborhoods. The SHINE program is available after school hours to assist students in developing good citizenship, strong moral character, team spirit and promoting healthy competition.

420 S Madison Ave  
Yuma, AZ 85364  
928.782.3823 X154  
[www.theshineprogram.org](http://www.theshineprogram.org)

Hours: Mon -Fri 2p.m. – 5:30p.m.; Summer Camp:  
Mon – Fri 7:30 a.m.- 5:30p.m.  
Languages offered: English, Spanish  
Cost: Contact for details.

## High Schools / Escuelas Secundarias

### Antelope High School

"It is the mission of Antelope Union High School to create a safe learning environment where students learn to be responsible, thoughtful, self-reliant, productive, citizens capable of adapting to and competing in a rapidly changing world community." ([www.antelopeunion.org](http://www.antelopeunion.org))

9168 S Ave 36E  
Wellton, AZ 85356  
928.785.3344  
[www.antelopeunion.org](http://www.antelopeunion.org)

### Desert View Academy

"Purpose at Desert View Academy is to educate our students with knowledge, empower our students with character and equip our students for life." (<https://dva.dvsk12.com/>)

3777 W 20th Ln  
Yuma, AZ 85364  
928.317.3113  
<https://dva.dvsk12.com/>

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## High Schools / Escuelas Secundarias

### PPEP-Tec High School

PPEP TEC High School (PTHS) is available for students looking for an alternative to a traditional education. With small student to teacher ratios, we are able to provide more of a one-on-one learning experience.

PPEP TEC High School (PTHS) provides an alternative educational option for students ages 14-21, grades 9-12. ([www.ppeptechns.org](http://www.ppeptechns.org))  
School hours 8AM - 2:30 PM

#### School Sites

Cesar Chavez Learning Center, San Luis  
1233 N. Main  
San Luis, AZ 85349  
928.627.8550

Jose Yopez Learning Center, Somerton  
201 N. Bingham  
Somerton, AZ 85350  
928.627.9197

Facebook: [www.facebook.com/ppephec.arizona](http://www.facebook.com/ppephec.arizona)

### Student Choice High School

Through unique programs including alternative high school and credit recovery, our team of educators work tirelessly to help students graduate—the first step to a successful, productive, and an exciting future. Through traditional, 4-hour a day classes in-person or online credit recovery, SCHS will work with you to create a plan and support you through graduation. Enrolling students from freshman to 21 years old. See our website for more details about the programs SCHS offers.

Student Choice High School - San Luis Learning Center  
1914 Cesar Chavez Blvd. Suite #1  
San Luis, AZ 85349  
Phone: 928.227.4696

Student Choice High School - Yuma Campus  
1730 S. 4th Ave.  
Yuma, AZ 85364  
Phone: 928.358.1834

[www.StudentChoiceHighSchool.com](http://www.StudentChoiceHighSchool.com)  
Social Media: @StudentChoiceHS  
Languages: English/Spanish  
Cost: Free

### Yuma Union High School District

"At Yuma Union High School District we recognize the importance of the high school years to each student's future success. Our teachers, staff, administration, and local community dedicate themselves to helping each of our district's students achieve their potential by laying a foundation that they will build on throughout their lives." ([www.yumaunion.org](http://www.yumaunion.org))

District Office  
3150 S Ave A, Ste A  
Yuma, AZ 85364  
928.502.4600  
[www.yumaunion.org](http://www.yumaunion.org)

### Programs

#### ■ Career & Technical Education

YUHSD offers courses to students in state approved Career and Technical Education (CTE) programs. CTE programs may be available for college credits through dual enrollment in CTE classes. For more information, contact the student's school advisor or CTE office, 928.502.6787

#### ■ Special Services-Special Education

YUHSD assist students with special needs who reside within the district's boundaries by ensuring the student receives the necessary special education services and support. For further information, please contact the student's school or the Special Education Office. 928.502.6780

#### ■ Migrant Education Program

The YUHSD Migrant Program supports migrant students from ages 3 to 21 with services such as tutoring, school supplies, vision exams, GED study material, Migrant Summer Academy, cap and gown. Migrant Program is only offered at Yuma High School. For more information, contact the Migrant Program office. 928.502.4652

### School Sites

Cibola High School  
4100 W 20th St  
Yuma, AZ 85364  
928.502.5700  
[www.yumaunion.org/Cibola](http://www.yumaunion.org/Cibola)

San Luis High School  
1250 N 8th Ave  
Yuma, AZ 85364  
928.502.6100  
[www.yumaunion.org/sanluis](http://www.yumaunion.org/sanluis)

Gila Ridge High School  
7150 E 24th St  
Yuma, AZ 85364  
928.502.6400  
[www.yumaunion.org/gilaridge](http://www.yumaunion.org/gilaridge)

Somerton High School  
1093 W Jefferson St  
Somerton, AZ 85350  
928.502.4611  
[www.somerton.yumaunion.org/](http://www.somerton.yumaunion.org/)

Kofa High School  
3100 S Ave A  
Yuma, AZ 85364  
928.502.5400  
[www.yumaunion.org/kofa](http://www.yumaunion.org/kofa)

Vista High School  
2350 Virginia Dr  
Yuma, AZ 85364  
928.343.2521  
[www.yumaunion.org/vista](http://www.yumaunion.org/vista)

Yuma High School  
400 S 6th Ave  
Yuma, AZ 85364  
928.502.5000  
[www.yumaunion.org/yumahs](http://www.yumaunion.org/yumahs)

## **FIRST THINGS FIRST SCHOLARSHIPS AND INCENTIVES**

Financial scholarships to support eligible individuals in completing a credential, associate degree, or bachelor's degree in early childhood education or related field.

### **College Scholarship for Early Childhood Professionals**

The FTF College Scholarship provides the early childhood workforce working directly with or on behalf of young children birth through age 5 access to education and training to achieve degrees, credentials, and specialized skills to promote children's development.

### **Bonus Program**

The FTF Bonus Program is a financial incentive offered to scholars who are continuing their education in the early childhood education field.

For scholarship  
information contact:

**1.855.818.6613**

[info@thearizonaregistry.org](mailto:info@thearizonaregistry.org)

For a step-by-step  
scholarship guide, visit:

**[AZEarlyChildhood.org](http://AZEarlyChildhood.org)**



**ARIZONA  
EARLY CHILDHOOD**  
Career and Professional Development Network

SUPPORTED BY  
**FIRST THINGS FIRST**



**The National  
Workforce Registry  
Alliance**  
Supporting the nation's early childhood and afterschool workforce

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Scholarships & Grants / Becas Y Subvenciones

### Arizona Community Foundation

In partnership with our generous donors, we award millions of dollars annually to help students achieve their educational goals. Through our online system, students complete one application and are matched with available scholarships, based on their eligibility requirements.

350 W 16th St #304

Yuma, AZ 85364

928.539.5343

[www.azfoundation.org/ways-to-give/give-locally/acf-of-yuma](http://www.azfoundation.org/ways-to-give/give-locally/acf-of-yuma)

Languages offered: English, Spanish

Cost: Contact for details

### Arizona Early Childhood Workforce Registry

Provide scholarships to higher education for the Yuma early childhood workforce working directly with or on behalf of young children birth to age 5 to obtain a Child Development Associate (CDA) credential, and to obtain an Associate degree in early childhood education or related field. A local representative is available to help.

555 N Central Ave # 500

Phoenix, AZ 85004

602.531.1983

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

Languages offered: English, Spanish

Cost: Free

### Arizona Western College

Arizona Western College offers institutional scholarships to assist current Arizona Western College students in the areas of art, music, career & technical education, choir, honors program, presidential scholarship and theatre. Contact the AWC Financial Aid Office for information on external and transfer scholarships.

2020 S Ave 8 E

Yuma, AZ 85365

928.344.7634

[www.azwestern.edu/enrollment/financial-aid/scholarships-and-grants](http://www.azwestern.edu/enrollment/financial-aid/scholarships-and-grants)

Languages offered: English

Cost: Free

### AWC Foundation

The Arizona Western College Foundation is committed to helping students reach their educational goals through scholarships, grants and collaborative contributions. The AWC foundation assist students attending Arizona Western College. All AWC Foundation available scholarships are posted on foundation's webpage.

P.O. Box 929

Yuma, AZ 85366

928.344.1720

<https://foundation.azwestern.edu/>

Languages offered: English

Cost: Free

### Caballeros de Yuma

Caballeros de Yuma offers scholarships to high school seniors graduating from Yuma County high schools, Yuma County charter schools and current college students. Caballeros de Yuma offers a wide range of scholarships to assist Yuma County students' educational careers.

P.O. Box 5987

Yuma, AZ 85366

928.343.1715

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

Languages offered: English

Cost: Free

### Federal Student Aid

Federal Student Aid and Federal Pell Grants are available for eligible students who are seeking their bachelor, graduate, or professional degree. For eligibility guidelines and information, visit the Student Aid website.

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

Languages offered: English

Cost: Free

### The Foundation of Onvida Health

The Foundation of Onvida Health offers scholarships in various areas each year. The Foundation of Onvida Health ongoing commitment to the delivery of quality healthcare, recognizes the education as an essential component by offering scholarships in various areas each year.

2400 S Ave A

Yuma, AZ 85364

928.336.2000

Languages offered: English

Cost: Free

### Yuma County Fair, Inc.

The Yuma County Fair program assist local eligible youth with financial support for their educational goals. For scholarship information contact the Yuma County Fair.

2520 E 32nd St

Yuma, AZ 85365

928.726.4420

[www.yumafair.com/scholarships.html](http://www.yumafair.com/scholarships.html)

Languages offered: English

Cost: Free

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Universities & Colleges / Universidades Y Colegios

### Arizona State University (ASU) -Yuma Extension

Arizona State University Yuma Extension in partnership with Arizona Western College assist students perusing a bachelor's degree from ASU as they complete their associate degree at AWC.

ASU @ Yuma  
928.317.6205  
<https://asulocal.asu.edu/yuma>

Hours: Mon. – Thu 7 a.m. – 7p.m.  
Languages offered: English  
Cost: Fees apply

### Arizona Western College

Arizona Western College (AWC) Transforming lives through education and partnerships to create thriving communities.

#### Programs

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##### ■ Yuma Promise

Arizona Western College Yuma Promise is a tuition reimbursement program assisting recent high school graduates with the cost of tuition. For further information, contact Yuma Promise.

[promise@azwestern.edu](mailto:promise@azwestern.edu)

##### ■ Dual Enrollment

Arizona Western College partners with local high schools to offer Dual Enrollment credit for academic and occupational degrees. For more information, contact the Dual Enrollment office.

[tiffany.tipton-pavey@azwestern.edu](mailto:tiffany.tipton-pavey@azwestern.edu)  
928.344.7742

##### ■ Concurrent Enrollment

The Concurrent Enrollment at Arizona Western College is program for high school students who want to take courses on the college campus or online while in high school. The program is available to all high school students with their high school is in agreement. For further information, contact the Concurrent Enrollment office and the student's school academic advisor.

[tiffany.tipton-pavey@azwestern.edu](mailto:tiffany.tipton-pavey@azwestern.edu)  
928.344.7742

##### ■ Military Services

AWC Military Services offers services such as academic advice, course registration assistance, and some in-person courses are also available at MCAS-Yuma for active duty military, DOD employees, and their families at MCAS-Yuma and Yuma Proving Grounds. For more information, contact the Military Services office.

[military.services@azwestern.edu](mailto:military.services@azwestern.edu)  
928.317.7605

##### ■ Veterans Services

Veteran Services strives to assist veterans with a successful transition and integration into higher education. Veteran Services collaborates with community veteran organizations to enhance educational and career opportunities for student veterans.

[veteran.services@azwestern.edu](mailto:veteran.services@azwestern.edu)  
928.344.7622

##### ■ AWC Services for Students with Disabilities- AccessABILITY Resource Services (ARS)

The AccessABILITY Resource Services assists students with disabilities, collaborates with faculty and staff to remove barriers through design and accommodation. Students can initiate the accommodation process by either logging in directly to Accommodate using their AWC username and password below, or make an appointment for assistance.

[accessability@azwestern.edu](mailto:accessability@azwestern.edu)  
928.344.7674

### Northern Arizona University – Yuma

Northern Arizona University-Yuma is available for students seeking undergraduate and graduate degrees. NAU-Yuma campus is designated a Hispanic Serving Institution (HIS) by the U.S. Department of Education.

Academic Complex  
2020 S Avenue 8E  
Yuma, Arizona 85366  
[www.nau.edu/yuma/](http://www.nau.edu/yuma/)  
928.317.6450

Hours: Mon.-Thurs. 7a.m.-7p.m  
Languages offered: English  
Cost: Fees apply



# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Universities & Colleges / Universidades Y Colegios

### AWC Sites

Main Campus  
2020 S Ave 8E  
Yuma, AZ 85365  
928.317.6000  
1.888.293.0392  
www.azwestern.edu

AWC Reskilling and Technology Center  
1351 S Redondo Center Dr  
Yuma, AZ 85364  
928.317.6150

MCAS Education Center  
Bld. 850  
Yuma, AZ 85369  
928.317.7605

Parker Learning Center  
1109 Geronimo Ave  
Parker, AZ 85344  
928.669.2214

Quartzsite Learning Center  
695 N Kofa Ave at Quail  
Quartzsite, AZ 85346  
928.927.8299  
928.669.2214

Somerton Center  
1011 N Somerton Ave  
Somerton, AZ 85350  
928.314.9464

Somerton City Hall  
143 N State Ave  
Somerton, AZ 85350  
928.314.946

### AWC Sites

San Luis Learning Center  
1340 N 8th Ave  
San Luis, AZ 85349  
928.314.9449

San Luis Technology Institute  
1135 N Main St  
San Luis, AZ 85349  
928.314.9438

US Army Proving Ground  
USAG Yuma Education Center, Bld. 501  
Yuma, AZ 85365  
928.328.3177

Wellton Learning Center  
28851 County 12th St  
Wellton, AZ 85356  
928.785.4175

Hours: Mon. - Thu. 7 a.m. – 7p.m.  
Languages offered: English  
Cost: Fees apply

### University of Arizona (U of A)

The University of Arizona Yuma is available to students seeking to earn their associate's degree at AWC and finishing their bachelor's degree at UA Yuma.

The University of Arizona Yuma  
7875 E 24th St, Ste #7  
Yuma, AZ 85365  
928.782.1914

<https://nearyou.arizona.edu/yuma>

Hours: Mon.- Thu 7 a.m. – 7p.m.  
Languages offered: English and Spanish  
Cost: Fees apply

## Public Arizona Colleges and Universities

<b>Public, 4-year</b>		
Northern Arizona University (Flagstaff)	928.523.9011 nau.edu	Online, Undergraduate, Graduate, Graduate Certificate Programs
University of Arizona (Tucson)	520.621.0898 arizona.edu	Online, Undergraduate, Graduate, Graduate Certificate Programs
Arizona State University (Tempe)	480.965.6113 asu.edu	Online, Undergraduate, Graduate, Graduate Certificate Programs
<b>Public, 2-year</b>		
Glendale Community College (Glendale)	623.845.3000 gccaz.edu	Certificate and Associate Programs
Chandler-Gilbert Community College (Chandler)	480.732.7280 cgc.edu	Certificate and Associate Programs
Rio Salado College (Tempe)	1.800.729.1197 riosalado.edu	Certificate and Associate Programs
Arizona Western College (Yuma)	928.317.6000 azwestern.edu	Certificate and Associate Programs
Estrella Mountain Community College (Avondale)	623.935.8000 estrellamountain.edu	Certificate and Associate Programs
Mesa Community College (Mesa)	480.461.7000 mesacc.edu	Certificate and Associate Programs
Paradise Valley Community College (Phoenix)	602.787.7862 paradisevalley.edu	Certificate and Associate Programs
Eastern Arizona College (Thatcher)	1.800.678.3808 eac.edu	Certificate and Associate Programs
Gateway Community College (Phoenix)	602.286.8200 gatewaycc.edu	Certificate and Associate Programs
Phoenix College (Phoenix)	602.285.7800 phoenixcollege.edu	Certificate and Associate Programs
Central Arizona College (Coolidge)	1.800.237.9814 centralaz.edu	Certificate and Associate Programs
Scottsdale Community College (Scottsdale)	480.423.6000 scottsdalecc.edu	Certificate and Associate Programs
Pima Community College (Tucson)	520.206.4500 pima.edu	Certificate and Associate Programs
Cochise Community College (Sierra Vista)	1.800.966.7943 cochise.edu	Certificate and Associate Programs
Tohono O'odham Community College (Sells)	520.383.8401 tocc.edu	Certificate and Associate Programs
Yavapai College (Prescott)	928.445.7300 yc.edu	Certificate and Associate Programs
South Mountain Community College (Phoenix)	602.243.8000 southmountaincc.edu	Certificate and Associate Programs
Northland Pioneer College (Holbrook, Hopi, Kayenta, Whiteriver, Show Low, Snowflake/Taylor, Winslow, St. Johns, Springerville-Eagar)	928.532.6111 npc.edu	Certificate and Associate Programs
Mohave Community College	928.855.7812 mohave.edu	Certificate and Associate Programs

## Private Arizona Colleges and Universities

<b>Private, non-profit, 4-year</b>		
Arizona Christian College (Phoenix)	1.800.247.2697 arizonachristian.edu	Online, Undergraduate
Embry-Riddle Aeronautical University (Prescott)	1.800.888.3728 erau.edu	Certificate, Undergraduate, Graduate Programs
Prescott College (Prescott)	1.877.350.2100 prescott.edu	Certificate, Undergraduate, Graduate Programs
International Baptist College and Seminary (Chandler)	1.800.422.4858 ibcs.edu	Certificate, Undergraduate, Graduate Programs
Ottawa University (Phoenix)	1.855.774.7713	Online, Undergraduate, Graduate Programs
<b>Private, for-profit, 4-year</b>		
Grand Canyon University (Phoenix)	1.855.428.5673 gcu.edu	Undergraduate, Graduate, Graduate Certificate Programs
University of Phoenix (Phoenix and Tucson)	1.844.937.8679 phoenix.edu	Certificate, Undergraduate and Graduate Programs
Southwest University of Visual Arts (Tucson)	1.800.825.8753 suva.edu	Undergraduate and Graduate Programs
University of Advancing Technology (Tempe)	1.800.658.5744 uat.edu	Online, Undergraduate, Graduate Degree Programs
Chamberlain University (Phoenix)	1.877.751.5783	Undergraduate and Graduate
<b>Private, for-profit, 2-year</b>		
Universal Technical Institute (Avondale)	1.800.834.7308	Automotive, Diesel, Motorcycle
Arizona Automotive Institute (Glendale)	623.934.7273 aai.edu	Automotive, Diesel, Welding, Refrigeration/ Heating/Ventilation
The Refrigeration School, Inc. (Phoenix)	480.676.5843 refrigerationschool.com	HVAC, Refrigeration, Electrician and Welding
Arizona College (Glendale and Mesa)	1.855.706.8382	Allied Health
National Paralegal College, Inc. (Phoenix)	1.800.371.6105 nationalparalegal.edu	Certificate, Undergraduate and Graduate Programs
Pima Medical Institute (Mesa)	1.800.477.7462	Allied Health
Brookline College (Phoenix, Tempe, Tucson, Albuquerque)	1.888.337.9003 brooklinecollege.edu	Online, Certificate, Undergraduate Programs
Southwest Institute of Healing Arts (Tempe)	480.994.9244	Massage

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Vocational & Technical Schools / Escuelas De Profesional Y Técnicas

### Achieve Community Services

Achieve Community Services assist individuals with vocation, education and daily life skills promoting. Achieve Community Services are delivered by HCMS caregivers and tutors to ensure supportive service delivery and flexibility.

### Programs

#### ■ Tutoring

Achieve Community Services offers tutoring services to include remedial academic tutoring, GED testing, college level course, core class tutoring, CNA state testing, ASVAB, and cosmetology state testing. Contact the office for information.

#### ■ Clerical Technology

The Clerical Technology training program offers training to enter the clerical field with such as skills with data entry, filing, general office work, use of office Microsoft Suite, computer applications and database maintenance.

#### ■ Career Exploration

The Career Exploration service consists of career exploration processes and activities, development of self-assessment, guidance through available employment networks and information about various industries and occupation.

#### ■ Supported Education

This service is instructional activities that prepare a client for the education or training necessary to successfully achieve employment in their chosen field. This may be done through identifying education and/or training requirements, utilizing education resources, identifying education costs, exploring and finding financial aid resources or options and assisting the client in registering for selected education/vocational training programs.

3250A E 40th St,  
Yuma, AZ 85365  
928.341.0335

Hours: Mon.- Fri. 8am.-3:30p.m.  
Languages offered: English  
Cost: Fees may apply

### Arizona Western College

Arizona Western College (AWC) Transforming lives through education and partnerships to create thriving communities. Please contact or visit AWC for further education and career information.

### Programs

#### ■ AWC Continuing Education- Adult Education Program

AWC grant offering GED and English learning classes. Students can earn a High School Equivalency Diploma, take English courses for Speakers of Other Languages, and gain Integrated Education Training. The program helps adults learn new skills by teaching reading, writing, math, and English.

928.317.7674

adult.education@azwestern.edu

<https://www.azwestern.edu/workforce-ed/adult-ed>

Cost: Free

#### ■ Career and Technical Education

The Career and Technical Education Division provides instructional programs and services at Arizona Western College designed to assist students in preparing for the workforce by supporting their educational and professional development pursuits. Technical degrees and certificates are available including areas such as agricultural and science, construction and technology, health care, public safety and more. For more information, contact the Career Technical Education center.

928.344.7567

#### ■ Job Training

Arizona Western College Job Training Program offers preparation programs that include career, educational and/or training services. The Job Training is a federally funded grant program through the Workforce Innovation and Opportunity Act (WIOA).

2020 S Ave 8E  
Yuma, AZ 85365  
928.317.6000

1.888.293.0392

[www.azwestern.edu](http://www.azwestern.edu)

Hours: Mon.- Fri. 8am.-3:30p.m.

Languages offered: English

Cost: Tuition fees apply

### College of Health Careers- Regional Center for Border Health, Inc.

"The Regional Center for Border Health, Inc./College of Health Careers is licensed by the Arizona State Board for Private Postsecondary Education as a Vocational Training Center and the Arizona State Board of Nursing. The College of Health Careers provides Allied Health Vocational Training & Certificate Programs for entry-level healthcare occupations." ([www.rcbh.edu](http://www.rcbh.edu))

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Vocational & Technical Schools / Escuelas De Profesional Y Técnicas

### Programs

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#### ■ Nursing Assistant

"The Nursing Assistant Program is a 6 weeks' program of full-time education which includes a total of 153 hours of instruction (as required by the Arizona State Board of Nursing) The program is designed to prepare students for certification as nursing assistants. A nursing assistant is a licensed caretaker who assists in performing activities of daily living to persons in skilled nursing facilities, hospitals and doctors' offices." (www.rcbh.edu)

#### ■ Medical Coder and Biller

"The Medical Coder and Biller Training Program is a 14- week program of part time instruction with a total of 300 hours designed to prepare students for certification as a medical coder and biller. The focus of this program is learning the coding rules for the CPT, IDC- 10- CM, and Level II coding systems and then applying the rules to code patients' services. In addition, a variety of payment systems are presented. The medical topics of Medicare fraud/ abuse, HMOs, and QIOs are also reviewed." (www.rcbh.edu)

#### ■ Medical Office Specialist

"The Medical Office Specialist Training Program is an 11- week program of full-time instruction with a total of 309 hours designated to provide students with the necessary skills to obtain entry level employment in the medical facility. Students are cross trained in both the clinical and administrative duties that are required to work effectively and productively in a medical setting." (www.rcbh.edu)

#### ■ Caregiver

Where a person learns the skills of assisting clients with their activities of daily living, light housekeeping and meal preparation. During the program students will gain an understanding of client needs and how to assist the client with their specific needs. Caregivers are frequently employed in assisted living facilities & home health/ hospice agencies." (www.rcbh.edu)

#### ■ Phlebotomy Technician

"The Phlebotomy Technician Program is a 2- week program with a total of 40 hours that works under the supervision of a license medical laboratory technician, physician or other individuals with an advanced degree in biomedical/related sciences. A phlebotomy technician's primary function is to collect blood specimens from patients for the purpose of laboratory analysis. Techniques used for this blood collection are taught which include patient preparation, processing, safety and compliance." (www.rcbh.edu)

#### ■ Nutrition and Food Service Management

"The Nutrition and Food Service Management is a 10-week, 360-hour program which will provide participants with the practical knowledge and skills to obtain satisfactory employment in the food service industry. Many food service locations are required to have a staff member with the training and certification needed to operate a safe establishment. This program has been approved by the Arizona State Board of Private Postsecondary Education." (www.rcbh.edu )

950 E Main St, Bld. A  
Somerton, AZ 85350  
928.315.7600  
www.rcbh.edu

Facebook: [www.facebook.com/College-of-Health-Careers](http://www.facebook.com/College-of-Health-Careers)

Hours: Mon.- Fri. 8 a.m.-3:30 p.m.

Languages offered: English

Cost: Tuition fees apply

#### Job Corps

Job Corps provides technical training and education for low income youth ages 16 to 24. Students enrolled in the program receive meals, basic medical support services, and transitional support services after graduation. The program is administered through the U.S. Department of Labor.

518 S 3rd St  
Phoenix, AZ 85004  
1.800.733.5627  
www.jobcorps.gov

Hours: Mon.- Fri. 8 a.m.- 5 p.m.

Languages offered: English

Cost: Free

#### STEDY (Southwest Technical Education District of Yuma)

"Southwest Technical Education District of Yuma provides improved job skills training for high school students. CTED is an independent school district specifically established to provide approved career and technical education (CTE) or vocational programs to high school students." (www.stedycte.org )

### Programs

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#### ■ Business Management

"This program will offer the knowledge to enter the business field in an entry-level position such as filing clerk, receptionist, clerk typist, cashier, teller, hospital admitting clerk and transcribing, among others." (www.stedycte.org )

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Vocational & Technical Schools / Escuelas De Profesional Y Técnicas

### ■ Community Health Care Worker

"This program is designed to provide students with the necessary skills to become a community health care worker, also known as a promotor/a. Students will learn to build individual and community relationships by increasing health knowledge and self-sufficiency through outreach, education, informal counseling, social support and advocacy." (www.stedycte.org )

### ■ Electrical Technology

"This program prepares students for an entry-level position in the construction trades industry. This program provides opportunities for students to learn to install, maintain, and repair electrical wiring, equipment and fixtures in accordance with relevant codes. This program curriculum is aligned with the National Center for Construction Education Research standardized national skills standards for the construction trades." (www.stedycte.org )

### ■ HVAC- Air Conditioning/Heating

"The HVAC program provides students with the essential skills required for entry-level employees in the A/C and refrigeration industry. Training in various aspects of A/C and Refrigeration include trouble-shooting, maintenance, repair and servicing of A/C units, related electrical controlling devices, motors and safety factors concerning the use of various refrigerants." (www.stedycte.org )

### ■ Manufacturing Technology

"Through a collaborative partnership with Arizona Western College, the Southwest Technical Education District of Yuma (STEDY) students will participate in a Manufacturing Technology program. The program will be focused on planning, managing and performing the processing of materials into intermediate or final products and related professional and technical support activities such as production planning and control, maintenance and manufacturing, and process engineering." (www.stedycte.org )

### ■ Pre-Engineering (Drafting)

"This program provides courses in the drafting CAD and technical subject areas as well as the required general education courses to prepare students to transfer to a university. This program will provide knowledge in computer-aided drafting (CAD) technology." (www.stedycte.org )

### ■ Solar Technology

"Students enrolled in this program will use a nationally developed curriculum to develop knowledge and skills to successfully install photovoltaic panels. The student will gain a basic understanding of electrical theory, wiring to proper code, safety and panel mounting, panel positioning and tie-in to the commercial grid." (www.stedycte.org )

### ■ Professional Information Technology Support

"Computer support specialists and network administrators help computer users and organizations. Some of these workers support computer networks by testing and evaluating network systems and ensuring that the day-to-day operations work. Others provide customer service by helping people with their computer problems." (www.stedycte.org )

### ■ Cloud Computing Technology

"A basic definition of cloud computing is when companies move physical information technology (IT) activities, such as file storage and on-site servers, to a virtual environment. As a cloud computing specialist, you will utilize these virtual environments to create streamlined operations for companies." (www.stedycte.org )

### ■ Agriculture Science & Technology

"The STEDY Agriculture Science and Technology program is focused around the study and principles of agricultural technologies, food safety, and food products and processing. Students will research and learn the innovations and nuances of new technology within the agricultural industry and their impact in relation to the various agriculture pathways." (www.stedycte.org )

### ■ Animation 2d & 3D

"The Animation program prepares the students in developing the process of displaying still images in sequence to create the illusion of movement. These images can be hand drawn, computer generated or pictures of 3D objects. Animators and Multimedia Artists create animation and visual effects for television, movies, video games, and other forms of media." (www.stedycte.org )

### ■ Medical Assistant

"Medical Assistant's work throughout the healthcare industry in many different clinical settings. Students will gain knowledge in phlebotomy, medical terminology, anatomy and physiology, lab safety, how to take vital signs and how to administer injections." (www.stedycte.org )

### ■ Software Development

"This program will prepare students to pursue a career in software development. Students will learn how to write programs and work with a variety of computer languages. Students will also test codes that allow computer applications and software programs to function properly."(www.stedycte.org )

899 E Plaza Circle Ste 1  
Yuma, AZ 85366  
928.366.5904  
www.stedycte.org

Hours: Mon.- Thu, call for hour information  
Languages offered: English Cost: Fees Apply

# FAMILY SUPPORT - EDUCATION / APOYO FAMILIAR - EDUCACIÓN

## Youth Programs & Resources / Programas Y Recursos Para Jóvenes

### 2Thrive - Campesinos Sin Fronteras

Through a grant provided by the Office of Population Affairs, Campesinos Sin Fronteras offers the 2THRIVE initiative. The 2THRIVE initiative provides youth in Yuma County, Arizona with tools and skills to achieve emotional, physical, social, and intellectual health and wellness.

800 E Juan Sanchez Blvd  
San Luis, AZ 85349  
928.627.1060

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

Hours: Mon.- Thu 8 a.m. – 5:30p.m.; Fri. 8 a.m.- 12 p.m.

Languages offered: English, Spanish

Cost: Free

### Community Medical Services

Community Medical Services is an opioid treatment program specialized in providing outpatient medications assisted treatment, combined with counseling and community-based services. Our mission is to help those who are suffering from substance use disorders. We're proud that our clinics provide our patients with an environment that is free of judgement and condescension and we're steadfast in treating everyone with the utmost dignity and respect.

201 S 1st Ave  
Yuma, AZ 85364  
928.291.3565

[communitymedicalservices.org](http://communitymedicalservices.org)

M - F: 4:30 am - 3:30 pm. Sat: 6:00 am - 10:00 am.

English and Spanish

Contact for details (accept most insurances)

### Familias Fuertes

The Familias Fuertes program reduces substance abuse among youth by improving parenting skills of South Yuma County parents & caregivers. Consists of a 7 weekly sessions, where parents and caregivers of youth 10-14 years of age come together to discuss topics such as love, limits, rules, consequences, establishing good communication, managing stress and emotions, substance abuse prevention, and values and goals. The program is completely free as long as you are the caregiver of youth 10-14 years of age.

663 E Maint Street  
Somerton, AZ 85350  
928.236.3247

928.627.1060

<https://www.campesinossinfronteras.com/programs>

Hours: Contact for details

Languages: English, Spanish

Cost: Free

### Kids at Hope

Kids at Hope inspires, empowers and transforms schools, organizations serving youth and entire communities to create an environment and culture where all children experience success.

<https://www.kidsathopeyuma.org/index.html>  
928.210.4000

### One•n•ten - Yuma Satellite Program

One•n•ten is a nonprofit organization dedicated to serving and assisting lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Provides youth, ages 11 to 24, with tools to improve self-esteem and self-acceptance. Satellites are weekly discussion groups that cover a wide range of social, educational, health and community issues. Offers resources for healthy living and making healthy choices, as well as fun social networking opportunities that develop leadership skills.

602.400.2601

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

Facebook: [www.facebook.com/1n10org](https://www.facebook.com/1n10org)

Hours: Tue 6 p.m.-7:30 p.m.

Languages offered: English

Cost: Free

### Teen Pregnancy Prevention Programs

The Arizona Department of Health Services provides two different programs, Abstinence Only and Abstinence Plus in an effort to reduce teen pregnancy and sexually transmitted diseases among teens. Programs are available at certain schools, juvenile court youth programs in Yuma and San Luis.

2200 W 28th St  
Yuma, AZ 85364  
938.317.4580

[www.yumacountyaz.gov/government/health-district/divisions/health-promotion/teen-pregnancy-prevention](http://www.yumacountyaz.gov/government/health-district/divisions/health-promotion/teen-pregnancy-prevention)

Hours: Mon.- Fri. 8 a.m. – 4 p.m.

Languages offered: English, Spanish

Cost: Free

### Yuma County Anti Drug Coalition

Our team's mission is to eradicate the misuse and abuse of alcohol, marijuana, tobacco, prescription, and other drugs in Yuma County.

<https://yumacountyantidrugcoalition.org/>

# FAMILY SUPPORT - CAREER SERVICES & RESOURCES / APOYO FAMILIAR - SERVICIOS Y RECURSOS DE CARRERA

## Adult Education Resources / Recursos De Educación De Adultos

### Adult Education Services- Arizona Department of Education

"Arizona Adult Education Services provides comprehensive services to students 16 years of age and older who are not enrolled in a K-12 school. To quality educational programs to assist students to: earn a High School Equivalency Diploma (HSE); connect to employment and job training opportunities; transition to post-secondary education; and become proficient in English." (www.azed.gov )

1535 West Jefferson St, Bin 26  
Phoenix, AZ 85007  
602.258.2410  
<http://www.alpsaz.org/>

Hours: Mon.- Fri. 8 a.m. – 5:00 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Adult Literacy Plus

"Adult Literacy Plus of Southwest Arizona (ALPS) is a full-time advocate for adult literacy in Southwest Arizona. As mentors, we change lives through outreach programs, adult basic education, ESL instruction, workplace preparation and training, and tutoring. Our program facilitates success within the family, workplace, and the community."

### Programs

#### ■ Adult Basic Education (ABE)

"Literacy instruction aligned to the Arizona Adult Education Content Standards to students with educational functioning levels below secondary education (pre-GED test level). Workforce Preparation activities can be provided concurrently with ABE instruction."

#### ■ Adult Secondary Education (ASE)

"Literacy instruction aligned to the Arizona Adult Education Content Standards to students with educational functioning levels above basic education (GED test and college preparation level). ASE activities are designed to lead to the attainment of a secondary diploma (or its equivalent) and transition to postsecondary education/training or employment. Workforce Preparation activities can be provided concurrently with ASE instruction."

#### ■ English Language Acquisition for Adults (ELAA)

"English language instruction designed to help eligible learners achieve proficiency in reading, writing, speaking and listening; and that leads to attainment of a secondary diploma (or its equivalent), transition to postsecondary/ training, or employment. To meet the requirement of leading to the attainment of a secondary diploma (or its equivalent), transition to postsecondary education/training, or employment, the ELAA program: 1) aligns to the Arizona Adult Education Content Standards, 2) offers college/career counseling services, and/or 3) is part of a career pathway."

#### ■ Integrated English Literacy and Civics Education (IELCE)

"Education services provided to English language learners to achieve competence in the English language and acquire the basic and more advanced skills needed to function effectively as parents, workers and citizens. Services include: 1) instruction in literacy and English language acquisition, and 2) instruction on the rights and responsibilities of citizenship and civic participation. Services include workforce preparation and workforce training."

#### ■ Integrated Education and Training (IET)

Instruction provides adult education and literacy activities concurrently and contextually with workforce preparation activities and workforce training for a specific occupation or occupational cluster for the purpose of educational and career advancement. IET components are: 1) adult education and literacy 2) workforce preparation activities and 3) workforce training. Instruction is based on occupationally relevant materials for the purpose of educational and career advancement. Participation is intended for students at all skill levels, including adults with low academic skills.

1011 North Somerton Avenue  
Somerton Arizona 85350  
928.341.6714  
<http://www.alpsaz.org/>

Hours: Mon-Fri 8 a.m. to 5 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Arizona Early Childhood Workforce Registry

The Registry will help you grow your skills, increase your knowledge in early childhood, and advance your career. You'll be able to find and register for training and professional development opportunities. Manage your career profile. Access FTF College Scholarships to take college classes toward a degree or credential in early childhood (only available through the Registry) and share your qualifications with employers. A local representative is available to help.

555 N Central Ave, Ste 500  
Phoenix, AZ 85004  
602.531.1983  
Toll Free 1.855.818.6613  
[info@thearizonaregistry.org](mailto:info@thearizonaregistry.org)

Hours: Fri 8a.m. - 5p.m.  
Languages offered: English, Spanish  
Cost: Free



# FAMILY SUPPORT - CAREER SERVICES & RESOURCES / APOYO FAMILIAR - SERVICIOS Y RECURSOS DE CARRERA

## Adult Education Resources / Recursos De Educación De Adultos

### Arizona Western College

Arizona Western College (AWC) Transforming lives through education and partnerships to create thriving communities.

#### Programs

(Please visit [www.azwestern.edu](http://www.azwestern.edu) for more programs and further information)

#### ■ Workforce Education

Workforce Education is an extension of Arizona Western College offers a wide variety of courses, workshops, seminars and conferences for business and industry professionals.

#### ■ GED Testing

GED testing is available to anyone who does not possess a high school diploma and is interested in completing the general education development (GED) test series. GED test are available in English and Spanish.

2020 S Ave 8E  
Yuma, AZ 85365  
928.317.6000  
1.888.293.0392  
[www.azwestern.edu](http://www.azwestern.edu)

Hours: Mon.-Thu. 7 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Fees may apply

### Crossroads Mission- Career & Academic Center

Crossroads Mission Career & Academic Center is an adult education center that assists individuals obtain their GED, computer literacy courses and individualized tutoring. Services are free of charge and open to the community.

#### Programs

#### ■ GED Program

The Crossroads Career & Academic Center offers small classes every year; utilizing a back-to-basics approach and learning by doing participants are geared for success

#### ■ Vocational Training Program

The vocational training program is designed to prepare participants to learn supervisory skills, food service skills, how to maintain proper sanitation and health conditions, office assistants, warehouse management, retail sales and a variety of other positions; participants learn how to work with people, to live sober, productive lives, and to be engaged citizens in the community.

944 S Arizona Ave  
Yuma, AZ 85364  
928.783.9362  
[www.crossroadsmission.org](http://www.crossroadsmission.org)

Hours: Mon.-Thu. 8 a.m. – 6p.m.  
Languages offered: English  
Cost: Free

### Martin Luther King Jr. Youth One Stop Center- Yuma Private Industry Council

Programs assist participants ages 16 to 24 years in academic planning, assistance with high school diploma or GED, college financing resources, graduation planning, among other programs.

300 S 13th Ave  
Yuma, AZ 85364  
928.783.9347  
TTY: 928.329.6466  
[www.ypic.com](http://www.ypic.com)

Hours: Mon.- Thu 8 a.m. – 5p.m.  
Languages offered: English  
Cost: Free

### Somerton Adult Education

South County Adult Education Consortium is an Adult education program of South Yuma County for overall adult education services. Adult English classes and Prep for GED.

1011 N. Somerton Ave  
Somerton, AZ 85350  
928.341.6714  
[www.ssd11.org/o/adult-ed](http://www.ssd11.org/o/adult-ed)

Hours: M-Thursday 8:30-6:30, Fri 9:30-4 p.m.  
Cost: Free

# FAMILY SUPPORT - CAREER SERVICES & RESOURCES / APOYO FAMILIAR - SERVICIOS Y RECURSOS DE CARRERA

## Career Assistance Resources / Recursos De Asistencia Profesional

### **ACHIEVE Human Services, Inc.**

ACHIEVE is a Community Rehabilitation Program (CRP) assist individuals seeking employment training and career opportunities, through programs such as vocational rehabilitation, center-base employment, housing services and adult day training.

3220 E 40th St  
Yuma, AZ 85364  
928.920.7222  
[www.achievehumanservices.org](http://www.achievehumanservices.org)

Hours: Mon- Fri 8 a.m.- 5 p.m.  
Languages offered: English  
Cost: Free

### **Arizona Western College - Workforce Education**

Workforce Education is an extension of Arizona Western College offering a wide variety of courses, workshops, seminars and conferences aimed at business and industry professionals.

2020 S Ave 8E  
Yuma, AZ 85365  
928.317.6000  
928.317.7674  
1.888.293.0392  
[www.azwestern.edu](http://www.azwestern.edu)

Hours: Mon.- Fri. 8am.-6 p.m.  
Languages offered: English  
Cost: Tuition fees apply

### **Arizona@Work Yuma County Youth Services**

Youth Services provides education, employment, and vocational training services to youth between the ages of 16 to 24 who face barriers to challenges with education, training, and employment.

300 S. 13th Ave  
Yuma, AZ 85364  
928.783.9347  
<https://arizonaatwork.com/locations/yuma-county>  
Facebook: [www.facebook.com/ArizonaatWorkYumaCounty](https://www.facebook.com/ArizonaatWorkYumaCounty)

### **Program Sites**

Martin Luther King Youth Career Center  
3000 S 13th Ave  
Yuma, AZ 85364  
928.783.9347

Palo Verde  
1800 East Palo Verde St  
Yuma, AZ 85364  
928.247.8740

Hours: Mon.- Fri. 8 a.m.- 5 p.m.  
Languages offered: English, Spanish  
Cost: Free

### **Crossroads Mission - J.O.B.S.**

The J.O.B.S. is program geared to assist individuals in relearning basic job skills and adequate workplace ethic; the program consists of 14 weeks and each week is focused on exploring and learning component as part of the New Life Recovery Program.

944 S Arizona Ave  
Yuma, AZ 85364  
928.328.8082  
[www.crossroadsmission.org](http://www.crossroadsmission.org)

### **Goodwill of Central & Northern Arizona Career Center**

Goodwill Career Services are no-cost and here to help individuals acquire employment, land a job, and advance your career. Visit the Yuma Career Center or [MyCareerAdvisor.com](http://MyCareerAdvisor.com) and receive no-cost access to everything from skills training, career coaching, resume review, certifications, hiring events, and more. Visit [MyCareerAdvisor.com](http://MyCareerAdvisor.com) and sign-up for a free account to get started today.

3097 S 8th Ave  
Yuma, AZ 85364  
928.343.7600  
[www.goodwillaz.org/venue/yuma-career-center](http://www.goodwillaz.org/venue/yuma-career-center)

Hours: Mon.-Thurs. 9 a.m.-4 p.m.  
Languages offered: English, Spanish  
Cost: Free

### **Elwood Staffing**

Leading provider of talent-based solutions and actionable workforce intelligence. With offices that span the United States, a broad service portfolio, and a seasoned staff, we support companies thorough the entire employment life cycle- from attraction to retention.

2573 E. 24th St. Ste. B  
Yuma, AZ 85364  
928.782.1683  
<http://elwoodstaffing.com/>

Monday – Friday 8am – 5pm  
English & Spanish

# FAMILY SUPPORT - CAREER SERVICES & RESOURCES / APOYO FAMILIAR - SERVICIOS Y RECURSOS DE CARRERA

## Career Assistance Resources / Recursos De Asistencia Profesional

### Elite Vocational and Tutoring Services

Assist individuals in the areas of vocation, education, and daily life skills, promoting independence and opportunity in all aspects of life.

### Pre-Employment Transition Service-

Free Workshops for Eligible Students- provided to any youth with a disability, in an education program with a 504 or IEP and/or a documented disability, between the ages of 14 to 22 years old. The services are presented in group workshops or 1:1 given a student's specific disability-related need. Workshops offered are Job Exploration, Work Readiness skills training, Counseling on Post- Secondary Education, Instruction in Self-Advocacy, and Work Based Learning Experiences.

### Job Development and Retention-

Provides training and direct assistance in developing job search/seeking skills, researching and finding potential jobs as to the individuals skills and capabilities, employer expectations, assist the client in securing a job, making contacts with the employer, "carving out" a modified position, provide job site analysis, job coaching, develop natural supports, and other follow up services on-site and/or off-site support to ensure the client's successful employment retention.

### Rehabilitation Instructional Services including-

-Orientation and Mobility to empower an individual to safely navigate through one or more identified environments such as safe transfer and travel, using public transportation and other means, and more.

-Orientation and Adjustment to Disability Services- teaching designed to provide individuals with disabilities or a significant change in their disability, the opportunity to learn and develop alternate skills and mechanisms that will assist them in adjusting to living and working with a disability, enhancing the likelihood of achieving long-term success in employment.

-Adaptive Communication Skills Training is focused instruction in American Sign Language (ASL) to assist individuals with hearing loss in acquiring vocabulary skills necessary to participate in VR services.

### Career Exploration-

Exposure to essential facets of the workplace and information concerning various career areas. This may be done by assisting the client with organizing their career exploration processes and activities, development of self-assessment, guidance through available employment networks, and provision of information about various industries and occupations.

### Supported Education-

Instructional activities that prepare a client for the education or training necessary to successfully achieve employment in their chosen field. This may be done through identifying education and/or training requirements, utilizing education resources, identifying education costs, exploring and finding financial aid resources or options, and assisting the client in registering for selected education/vocational training programs.

### Tutoring-

Tutoring and remedial instruction in the core academic areas which may include, but are not limited to, the following: GED testing, college level courses, English, math, science, arts, history, geography, and more. Elite Vocational and Tutoring Services provides one-on-one tutoring to achieve successful results.

### Trial Work Experience-

Exploration of an individual's ability and capacity to perform work duties in a single realistic, integrated work setting for the purpose of eligibility decision, and is used for those VR Clients who require further assessment to determine eligibility for VR services.

### Basic Vocational assessments-

Appropriate for individual with a prior vocational evaluation when only basic updating of the previous vocational information is needed.

2851 S Ave B, Suite 101

Yuma, AZ 85364

928.783.4069

<https://evtsaz.com/>

Hours: Mon.- Fri. 8am.-5p.m.

Languages offered: English, Spanish, American Sign Language

Cost: Free

# FAMILY SUPPORT - CAREER SERVICES & RESOURCES / APOYO FAMILIAR - SERVICIOS Y RECURSOS DE CARRERA

## Employment Resources / Recursos De Empleo

### Arizona@Work

ARIZONA@WORK assist job seekers through career services programs that equip participants with tools to seek employment.

#### Program Sites

One-Stop-Center  
3826 W 16th St  
Yuma, AZ 85364  
928.329.0990  
www.arizonaatwork.com

Specialized Center  
300 S 13th Ave  
928.783.9347  
www.ypic.com  
Hours: Mon.- Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Free

#### CityLink

CityLink programs links residents to opportunities to education, job training, counseling and social service assistance while residing in assisted housing.

420 S Madison Ave  
Yuma, AZ 85364  
928.782.3823 Ext. 151  
www.hacy.org

Hours: Mon.- Fri. 8 a.m. – 5:00p.m.  
Languages offered: English, Spanish  
Cost: Free

### Department of Economic Security

Employment Service is a network of public employment offices providing placement services for job seekers and labor force recruitment services for employers. The Employment Service focuses on providing a variety of employment-related labor exchange services including, but not limited to, job search assistance, job referral and placement assistance for jobseekers, re-employment services to Unemployment Insurance claimants, and recruitment services for employers with job openings.

### Programs

#### ■ Unemployment Insurance Benefits

Eligibility for unemployment insurance benefits must meet specific requirements for wages earned or time worked during an established period of time, be determined to be unemployed through no fault of your own (determined under state law) and meet other eligibility requirements to qualify for Unemployment Insurance benefits. For further information, contact the Unemployment Insurance Offices.

1185 S Redondo Center Dr  
Yuma, AZ 85364  
928.247.8740

1800 E Palo Verde St  
Yuma, AZ 85364  
928.247.8740

663 N William Brooks Ave  
San Luis, AZ 85349  
928.627.9439

<https://des.az.gov/services/employment/unemployment-individual>

Hours: Mon.- Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Free

# FAMILY SUPPORT - CAREER SERVICES & RESOURCES / APOYO FAMILIAR - SERVICIOS Y RECURSOS DE CARRERA

## Employment Resources / Recursos De Empleo

### National Farmworker Jobs Program - PPEP Inc.

The National Farmworker Jobs Program (NFJP) is an employment and training program specifically for migrant and seasonal farmworkers and their dependents. The program assists eligible participants with training, supportive services, barrier elimination and job placement services for gainful employment in and out of agriculture industries. Participants must be legal residents or United States residents.

731 N. William Brooks Ave

San Luis, AZ 85349

928.627.3203

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

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

### PPEP National Farmworker Job Program

The National Farmworker Jobs Program (NFJP) is an employment and training program specifically for migrant and seasonal farmworkers and their dependents. The program assists eligible participants with training, supportive services, barrier elimination, and job placement services for gainful employment in and out of agriculture industries.

3826 W 16th St,

Yuma, AZ 85364

928.329.0990

### Senior Community Service Employment Program - Western Arizona Council of Governments

The Senior Community Service Employment Program (SCSEP) is a community service and work-based training program for older workers providing subsidized, part-time, community service training for unemployed, low-income persons 55 or older who have poor employment prospects. Program include subsidized community services and participant services.

1235 S Redondo Center Dr

Yuma, AZ 85365

928.782.1886

[www.wacog.com/senior-community](http://www.wacog.com/senior-community)

Hours: Mon.- Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish Cost: Free

### AgriStress Helpline

A free and confidential crisis and support line that members of agricultural communities.

How is The Agristress line different from 988 or the Arizona Crisis Line? Both the AgriStress Helpline and 988 offer the same quality of suicide crisis services – but our crisis specialists have extra training to know the culture, values, stressors, and lived experiences of agriculture, forestry, and fishing workers. In addition, crisis specialists have access to a state specific curated database of agricultural and health resources.

833.897.2474

<https://www.agrisafe.org/agristress-helpline/>

24/7 interpretation available in 160 languages, and text message services are available in English, Spanish, and Vietnamese.

# FAMILY SUPPORT - FOSTER & KINSHIP / APOYO FAMILIAR - CRIANZA Y PARENTESCO

## Behavioral Health / Salud Conductual

### National Alliance of Mental Illness

NAMI Southern Arizona is a non-profit, grassroots organization providing no-cost advocacy, education, and support to all those affected by mental illnesses and their families.

6122 E. 22nd St

Tucson, AZ 85711

520.622.5582

Community Crisis Line: 1.520.622.6000

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

Hours: Mon -Fri 8 a.m.-5 p.m.

Languages offered: English, Spanish

Cost: Free

## Educational Resources / Recursos Educativos

### AZ Friends of Foster Children Foundation (AFFCF)

AZ Friends of Foster Children Foundation offers scholarship programs for foster youth that has aged out of foster care and would like to peruse higher education.

360 S Coronado Rd, Ste 190

Phoenix, AZ 85004

602.252.9445

[www.affcf.org/scholarships](http://www.affcf.org/scholarships)

Languages offered: English/Spanish

Cost: Free

### Arizona State University Bridging Success

Bridging Success can provide personal coaching to help assist navigate personal and academic challenges and referrals for on and off-campus resources and provide a community of peer and staff support while attending Arizona State University or Maricopa Community College.

P.O. Box 871101

Tempe, AZ 85287-1101

480.965.6060

<https://fosteryouth.asu.edu/bridging-success>

Languages offered: English

Cost: Free

### Best for Babies Program- Yuma County

Best for Babies is a program for parents of dependent children ages birth to three years. It is designed to promote family engagement, empower parents' voice, support the family through the dependency process, and promote timely family reunifications

2440 W. 28th Street,

Yuma, AZ 85364

928.314.1900

Hours: Mon – Fri 8:00 a.m. – 5:00 p.m.

Languages: English/Spanish

Cost: Free

### Educational Support and Assistance

Ensuring students have minimal school changes can support their educational stability. Federal legislation, such as Every Student Succeeds Act (ESSA), assists by requiring that Best Interest Determination meetings be held prior to moving a youth in foster care from their school of origin.

[EducationPOC@azdcs.gov](mailto:EducationPOC@azdcs.gov)

Languages offered: English/Spanish

Cost: Free

# FAMILY SUPPORT - FOSTER & KINSHIP / APOYO FAMILIAR - CRIANZA Y PARENTESCO

## Caregiver & Parent Support Resources / Recursos De Apoyo Para Padres Y Cuidadores

### Arms of Love Foster Care

Arms of Love partners with the Department of Child Safety (DCS) to provide hope and care to hurting children and families. Click here to view the DCS website. Arms of Love Foster Care is a ministry of Arizona Baptist Children's Services & Family Ministries, a member of the Christian Alliance for Orphans.

2363 S Kennedy Ln.  
Yuma, AZ 85365  
928.726.5568  
www.abcsfostercare.com

### Jessie's Closet Foster Child Resource Center

Jessie's Closet Foster Child Resource Center is a children's boutique designed just for foster children and their families.

2301 S Ave A  
Yuma, AZ 85364  
928.769.4004  
www.jessiescloset.org  
Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English  
Cost: Some fees may apply

### Clarvida

Clarvida of Arizona provides classes, licensure and ongoing support for foster parents, both at the Family Foster (regular) and HCTC (therapeutic) level to assist in the success of those children and their foster families.

3818 W 16th St  
Yuma, AZ 85364  
928.317.0177  
<https://www.clarvida.com/arizona/locations/yuma/>

Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English/Spanish  
Cost: Free

## Insurance Resources / Recursos De Seguro

### Cover Arizona

Need Health Insurance?  
Get FREE help applying for health insurance today!  
\*Ayuda Disponible en Español\*

1.800.377.3536  
<https://coveraz.org/>  
Languages Offered: English, Spanish  
Cost: Free

### Mercy Care DCS Comprehensive Health Plan

Mercy Care Department of Child Safety Comprehensive Health Plan, or Mercy Care DCS CHP is insurance for children in foster care covered services are primary and specialty physician care services, prescription drugs and medical supplies, medical checkups, behavioral health services, hospital care, vision services, dental services.

605.212.4983  
Toll Free: 1.833.711.0776  
[https://dcs.az.gov/services/chp?gclid=Cj0KCQiAx6ugBhCcARIsAGNmMbitejv9-S6gQFkRPopvmz6eUWVjdM5mCYnN\\_faMmG2bnr50004xu0saAt5HEALw\\_wcB](https://dcs.az.gov/services/chp?gclid=Cj0KCQiAx6ugBhCcARIsAGNmMbitejv9-S6gQFkRPopvmz6eUWVjdM5mCYnN_faMmG2bnr50004xu0saAt5HEALw_wcB)

Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English/Spanish  
Cost: Free

### Provider Indemnity Program (PIP)

The Provider Indemnity Program (PIP) is a state-funded insurance program that provides liability coverage for foster parents while caring for a child in foster care

602.542.2182  
[www.staterisk.az.gov/insurance/provider-indemnity-program](http://www.staterisk.az.gov/insurance/provider-indemnity-program)  
Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English/Spanish  
Cost: Free

### SBHIS

Specializes in providing guidance and assistance to individuals seeking to understand and enroll in Medicare plans. Offer personalized services to help clients navigate the complexities of Medicare, including evaluating different plan options, understanding coverage details, and making informed decisions about healthcare needs. Our goal is to simplify the Medicare enrollment process and ensure that clients find a plan that best fits their individual health requirements and financial situation. SBHIS stands for a commitment to delivering clear, accurate, and helpful Medicare information and support.

101 S 4th Ave, Yuma, AZ 85364  
928.500.2993  
<http://www.sbhis.net/>  
M-F 8 a.m. to 6 p.m.  
English and Spanish

# FAMILY SUPPORT - FOSTER & KINSHIP / APOYO FAMILIAR - CRIANZA Y PARENTESCO

## Programs & Resources / Programas Y Recursos

### Arizona's Children Association

Arizona's Children Association (AzCA) provides training and support to foster care families. Adoption services are available for those seeking to adopt internationally, privately and from the foster care system.

291 S Main St Suite J  
Yuma AZ 85364  
1.800.944.7611  
[www.arizonaschildren.org](http://www.arizonaschildren.org)

Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English/Spanish  
Cost: Free

### AVIVA Children's Services

Aviva responds to the needs of children in foster care by providing programs and resources to enhance their self-esteem and well-being as well as supplying necessity items such as clothing, shoes, blankets and personal care items.

3860 W 24th St Suite 201  
Yuma, AZ 85364  
Office: 520.990.4448  
Cell: 928.246.7072  
[www.easterseals.com/blakefoundation/](http://www.easterseals.com/blakefoundation/)

Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Department of Child Safety

The Arizona Department of Child Safety is charged with child protection and serves as a visionary leader in primary prevention, partnering with other family-serving agencies and community organizations to improve community health and strengthen families.

1800 E Palo Verde St  
Yuma, AZ 85364  
928.247.8660  
<https://dcs.az.gov/>

Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English  
Cost: Free

### DCS Helplines & Hotlines

Department of Child Safety Family Advocate:  
1.877.527.0765 or 602.364.0777

Department Child Safety Child Abuse Hot Line:  
1.888.767.2445

Warm Line- Foster Parents and Kinship Caregivers:  
1.877.543.7633

Foster Care or Adoption:  
1.877.543.7633

### Intermountain Centers

Intermountain Centers recruits and trains foster care providers for at-risk children who require a safe and stable home environment in which to develop positive life skills, independence and self-sufficiency. Training and licensing is provided within the Intermountain organization, in accordance with State of Arizona regulations.

2545 S Arizona Ave Bldg A-D  
Yuma, AZ 85364  
928.376.0220  
[www.intermountaincenters.org](http://www.intermountaincenters.org)

Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English/Spanish  
Cost: Free



# FAMILY SUPPORT - LEGAL RESOURCES / APOYO FAMILIAR - RECURSOS LEGALES

## Advocacy & Legal Resources / Defensa Y Recursos Legales

### Campeños Sin Fronteras

Campeños Sin Fronteras' mission is to promote self-sustainability to farmworkers, low to moderate-income individuals by providing and facilitating access to health, behavioral health, social services, housing rehabilitation, counseling, education and workforce development. Legal services provide notary public services, translation services, guardianships, and Annual Reports (Guardianships).

663 E Main St, Ste A  
Somerton, AZ. 85350  
928.627.5995

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

Hours: Mon- Thu. 8 a.m. – 5:30p.m.; Fri 8 a.m.- 12 p.m.

Languages offered: English, Spanish

Cost: Some fees apply

### CASA of Yuma County

CASA Volunteers are everyday citizens appointed by a judge to speak up for abused and neglected children in court. CASA volunteers serve as fact-finders for the judge by gathering information regarding the circumstances of a child's case. To access the information needed for the volunteer to advocate effectively, he or she must build a relationship with the child. The CASA volunteer makes recommendations to the court which represent the best interests of the child.

2440 W 28th St  
Yuma, AZ 85364  
928.314.1858

[www.azcourts.gov/casa](http://www.azcourts.gov/casa)

Hours: Mon - Fri 8 a.m. – 5p.m.

Languages offered: English

Cost: Free

### Chicanos Por La Causa

CPLC Family Immigration Services helps reunite families that have been divided by international borders or mixed immigration statuses. Serving San Luis, Somerton, Tucson and Phoenix, Arizona, our Services are accredited by the Department of Justice's Board of Immigration Appeals. We offer a broad range low- and no cost services designed to meet the needs of someone in any stage of the Immigration process.

Services include but are not limited to: Low-cost consultations, Citizenship/ Naturalization, Green card renewals (I-90 Permanent Resident card renewal), Family Petitions, Consular processing and Adjustment of status.

308 W Main St  
Somerton, AZ 85350  
928.627.2042

1938 W Cesar Chavez Blvs Ste 1A.

San Luis AZ 85349

928.543.9841

[www.cplc.org/hhs/immigration.php](http://www.cplc.org/hhs/immigration.php)

Hours: Mon.-Fri. 8 a.m. – 4:00p.m.

Languages offered: English, Spanish

Cost: Contact for details

### Community Legal Services

Community Legal Services (CLS) is dedicated to providing legal assistance, advice or representation, self-help materials and legal education so people can know their rights. Services focus on helping survivors of domestic violence; assisting victims of consumer fraud and abuse, protecting tenants from unlawful/unfair practices by landlords, foreclosures, legal problems affecting agricultural workers, wage claims and other employment matters and federal state programs affecting peoples' health and economic stability.

San Luis Office  
845 B St  
San Luis, AZ 85349

928.627.8023

1.800.356.7115

Email: [infoslo@clsaz.org](mailto:infoslo@clsaz.org)

Hours: Mon.- Fri. 8a.m.-5p.m.

Yuma Office  
204 S 1st Ave  
Yuma, AZ 85364

928.782.7511

1.200.424.7962

Email: [infoyuco@clsaz.org](mailto:infoyuco@clsaz.org)

Hours: Mon.- Thu. 9a.m.-12p.m., 1:30p.m.-4p.m.;

Fri-Phone calls only

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

Languages offered: English

Cost: Free/Low fees

### Generation Living Trusts

Offering estate planning for families to avoid probate with a living trust, including special needs trusts. To protect all families to avoid probate, secure their medical directives and to do this at a cost they can afford.

619.384.1931

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

Hours: Call to Schedule an appointment

Languages offered: English, Spanish

Cost: Fees apply; payment options may be available

# FAMILY SUPPORT - LEGAL RESOURCES / APOYO FAMILIAR - RECURSOS LEGALES

## Advocacy & Legal Resources / Defensa Y Recursos Legales

### Public Fiduciary

The Yuma County Fiduciary provides guardianship, conservatorship, and decedent services in a professional, efficient and compassionate manner when no other person, agency, or corporation is qualified and willing to serve.

3007 S Pacific Ave  
Yuma, AZ 85364  
928.373.1145

[www.yumacountyaz.gov/government/public-fiduciary](http://www.yumacountyaz.gov/government/public-fiduciary)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Yuma County Legal Defender Office

The Yuma County Legal Defender Office provides competent, effective, and professional legal representation to accused persons who do not have the means to hire an attorney and have been appointed an attorney by the court.

201 S 2nd Ave  
Yuma, AZ 85364  
928.817.4650

[www.yumacountyaz.gov/government/legal-defender](http://www.yumacountyaz.gov/government/legal-defender)

Hours: Mon- Fri 8 a.m. – 5p.m.

Languages offered: English

Cost: Free

## Courts & Resources / Tribunales Y Recursos

### Yuma County Adult Detention Facility

The Yuma County Sheriff's Office Detention Bureau to provide for the safety and security of people who are arrested, awaiting trial and people sentenced to the custody of the Sheriff.

141 S 3rd Ave  
Yuma, AZ 85364  
928.783.4427

<https://www.yumacountysheriff.org/index.html>

Adult Probation

405 S Main St  
Yuma, AZ 85364  
928.329.2210

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Contact for details

### Yuma County Superior Court

Superior Court in Yuma County is an essential part of a justice system that provides a fair and impartial forum for resolution of disputes; striving to provide meaningful access to the court by all, including self-represented litigants; ensuring that those that violate the laws are held accountable; and helping protect children, families and the community from physical or financial harm.

250 W 2nd St  
Yuma, AZ 85364  
928.817.4083

[www.yumacountyaz.gov/government/courts/superior-court](http://www.yumacountyaz.gov/government/courts/superior-court)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Contact for details

### Yuma County Juvenile Justice Center

The Yuma County Juvenile Justice Center is charged under the laws contained in the Arizona Revised Statutes, and the Rules of Procedure for Juvenile Court established by the Supreme Court of the State of Arizona with jurisdiction over all children up to 18 years of age, who are referred for reasons of mental health, incorrigibility or delinquency, and for all families involved in dependency, severance and adoption proceedings.

Hope Assessment Center  
928.314.1825  
2440 W 8th St.  
Yuma, AZ 85364  
928.314.1900

[www.yumacountyaz.gov/government/courts/juvenile-justice-center](http://www.yumacountyaz.gov/government/courts/juvenile-justice-center)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.

Languages offered: English

Cost: Contact for details

# FAMILY SUPPORT - LIBRARIES & PROGRAMS / APOYO FAMILIAR - BIBLIOTECAS Y PROGRAMAS

## Libraries Resources / Recursos De Bibliotecas

### Yuma County Library District

Yuma County Library District is your center for information, community enrichment, recreational reading, and lifelong learning. Offering programs and services to the community for children and adults of all ages

#### Programs

- Curbside Pickup
- Library eCards
- Virtual Storytime
- Virtual Bilingual Storytime
- Virtual Adult Programs
- Yuma County Library District
- Virtual Teen Programs
- Virtual Spanish Programs
- Virtual Tutor
- Homebound
- Lobby Stops

#### Locations

Main Branch  
2951 S 21st Dr  
Yuma, AZ 85364  
928.373.6491

Dateland Branch  
Avenue 64E & Interstate 8  
1300 S Ave 64E  
Dateland, AZ 85333  
(Inside Elementary School)  
928.454.2242

Foothills Branch  
13226 E South Frontage Rd  
Yuma, AZ 85367  
928.342.1640

Heritage Branch  
350 S Third Ave  
Yuma, AZ 85364  
928.783.5415

San Luis Branch  
1075 N 6th Ave  
San Luis, AZ 85349  
928.627.8344

Somerton Branch  
240 Canal St  
Somerton, AZ 85350  
928.627.2149

Wellton Branch  
28790 San Jose Ave  
Wellton, AZ 85356  
928.785.9575  
[www.yumalibrary.org](http://www.yumalibrary.org)  
Facebook: [www.facebook.com/yumalibrary](https://www.facebook.com/yumalibrary)  
Hours: Mon.-Sat. 9a.m-4p.m.  
Languages offered: English  
Cost: Free

### University of Arizona Cooperative Extension - Yuma County

Financial Literacy Providing participants with the tools to help reduce financial stress, increase savings, improve credit, and take control of their personal finances.

2200 W 28th St, Ste 102  
Yuma, AZ 85364  
928.726.3904

[www.extension.arizona.edu/financial-literacy](http://www.extension.arizona.edu/financial-literacy)

Facebook: <https://www.facebook.com/pages/category/Community-Organization/Yuma-County-Cooperative-Extension-870535189762002/>

Hours: Mon.-Fri. 8 a.m. - 5 p.m.

Languages offered: English, Spanish handouts

Cost: Free

# FAMILY SUPPORT - LIFE & WELLNESS / APOYO FAMILIAR - VIDA Y BIENESTAR

## Support Resources / Recursos De Apoyo

### Arizona Baptist Children's Services and Family Ministries (ABCS)

ABCS is faith-based, non-profit social service ministry that serves the full spectrum of Arizona families, from unborn babies to seniors. ABCS ministries are focused on providing practical help to meet those needs. Services include Adult ministry, Counseling, Food and clothing, Foster Care, Parent Aide and Pregnancy.

2363 S Kennedy Ln  
Yuma, AZ 85365  
928.726.5568

<https://abcs.org/location/yuma-office/>

Hours: Mon.- Thurs. 8 a.m.-4:30 .pm. and Fri. 8 a.m.-3 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Arizona Department of Child Safety

The Arizona Department of Child Safety is charged with child protection and serve as a visionary leader in primary prevention, partnering with other family-serving agencies and community organizations to improve community health and strengthen families.

1800 E Palo Verde St  
Yuma, AZ 85365  
928.247.8200

<https://dcs.az.gov>

Hours: Mon- Sun 24 hours a day  
Languages offered: English, Spanish  
Cost: Free

### Arizona Self Help

Arizona Self Help is a free and easy way to find out if your family can get help from 40 different health and human services programs. This website provides convenient, one-stop access to Program List and descriptions, contact information, eligibility item list, and program applications.

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

Hours: 24-hour website  
Languages offered: English, Spanish  
Cost: Free

### Department of Economic Security

The Arizona Department of Economic Security (DES). DES works with families, community organizations, advocates and state and federal partners to realize our collective vision that every child, adult, and family in Arizona will be safe and economically secure. DES works to promote enhanced safety and well-being for Arizonans by focusing on three primary goals: Strengthening Individuals and Families, increasing self-sufficiency, and Developing the capacity of communities.

## Divisions

### ■ Adult Protective Services

Arizona Adult Protective Services (APS) investigates reports of abuse, neglect and exploitation of vulnerable adults. APS may also become involved when there is a claim of self-neglect which is when an adult with physical or mental impairments is not able to meet their basic needs (such as food, shelter, health care, managing money, etc.) which then impacts the adult's physical health, mental health or general safety. The goal of APS is to prioritize an adult's right to make their own decisions while keeping them safe."

([des.az.gov/services/basic-needs](https://des.az.gov/services/basic-needs))

928.247.8615

<https://des.az.gov/services/basic-needs/adult-protective-services>

### ■ Child Care Administration

"The Child Care Administration (CCA) provides child care assistance to eligible families who participate in employment activities and specific education and training activities related to employment by providing financial support intended to offset a portion of child care costs. This financial support allows families better access to high-quality, early care and education settings for their children. Child care assistance is also available for children who are involved with the Department of Child Safety due to child abuse or neglect, and families with children experiencing homelessness."

928.247.8625

<https://des.az.gov/services/child-and-family/child-care>

### ■ Child Support Services

"The Arizona Division of Child Support Services (DCSS) provides services to parents and caretakers who receive child support as well as parents who pay child support. Some of the services include obtaining a child support order, collecting child, medical and spousal support from parents who have a court order, and helping unwed parents establish paternity for their child."

928.247.8635

<https://des.az.gov/dcsc>

Send Documents to: [DCSS-Documents@azdes.gov](mailto:DCSS-Documents@azdes.gov)  
Mailing Address: P.O. Box 40458, Phoenix, AZ 85067

### ■ Employment Services

"Employment Service is a network of public employment offices providing placement services for job seekers and labor force recruitment services for employers. The Employment Service focuses on providing a variety of employment-related labor exchange services including, but not limited to, job search assistance, job referral and placement assistance for jobseekers, re-employment services to Unemployment Insurance claimants, and recruitment services for employers with job openings."

928.247.8740

<https://des.az.gov/services/employment>

# FAMILY SUPPORT - LIFE & WELLNESS / APOYO FAMILIAR - VIDA Y BIENESTAR

## Support Resources / Recursos De Apoyo

### CPLC Parenting Education

Our parenting programs help prevent child abuse by building strong families. CPLC Parenting Arizona and CPLC Parenting Nevada provide family support services statewide through prevention, intervention and treatment programs. These services promote strong families by empowering parents to thrive, thereby creating communities where parents have the skills to raise healthy and successful children.

1938 W. Cesar Chavez Blvd. Suite #1A

San Luis, AZ. 85336

928.862.7739

<https://cplc.org/hhs/parenting.php>

Hours: Vary (virtual support is also available)

Languages: English, Spanish

Cost: Free

### Cristina's Closet

A local non-profit located in Yuma Arizona. The core of our efforts is to bring a donation clothing place where anyone in our community can come to get that amazing outfit for getting that dream job. We also will provide gently used clothing to anyone who needs a few outfits to get through until their first paycheck. Classes on resume building, budgeting, interviewing, vision boards are offered at no cost.

1411 S Fortuna Rd. #114

Yuma, AZ 85367

2260 S 4th Ave, Suite A

Yuma, AZ 85364

928.235.4588

<https://cristinascloset.org/>

Hours: Call or go online to set up an appointment

Languages: English and Spanish

Cost: Free

### Family Assistance Administration

The Family Assistance Administration provides assistance to eligible individuals and families through programs such as AHCCCS Health Insurance, Nutrition Assistance, and Cash Assistance.

928.247.8760

<https://des.az.gov/services>

1800 E Palo Verde St

Yuma, AZ 85365

928.247.8635

Hours: Mon.- Fri. 7:30 am. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Social Security Administration

Social Security provides services for qualifying individuals such as social security cards, retirement, disability, Medicare, survivors benefits and supplemental security benefits for those individuals meeting eligibility requirements.

325 W 19th St, Ste 1

Yuma, AZ 85364

1.866.613.2970

Online Services: [www.ssa.gov](http://www.ssa.gov)

Hours: Mon.- Fri. 8a.m.-5p.m.

Languages offered: English, Spanish

Cost: Free

### Solari Inc., Crisis Response Network - Community Support Network

Solari is an award-winning nonprofit that runs data-driven crisis and human services programs and contact centers in Arizona. We also partner with organizations to increase access to local care, and offer innovative technological solutions and consulting services to crisis centers around the country

1275 W Washington St, Ste 210

Tempe, AZ 85281

602.427.4600

Toll Free: 1.800.631.1314

[www.solari-inc.org](http://www.solari-inc.org)

Facebook: [www.facebook.com/SolariInc](http://www.facebook.com/SolariInc)

Hours: Mon.- Sun. 24 hours a day

Languages offered: English, Spanish

Cost: Free

### Strong Families Program

The goal of the SFP is to improve students' academic skills by strengthening the family as a whole unit. This program empowers families to reach their goals and teaches skills you can use to become the strongest family unit you have ever been. (And we have some fun along the way!)

1201 12th St.,

Yuma, AZ 85364

928.502.7835

928.502.7900

<http://www.yuma.org/Strong-Families-Program>

Languages: All languages welcomed

Cost: Free to Yuma School District 1 Families

# FAMILY SUPPORT - LIFE & WELLNESS / APOYO FAMILIAR - VIDA Y BIENESTAR

## Support Resources / Recursos De Apoyo

### Yuma County Car Seat Program

Led by Yuma County Health Services District, which provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping your kids safe.

2200 W. 28th Street  
Yuma, AZ 85364  
928.317.4540

Hours: Mon.- Fri. 8 a.m.-5 .pm.  
Languages offered: English, Spanish  
Cost: Free

### Zero to Three

Our mission is to ensure that all babies and toddlers have a strong start in life. At ZERO TO THREE, we envision a society that has the knowledge and will to support all infants and toddlers in reaching their full potential.

<https://www.zerotothree.org/resources/for-families/>

# FAMILY SUPPORT - MILITARY RESOURCES / APOYO FAMILIAR - RECURSOS MILITARES

## Military Family Resources / Recursos Para Familias Militares

**Military Family Resources are applicable to veterans, service members and their families only. For further information, contact the individual program.**

### Blue Star Families

Blue Star Families provide support for the military community by connecting military families with their civilian neighbors and organization.

202.630.2583  
[www.bluestarfam.org](http://www.bluestarfam.org)

### FOCUS Resilience Training

FOCUS provides resilience training to all military families, including Special Operations Command, through the Department of Defense Office of Military Community & Family Policy.

928.269.4288  
[www.focusproject.org](http://www.focusproject.org)

Hours: Mon.-Fri. 8 a.m.- 4:30 p.m.  
Languages offered: English  
Cost: Free

### Military One Source

Military One Source provides assistance and support to active-duty, National Guard, and Reserves service members and their families. Military OneSource assist in arranging non-medical counseling and support 24/7, worldwide.

1.800.342.9647  
[www.militaryonesource.mil](http://www.militaryonesource.mil)

Hours: 24 hours a day, 7 days a week  
Languages offered: English, Spanish  
Cost: Free

### MCAS Yuma Exceptional Family Member Program

The MCAS Yuma Exceptional Family Member Program (EFMP) will improve the quality of life of Active Duty Marine families (adults and children) that supports an Exceptional Family Member (EFM) with a diagnosed medical, educational or emotional need. We offer non-clinical case management, resources, workshops, trainings, fun family friendly events and a Lending Library with complimentary 2 week checkout. Enrollment ensures continuum of care while on the installation and when PCSing. The program is 100% confidential and shall not prejudice assignment or promotion opportunities.

928.269.2949  
<https://yuma.usmc-mccs.org/marine-family-support/military-family-life/exceptional-family-member-program>

Hours: Mon.-Fri. 8 a.m. – 4:30 p.m.  
Languages offered: English, Spanish  
Cost: Free

### National Community Health Partners “Housing for Heroes”

Rapid rehousing and homeless prevention for military Veteran  
255 W 24th Street,  
Yuma AZ 85364  
928.726.6022  
Monday – Friday 8:00am-5:00pm

# FAMILY SUPPORT - MILITARY RESOURCES / APOYO FAMILIAR - RECURSOS MILITARES

## Military Family Resources / Recursos Para Familias Militares

### MCAS Yuma School Liaison

The MCAS Yuma School Liaison Program (SLP) focuses its efforts on making transitions for military school age children easier. Through connections with families, schools, commanders, community and installation programs, School Liaisons engage in a system of support on behalf of the military child.

928.269.5373

<https://installations.militaryonesource.mil/military-installation/mcas-yuma/education/education>

Hours: Mon.-Fri. 8 a.m.-4:30 p.m.

Languages offered: English, Spanish

Cost: Free

### Navy-Marine Corps Relief Society

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members, and survivors when in need.

928.269.2373

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

Hours: Mon.-Fri. 8 a.m.- 4 p.m.

Languages offered: English

Cost: Free

### Operation Homefront

Operation Homefront provides assistance with food, auto and home repair, vision care, relocation assistance, essential home items and no fee transitional housing for wounded veterans and their families.

Arizona Office

2525 Camino Del Rio South # 225

San Diego, CA 92124

1.800.722.6098

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

Hours: 24 hours a day, 7 days a week

Languages offered: English

Cost: Free

### Right Turn for Veterans

Right Turn for Veterans provides homeless or at risk of being homeless veterans with a permanent transition from homelessness to financial and social independence by providing transitional housing to include room and board, assistance in obtaining financial independence, medical benefits and services and re-engagement with community and family.

257 S 3rd Ave

Yuma, AZ85364

928.783.2427

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

Hours: Mon.-Fri. 8 a.m.- 5p.m.

Languages offered: English, Spanish

Cost: Free

### U.S. Army School Liaison Officer

The School Liaison Officer works in partnership with local schools to address educational issues involving military children and to provide assistance with student transition from school system to school system.

301 C. St

Building 1105

Yuma, AZ 85365-9498

928.328.3119

<https://yuma.armymwr.com/programs/school-liaison-services>

Hours: Mon.-Thu. 7 a.m. – 5 p.m.

Languages offered: English

Cost: Free

### U.S. Department of Veterans Affairs

Veterans Affairs provides support and care for those who serve their country. For a list of services offered contact VA's local branch clinic.

3111 S 4th Ave

Yuma, AZ 85364

928.317.9973

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

Hours: Mon.-Fri. 8 a.m. – 4:30p.m.

Languages offered: English

Cost: Free

### Veterans of Foreign Wars Post 1763

We are primarily Veterans Outreach organizations assisting veterans in need to include but not limited to assisting with bills, food and fuel. We also support our community through charitable donations and Youth groups such as the Boys and Girl Scouts of America along with the military youth groups, Sea Eagles, Young Marines, Territorial Marines and the Civil Air Patrol.

2485 E. 14th St

Yuma AZ, 85365

928.329.1763

[vfwmartinezsfcret@gmail.com](mailto:vfwmartinezsfcret@gmail.com)

Facebook: <https://www.facebook.com/vfwpost1763/>

Hours: 24 hours a day, seven days a week

Languages offered: English

Cost: Free

# FAMILY SUPPORT - RECREATION / APOYO FAMILIAR - LA RECREACIÓN

## Arts & Recreation Resources / Recursos De Arte Y recreación

### Cesar Chavez Cultural Center

Cesar Chavez Cultural Center provides performing arts through dance, music and art to enhance the arts in the community.

1015 N Main St  
San Luis, AZ 85349  
[www.sanluisaz.gov/193/Cultural-Center](http://www.sanluisaz.gov/193/Cultural-Center)

Hours: Mon.-Thu. 7a.m.-6p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### San Luis

#### City of San Luis Parks and Recreation

Provides opportunities for the physical, social, and cultural enhancement of the community through the offering of programs and facilities which foster the development of positive values and self-esteem. The recreation section provides our City of San Luis with fun activities and events, everything from aerobics classes, modeling classes, and hip hop classes for kids to movie nights and park events; recreation also organizes sport tournaments such as softball, soccer and baseball for both kids and adults of all ages.

965 N Park Ave  
San Luis, AZ 85349  
928.341.8535  
[www.sanluisaz.gov/157/Parks-Recreation](http://www.sanluisaz.gov/157/Parks-Recreation)  
Facebook: [www.facebook.com/SanLuisAZGov](http://www.facebook.com/SanLuisAZGov)

Hours: Mon.-Thu. 7a.m.-6p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### San Luis Youth Center

973 N Park Ave  
San Luis, AZ 85349  
928.341.8574  
[www.sanluisaz.gov/191/Youth-Center](http://www.sanluisaz.gov/191/Youth-Center)

Hours: Mon.-Thu. 8 a.m.-6p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### Somerton

#### Somerton Parks and Recreation

Somerton Parks and Recreation Department to enhance the quality of recreational activities offered and the attractiveness of parks and facilities to provide a better quality of life for all Somerton residents.

143 N State Ave  
Somerton, AZ 85350  
928.722.7384  
[www.somertonaz.gov/departments/parks\\_\\_recreation/index.php](http://www.somertonaz.gov/departments/parks__recreation/index.php)  
Facebook: [www.facebook.com/SomertonPandR](http://www.facebook.com/SomertonPandR)

Hours: Mon.-Thu. 7a.m.-6p.m.  
Languages offered: English, Spanish Cost: Contact for details

### Wellton

#### Town of Wellton

P. O. Box 67  
28634 Oakland Ave  
Wellton, AZ 85356  
928.785.3348  
[www.town.wellton.az.us](http://www.town.wellton.az.us)

Hours: Mon.-Thu. 6:30a.m. – 5 p.m.  
Languages Offered: English  
Cost: Contact for details

### Yuma

#### Children Arts Museum

Creating playful experiences where all children learn through exploration, imagination, and creativity

200 South Main Street,  
Yuma, AZ 85364  
928.919.7286  
<https://www.yumachildrensmuseum.com/>

Hours: Thursday - Saturday 10 am - 4 pm,  
Sunday 12 pm - 4 pm  
Languages offered: English

#### Yuma Art Center & Historic Yuma Theater

The Yuma Art Center is home to the Division of Arts and Culture supports the arts by providing opportunities for community and artistic growth through unique performing and visual arts classes, facilitates the annual summer mural programs, screens dozens of film, supports the North Artist Cooperative, coordinates festivals and special events, and advances public art throughout Yuma.

245 S Main St  
Yuma, AZ 85364  
928.373.5202

Hours: Tue.-Sat. 12p.m.-7p.m.  
Languages offered: English  
Cost: Contact for details

#### Yuma Parks & Recreation

One City Plaza  
Yuma, AZ 85364  
928.373.5200  
[www.yumaaz.gov/visitors/parks-recreation](http://www.yumaaz.gov/visitors/parks-recreation)

Hours: Mon.- Fri. 8 a.m.- 5 p.m.; some Sat  
Languages offered: English, Spanish  
Cost: Contact for details



# FAMILY SUPPORT - SENIOR & ELDERLY / APOYO FAMILIAR - MAYORES

## Senior & Elderly Resources / Recursos Para Personas Mayores

### Adult Protective Services

Arizona Adult Protective Services (APS) investigates reports of abuse, neglect and exploitation of vulnerable adults. APS may also become involved when there is a claim of self-neglect which is when an adult with physical or mental impairments is not able to meet their basic needs (such as food, shelter, health care, managing money, etc.) which then impacts the adult's physical health, mental health or general safety.

1800 E Palo Verde Street  
Yuma, AZ 85365

928.247.8615 (8616,8617,8618)

<https://des.az.gov/services/basic-needs/adult-protective-services>

Hours: Mon.- Fri. 7:30 am. – 5 p.m.

Languages offered: English, Spanish

Cost: Free

### Arizona Long Term Care (ALTCs)

The Arizona Long Term Care System (ALTCs) program is for individuals who are 65 or older, blind, or disabled and need ongoing services at a nursing facility level of care.

Yuma ALTCs Office

1800 E Palo Verde Street  
Yuma, AZ 85365

Toll free number: 1.888.621.6880

[www.azahcccs.gov/members/ALTCsLocations.html](http://www.azahcccs.gov/members/ALTCsLocations.html)

Hours: Mon.-Fri. 8 a.m.-5 p.m.

Languages offered: English, Spanish

Cost: Free

### WACOG Cares Program

Facilitates older adults 65+ (Individuals /Couples/ Grandparents Raising Grandkids) on fixed income only & unable to access internet or to Navigate DES online application to have access to utility Intake Process without going through the Community Assistance & Referral Helpline.

#### Utility Assistance Only:

-State Portal Application/recertification assistance (SUAP)  
May apply with zero balance or have a credit of up to \$500

-Electric/Natural Gas/Propane/Wood/Coal/Water

-Energy Education/ Advocate & Referral  
Submit Documentation (Please do not call)

Every Monday from 8am – 4pm

1235 S Redondo Center Dr. Yuma, AZ 85365

OR

Scan and E-mail your documents to:  
[application@wacog.com](mailto:application@wacog.com)

1235 S Redondo Center Dr  
Yuma, AZ 85364

928.782.1886

Helpline: 1.800.782.1886

[www.wacog.com/area-agency-on-aging](http://www.wacog.com/area-agency-on-aging)

Hours: Mon.-Fri. 8a.m. to 5p.m.

Languages offered: English, Spanish

Cost: Free

### Helping Hands of Yuma

Helping Hands of Yuma provide support to the seniors in the community in order for them to remain living independently. Services include transportation, grocery shopping, medical equipment, advocacy & community resource information, social opportunities, personal hygiene and notary.

11776 S Sheryl Dr  
Yuma, AZ 85367

928.305.9974

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

Hours: Mon.-Thu. 8 a.m.- 2p.m.

Languages offered: English

Cost: Free

### Western Arizona Council of Government (WACOG)

WACOG offers evidence-based programs that meet the highest standards, programs to help older adults proactively better manage their health and improve their well-being. Programs include the following:

Care Services and Assistance

[www.wacog.com/care-services-and-assistance](http://www.wacog.com/care-services-and-assistance)

Long-Term Care Ombudsman

[www.wacog.com/long-term-care-ombudsman](http://www.wacog.com/long-term-care-ombudsman)

Active Seniors Workshop Programs Chronic Disease Self-Management Program

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

WISE- Wellness Initiative for Senior Education

[www.njpn.org/wise](http://www.njpn.org/wise)

A Matter of Balance

[www.mainehealth.org/healthy-communities/healthy-aging/matter-of-balance](http://www.mainehealth.org/healthy-communities/healthy-aging/matter-of-balance)

Mental Health First Aid

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

Physical Activity Programs

[www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease](http://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease)

Tai Chi for Arthritis for Fall Prevention

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

1235 S Redondo Center Dr  
Yuma, AZ 85364

928.782.1886

Yuma County Meals on Wheels 1.800.782.1886

[www.wacog.com/senior-nutrition](http://www.wacog.com/senior-nutrition)

Hours: Mon.- Fri. 8a.m. to 5p.m.

Languages offered: English, Spanish

Cost: Free

## Behavioral Health & Counseling / Salud Conductual Y Asesoramiento

### Alrenwald TheraNova

Pediatric Occupational Therapy  
1025 W 24th st, Suite 8  
928.941.0474

### Arizona Perinatal Psychiatry Access Line

Free consultative telephone line available to providers, including website-based resources, as well as physician training, related to perinatal mood and anxiety disorders and treatment. APAL offers a variety of free trainings for anyone treating pregnant/perinatal patients. Topics range from psychotropic medication management and assessing psychiatric concerns, to substance use disorder during pregnancy.

888.290.1336  
APAL.arizona.edu  
<https://www.facebook.com/APerinatalPAL/>  
Hours: M-F 8:30 a.m. to 4:30 p.m.  
Languages offered: English  
Cost: Free

### AXIS for Autism

We provide Arizona children, adolescents and adults with the highest-quality autism evaluations. We've built Arizona's largest diagnostic system with a deep bench of doctorate-level psychologists, allowing us to serve hundreds of patients a month. Our highly trained clinical team uses multiple, scientifically validated diagnostic tools and extensive QA protocols to deliver gold-standard evaluations, including ADOS. Located in Phoenix but accept customers from Yuma County.

Phone: 602.888.8882  
<https://www.axisforautism.com/>  
Hours: 7:30-3:30  
Cost: Contact for details

### Catholic Community Services of Southern Arizona, Inc., Counseling

CCS – Yuma provide counseling services individual adults, couples, children, adolescents, families, and groups. Programs are administered by licensed professionals.

690 E 32nd St  
Yuma, AZ 85364  
928.341.9400  
[www.ccs-soaz.org](http://www.ccs-soaz.org)  
Hours: Mon.-Fri. 8 a.m.- 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### Center for Children with Special Needs & Autism - Regional Center for Border Health

The Center for Children with Special Needs & Autism strives to provide a multidisciplinary approach to assist children with special needs and autism spectrum disorder to reach their God-given potential

214 W Main St  
Somerton, AZ 85350  
928.627.1120  
[www.centercsn-autism.org](http://www.centercsn-autism.org)  
Hours: Mon.-Fri. 7a.m.-6p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### Child & Family Services of Yuma

Arizona Complete Health and Banner Health utilizes a team approach called the Child and Family Team better known as CFT's. These teams include a Case Manager from the Intake Agency, support providers for counseling, and support services. The team can also include psychiatric services and a variety of assessment resources. Additional team members can include school representatives, other health providers, church or family members, and anyone else that is a member of the family's support network. These meetings provide a means of communication that increases the families opportunity for success and the development of a positive future.

257 S 3rd Ave  
Yuma, AZ 85364  
928.783.2427  
[www.cfsyuma.com](http://www.cfsyuma.com)  
Hours: Mon.-Fri. 8 a.m.- 5 p.m.  
Languages offered: English, Spanish  
Cost: Some fees may apply

### Clarvida

For over 20 years, Clarvida has provided behavioral health services and support for children, adults and families. Our telehealth, home, school, community-based and workplace services are all tailored to address each client's individual needs and strengths. Our services for children, youth, and families include skills training, case management, therapeutic foster care, parent education, counseling, and substance use services. For adults, we provide behavioral and mental health support, substance use services, case management, and employment support.

3818 W 16th St  
Yuma, AZ 85364  
928.317.0177  
24hours crisis helpline: 1.866.495.6735  
[www.clarvida.com/arizona/](http://www.clarvida.com/arizona/)  
Hours: Mon.-Fri. 7 a.m.- 5 p.m.  
Languages offered: English  
Cost: Contact for details

## Behavioral Health & Counseling / Salud Conductual Y Asesoramiento

### Community Health Associates

Community Health Associates is dedicated to helping to improve the quality of lives of children, adults, families and the communities they live in, by building upon strengths. Thorough clinical assessment identifies the person's strengths, needs, abilities and personal preferences

#### Locations

##### San Luis

1938 E Juan Sanchez Blvd, Ste 4  
San Luis, AZ 85349  
928.376.0026

##### Yuma

Corporate Office  
2851 S Ave B, Bld-4  
Yuma, AZ 85364  
928.379.0026

Crisis Support Services  
2851 S Ave B, Bld 11  
Yuma, AZ 85364

Crisis Support Services: 1.866.495.6735

Toll Free: 1.866.320.1587  
[www.chaarizona.com](http://www.chaarizona.com)

Hours: Mon.-Fri. 8 a.m.- 5 p.m.  
Languages offered: English  
Cost: Contact for details

### Community Partners Integrated Healthcare

Community Partner is a knowledgeable team of health and service professionals dedicated to being your caring health, business and community partner for enhanced wellness and lasting success.

2545 S Arizona Ave, Bld. A-D  
Yuma, AZ 85364  
928.376.0220  
[www.communitypartnersinc.org](http://www.communitypartnersinc.org)

Hours: Mon-Fri 8 a.m.- 5 p.m.  
Languages offered: English  
Cost: Some fees may apply

### Crossroads Mission

Crossroads Mission provides programs and services to assist individuals' betterment through programs such as:

#### ■ First Step

The 1st Step Center supports people to stabilize themselves from drugs or alcohol by offering a safe environment. This center is open 24 hours a day, 7 days a week and is monitored by certified Emergency Medical Technicians. Clients may stay up to 10 days to utilize the stabilization services.

#### ■ New Life

This New Life Program offers group and individual therapy by licensed counselors or counselors; the program content is based on the 12-steps of recovery with an emphasis on seeking a higher power to recover from the disease of addiction.

#### ■ New Way

Program offers individualized case management services to increase a better living situation.

#### ■ Joy of Being Sober - J.O.B.S.

Addiction has devastating consequences on an individual's job performance and retention. Often it is necessary to review and relearn basic job skills and adequate workplace conduct. To do this we offer the J.O.B.S. component as part of the New Life Recovery Program. It consists of 14 weeks and each week is focused on exploring and learning different skills.

550 West 8th Street  
Yuma, AZ 85364  
928.329.1021  
[www.crossroadsmission.org](http://www.crossroadsmission.org)  
Facebook: [www.facebook.com/CrossroadsMissionAZ/](https://www.facebook.com/CrossroadsMissionAZ/)

Hours: Monday - Friday 8 am - 3 pm  
Saturday and Sunday 24 hours  
Languages offered: English, Spanish  
Cost: Free

## Behavioral Health & Counseling / Salud Conductual Y Asesoramiento

### Denova Collaborative Health

Denova Collaborative Health is a leader in integrating behavioral health with primary care in Arizona, ensuring accessible healthcare for all. We offer in person and virtual services. We are dedicated to transforming lives through our unique model, which provides quick access to quality care regardless of age or socioeconomic background. Our vision is clear: to create a world where mental health care is a universal right, not a privilege. With a focus on whole-person care, we offer primary care, therapy, psychiatry, addiction treatment, LGBTQ+ services and more, all available online or in-person to meet your needs.

Address: Coming soon to Yuma!

3101 N Central Ave, Unit 500,  
Phoenix AZ 85012  
602.230.7373

<https://www.denova.com/>

Hours: 8:00AM-5:00PM

Languages: English, Spanish, and more!

Cost: Contact for details

### Easterseals Blake Foundation

Evidence-based counseling offered to children, families, and adults. All services are designed to meet the needs of the individual and family, ensuring that members receive quality care. Trained clinicians focus on strengths to support members and families through life transitions, behavioral concerns, and/or behavioral health and substance abuse challenges. Play-based therapy is utilized for young children.

Aviva Children's Services offers behavioral health services to children currently in foster care.

3860 W 24th St Suite 200  
Yuma, AZ 85364  
928.276.9225  
844.546.3068

<https://www.easterseals.com/blakefoundation/our-programs/behavioral-health/>

### The Healing Journey

The Healing Journey is a safe place where you will find peace, hope, and compassion to begin your journey. This will be done with the highest quality trauma-informed therapy to ensure our community can heal and move forward.

We provide health-based trauma therapeutic counseling for trauma survivors. The therapy provided is trauma-informed care that deals directly with identifying trauma and assisting the client in moving forward in the healing process.

2197 S. 4th Ave. Suite 202  
Yuma, AZ 85364  
928.920.6220  
928.318.2441  
<https://thjaz.org/>

Hours: M-Thurs 8:30 a.m. to 5:30 p.m.

Friday: 8:30 a.m. to 5 p.m.

Cost: Contact for details

### Hopebridge Autism Therapy Center

At Hopebridge, we believe autism spectrum disorder (ASD) and other developmental delays should not hold back any child. Our job is to open your child's world through a center-based therapy program focused on providing early intensive behavioral intervention from 15 months to 7 years of age, which introduces them to new environments and experiences. Let Hopebridge Autism Therapy Centers in Yuma, AZ help you give your child the best chance at success.

1185 S Redondo Center Dr #1,  
Yuma, AZ 85365  
928.414.7037  
<https://www.hopebridge.com/centers/yuma-az/>

Hours: 8:30 a.m. to 6 p.m.

Cost: Contact for details

denova  
collaborative  
health



You shouldn't  
have to wait  
for healthcare

Get the care you need, when you need it. With same-day or next-day appointments for therapy, psychiatry, and primary care—online or in person—we're here to support you every step of the way.



denova.com

602-230-7373

## Behavioral Health & Counseling / Salud Conductual Y Asesoramiento

### Horizon Health and Wellness

Provides integrated health care that addresses the whole person and promotes wellness using best practices to enhance the quality of life of the individuals, families and communities we serve.

1185 S Redondo Center Drive  
Yuma, AZ  
1.833.431.4449  
1.928.783.3986  
<https://www.hhwaz.org/>

Hours: M-Th 8-7 Fri 8-5  
Languages: English and Spanish  
Cost: Free

### Intermountain Centers

Our Integrated Clinics are designed to provide a wide range of Behavioral Health and Physical Health Services by professional staff. Services are structured to enhance your personal wellness, including primary care, care coordination, counseling, peer support, nutritional education and counseling, chronic disease management, health screenings, pharmacy and lab services. An experienced team of providers support you in setting goals and developing an individualized plan.

2545 S Arizona Ave Bldg A-D  
Yuma, AZ 85364  
928.376.0220  
<https://www.intermountaincenters.org/services/integrated-health-care-services>

Hours: M-F 8 a.m. to 5 p.m.  
Cost: Contact for details

### New Art of Intelligent Minds

Art of Intelligent Minds(AIM) is dedicated to helping individuals and families unlock their full potential by providing high-quality psychological testing and counseling services. Our mission is to empower children and families to AIM to Live Better by fostering a safe and inclusive environment that supports self-discovery, growth, and transformation. We believe that everyone deserves access to exceptional mental health care, regardless of their background or circumstances.

256 South 2nd Avenue Suite G, Yuma, AZ 85364  
<https://www.aimbetter.org/>

Mon-Fri 10am-3pm  
Office: 928.256.5670

### Onvida Health Behavioral Health Center – Inpatient Unit

The Onvida Health Behavioral Health Center offers short-term, inpatient care, for adults 18 and older who are experiencing a mental health crisis. This includes individuals who may be experiencing suicidal or homicidal thoughts, delusions, hallucinations severe depression or anxiety that severely interferes with daily activities and responsibilities.

The Onvida Health Behavioral Health Center is a voluntary program equipped to provide urgent care for mental health stabilization 24 hours a day, 7 days a week. This program provides onsite behavioral health crisis risk assessments, 24-hour nursing care, individual and group therapy, and coordination for follow-up care. The goal is to help people to feel safe and ready to return to everyday life.

### ■ Onvida Health Intensive Outpatient Program

The Onvida Health Intensive Outpatient Program (IOP) is a mental health treatment program for adults 18 and older who may require more support than a traditional outpatient therapy program may offer but doesn't require admission to an inpatient hospital. The IOP program is conducted three times a week for three hours for approximately twelve weeks.

It is designed to help individuals better manage anxiety, depression, trauma, co-occurring conditions, family conflict, or stress. Services include group therapy, counseling, personal skill development, and support from onsite professionals as part of the treatment team. We believe that having the proper support and care to manage concerns is vital to overall health and wellness. Our goal is to help others to be empowered and help support a healthy happy lifestyle.

7201 E 31st Place  
Yuma, AZ 85365  
928.336.5660  
[www.onvidahealth.org/services/behavioral-health/](http://www.onvidahealth.org/services/behavioral-health/)

Hours: 24 hours a day, 7 days a week  
Languages offered: English, Spanish  
Cost: Contact for details

## Behavioral Health & Counseling / Salud Conductual Y Asesoramiento

### Onvida Health Outpatient Behavioral Health-East

Onvida Health Outpatient Behavioral Health East Clinic provides compassionate, expert mental health care for all ages including children, teens, adults, and older adults. We offer personalized medication management and counseling for conditions like anxiety, depression, ADHD, and complex psychiatric needs. Care is led by board-certified, fellowship-trained physicians and supported by a multidisciplinary team of psychiatry, psychology, clinicians, and medical trainees. As a teaching clinic, we use a team-based, evidence-informed approach and offer both in-person and virtual visits.

We treat the whole person considering biological, psychological, social, and cultural factors, with a mission to build a better tomorrow for you and your family through respectful, inclusive, high-quality care

7200 E. 31st Place

Yuma, AZ 85365

928.336.2090

F 928.336.2490

<https://www.onvidahealth.org/location/behavioral-health/>

Hours: M-F 8 a.m. to 5 p.m.

### Onvida Health Medical Behavioral Health Practitioners

#### Community Bridges Inc. (CBI)

3250 E 40th St B&C

Yuma, AZ 85364

928.482.2426

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

#### Desert Counseling & Recovery Services, PLLC

3970 W 24th St, Ste 206

Yuma, AZ 85364

928.373.8041

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

#### Dr. Renee Roberts, EdD

1405 W 16th St, Ste C

Yuma, AZ 85364

928.783.4859

#### Dr. Len Sarff, PhD

2450 S 4th Ave

Yuma, AZ 85364

928.246.5284

#### Dr. Ashley Hart, PhD

106 E 1st St

Yuma, AZ 85364

928.341.1046

#### Horizon Health & Wellness

1185 S Redondo Center Dr

Yuma, AZ 85365

1.833.431.4449

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

## Behavioral Health & Counseling / Salud Conductual Y Asesoramiento

### Regional Center for Border Health

"Committed to improving the quality of life of the residents along the U.S.- Mexico Border by increasing accessibility to quality training and affordable healthcare. We are pleased to introduce the Regional Center for Border Health, Inc. /Family Behavioral Integrated Health Services, an organization, an integrated comprehensive, and continuum primary behavioral healthcare model." ([www.rcfbh.org](http://www.rcfbh.org))

#### Locations

##### Somerton

214 W Main St  
Somerton, ZZ 85350  
928.627.1120

1130 E Main St  
Somerton, AZ 85350  
928.627.2017

##### San Luis

1896 E Babbitt Ln  
San Luis, AZ 85349  
928.722.6112  
[www.rcfbh.org](http://www.rcfbh.org)  
Hours: Mon.-Fri. 7a.m.-6p.m.  
Languages offered: English, Spanish  
Cost: Some fees may apply

### Solari Inc., Crisis Response Network - Community Support Network

Solari is an award-winning nonprofit that runs data-driven crisis and human services programs and contact centers in Arizona. We also partner with organizations to increase access to local care, and offer innovative technological solutions and consulting services to crisis centers around the country

1275 W Washington St, Ste 210

Tempe, AZ 85281

602.427.4600

Toll Free: 1.800.631.1314

[www.solari-inc.org](http://www.solari-inc.org)

Facebook: [www.facebook.com/Solarilnc](https://www.facebook.com/Solarilnc)

Hours: Mon.- Sun. 24 hours a day

Languages offered: English, Spanish

Cost: Free

### Sunset Health

At Sunset Health, we focus on providing for your whole health needs. As parents, we're accustomed to seeing our children behave in a highly energetic and sometimes disruptive manner. Traits such as impulsive behavior or an inability to focus can be quite common in young children and are usually temporary. It's important to understand and recognize signs that may indicate a more serious condition. Our dedicated pediatricians and care coordinators at Sunset Health have vast expertise in diagnosing ADHD in children, and helping them obtain proper medical care. Our ADHD Intervention services are designed for children between the ages of 5 and 18 and include the following services: Screenings, Diagnosis, Treatment, Medication Management, Follow up Visits, Specialty Referrals, Coordination of Care, Education and Awareness. ([www.mysunsethealth.org](http://www.mysunsethealth.org))

#### Locations

##### San Luis

815 E Cesar Chavez Blvd  
San Luis, AZ 85349  
928.627.3822

##### Somerton

115 N Somerton Ave  
Somerton, AZ 85350  
928.627.2051

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

Hours: Mon.-Fri. 7:30 a.m.- 5 p.m.

Languages offered: English, Spanish

Cost: Contact for details

##### Yuma

2060 W 24th St  
Yuma, AZ 85364  
928.819.8999

##### North Yuma

675 S Ave B  
Yuma, AZ 85364  
928.539.3140

### Vive Counseling & Wellness, PLLC

Brief Program Description: At Vive Counseling & Wellness, PLLC, we are committed to providing holistic mental health interventions to support our clients in achieving balance and wellness to live a life they love. Our approach integrates individual, couples, and/or family counseling with educational webinars and programs to help foster overall physical and emotional well-being. We strive to create a nurturing and empowering environment where individuals can give themselves the opportunity to explore their inner selves and embark on a journey towards self-discovery and healing.

Address: Physical location coming soon to Yuma!

Phone: 928.581.4402

Website: [myvivecounseling.com](http://myvivecounseling.com)

Hours: M - Th 9:00 a.m. - 5:00 p.m.

F 9:00 a.m. - 12:30 p.m.

Languages: English, Spanish

Cost: Contact for details



## Behavioral Health Referral Guide: Pediatrics/ Guía de Salud Conductual: Pediatría

### Behavioral Health- Outpatient Community Health Associates

Crisis Services, Case Management  
Peer Support, Individual Counseling, Group Counseling  
Substance Use Treatment, DUI Treatment, Outpatient  
Psychiatric:  
In person or Telehealth  
928.376.0026  
2851 S Avenue B Bldg 4, Yuma, AZ  
1938 E Juan Sanchez Blvd , San Luis, AZ

### Clarvida

Case Management, Support Groups, Individual & Family  
Therapy, Peer/Family/Direct Services, Psychiatric Services  
928.317.0177  
3818 W. 16th Street, Bldg 5 Yuma, AZ

### Community Partners Integrated Healthcare (CPIH)

Case Management, Peer Support, Individual Counseling, Group  
Counseling, Substance Use Groups  
Outpatient Psychiatric: In person or Telehealth  
928.376.0220  
2545 S Arizona Ave, Yuma, AZ

### Easterseals Blake Foundation

Case Management, Support Groups, Individual & Family  
Therapy, Peer/Family/Direct Services, Psychiatric Services  
928.276.9225  
3860 W. 24th Street Yuma, AZ  
Email: yumareferrals@blake.easterseals.com

### Fort Yuma Health Clinic (Tribal Members)

Individual and Family Therapy  
760.572.4100  
401 E. Picacho Road, Winterhaven, CA

### Horizon Health and Wellness

Case Management, Peer Support, Individual Counseling, Group  
Counseling, Outpatient Psychiatric: In person or Telehealth  
833.431.4449  
1185 S Redondo Center Dr, Yuma, AZ

### Onvida Behavioral Health

Psychiatric Services: Inpatient and Outpatient

#### Inpatient

7201 E. 31st Place  
Yuma, AZ 85365  
928.336.5660

#### Outpatient

7200 E. 31st Place  
Yuma, AZ 85365  
928.336.2090  
F 928.336.2490

<https://www.onvidahealth.org/location/behavioral-health/>

### Regional Center for Border Health

Case Management, Support Groups, Individual & Family  
Therapy, Peer/Family/Direct Services, Psychological Testing,  
ABA Therapy, Speech Therapy  
DV/DUI, Substance Abuse group  
Outpatient Psychiatric: In person or Telehealth  
928.627.9222  
1130 East Main Street Somerton

### Sunset Health

Individual Counseling, Psychiatric Services, Psychological  
evaluations, Medication management, ADHD, and BHT  
services for patients to determine appropriate level of  
care, interventions, and to provide education and safety  
planning.  
928.819.8999  
675 S. Ave B Yuma, AZ  
815 E. Cesar Chavez Blvd. San Luis, AZ

## Counseling Services

### Catholic Community Services

Individual and Family Therapy  
928.341.9400  
690 E. 32nd Street Yuma, AZ

### Desert Counseling (*accepts private insurance only*)

Individual and Family Therapy-EMDR Therapy  
928.373.8041  
3970 W 24th St, Suite 204 Yuma, AZ

### The Healing Journey

Individual, Family & Group Counseling, Trauma-Focused  
Psychotherapy  
928.920.6220  
2197 S. 4th Ave. Suite 202 Yuma, AZ

### Lara & Associates, PLLC

Individual Counseling, (Children/Teenagers/Adults)  
Family Counseling, Residential Treatment Referral Process,  
Substance Use Treatment  
928.782.2800  
244 S 1st Ave, Yuma, AZ

### Yuma Counseling Services (*accepts private insurance only*)

Individual and Family Therapy-EMDR Therapy  
928.276.9535  
2189 S Avenue A Yuma, AZ

# HEALTH & WELLNESS / SALUD Y BIENESTAR

## Behavioral Health Referral Guide: Pediatrics/ Guía de Salud Conductual: Pediatría

### Autism Resources

#### ABA Therapy Providers Total Care

404.400.5004  
9375 E Shea Blvd, Scottsdale, AZ

#### Effective ABA, LLC

928.318.2135  
1695 W 24th St, Yuma, AZ 85364  
Call for their San Luis, AZ location

#### Alrenwald-TheraNova, LLC

ABA and Occupational Therapy  
928.941.0474  
3802 W. 16th Street, Suite B Yuma, AZ

#### Art of Intelligent Minds

Individual and Family Counseling,  
Psychological Evaluations, Autism  
Evaluations, ADHD Evaluations  
928.256.5670  
256 S. 2nd Avenue Ste G, Yuma, AZ

#### Desert ABA Solutions

928-750-0623  
206 S Orange Ave  
Yuma, AZ 85364

#### Hopebridge

Psychological Testing and Diagnosis,  
ABA Therapy Speech Therapy,  
Occupational Therapy, Feeding and  
Swallowing Therapy, Family Training  
520.884.7954  
1185 S Redondo Center Dr St 1  
Yuma, AZ

#### Positive Behavior Supports Corporation

Outpatient & home-based Applied  
Behavior Analysis, Functional  
Behavior Assessments  
760.760.1310 or 855.832.6727  
101 W. 16th St. Yuma, AZ

#### Regional Center for Border Health

Psychological Testing, ABA Therapy,  
Speech Therapy  
928.627.9222  
1130 East Main Street Somerton

#### Saguaro Foundation

Respite Services, Transportation  
Services, DDD Services  
928.783.6069  
1495 S 4th Ave. Yuma AZ

#### Strong Beginnings LLC

Applied Behavior Analysis, Parent  
Training, School Consults  
928.782.1338  
2741 S 8th Ave Ste C Yuma, AZ



## Regional Center for Border Health, Inc.

### SAN LUIS WALK-IN CLINIC, INC.



*We are committed to providing you with high-quality,  
patient-centered care.  
As your medical home, we ensure you have access to the  
resources and support your need for a healthy life.*

- ◆ Integrated Family Primary & Behavioral Health Care
- ◆ Women's Health
- ◆ Pediatric & Dental Care
- ◆ Immunizations
- ◆ Chronic Disease Management
- ◆ Preventive Care & Screenings
- ◆ Minor Injury Treatment
- ◆ Laboratory Services
- ◆ Prenatal Care
- ◆ Parent Support Workshops
- ◆ Children Integrated Services
- ◆ Mammogram Screening
- ◆ DEXA Bones Screening

Urgent Care	
San Luis	Somerton
1233 S. Main St. (928) 366-5184	950 E. Main St. Bldg. B (928) 236-8001
151 S. Oak Ave. (928) 366-5166	
<b>Monday-Saturday 9:00am-9:00pm</b>	

#### Patient Education and Self-Management Resources

We believe in empowering you with the knowledge and tools to manage your health effectively.

- ◆ Educational Workshops
- ◆ Printed Materials on Various Health Topics
- ◆ Online Resources and Tools
- ◆ Support Groups and Counseling Services

*With 19 Rural Clinics in Yuma, La Paz and Mohave Counties, Arizona*

Your Family Wellness is our Priority

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

(928) 236-8001



## Behavioral Health Referral Guide: Pediatrics/ Guía de Salud Conductual: Pediatría

### Reporting Child Abuse or Neglect

#### Arizona Department of Child Safety (DCS)

Mandated Reporting Must be completed by using the hotline or online system.  
928.247.8200  
1800 E Palo Verde St B, Yuma, AZ

### Victim Advocate Services

#### Amberly's Place

Medical Evaluations, Victim Interviews, Coordination of other victim services, Orders of Protection, Court Escort 928.373.0849  
1310 S 3rd Ave, Yuma, AZ  
24 HOUR HELPLINE 928.373.0849

## Substance Use Resources / Recursos para el uso de sustancias

### Helping Ourselves Pursue Enrichment (HOPE)

Incorporated is a consumer-run (AKA peer and family-run) specialty provider of behavioral health services. With over thirty years of service delivery, HOPE provides professional peer-support services to individuals who are living with mental illness and/or substance use disorders, and to those involved in the criminal justice system. Designated a Center of Excellence by AZ Complete Health, HOPE provides quality care to individuals and families in Yuma County.

791 S. 4th Avenue Suites A & B

Yuma, AZ 85364

928.783.3616

<https://hopearizona.org/>

Hours: M-F 8 a.m. to 5 p.m.

Cost: Contact for details

### Intermountain Centers

Offers comprehensive and individualized Substance Use Services in both inpatient and outpatient settings. Services are grounded in the Community Reinforcement Approach evidenced based model.

2545 S Arizona Ave Bldg A-D

Yuma, AZ 85364

928.376.0220

<https://www.intermountaincenters.org/services/substance-use-treatment-services>

Hours: M-F 8 a.m. to 5 p.m.

Cost: Contact for details

### Sober Living America

Sober Living America's vision is to serve people seeking help with addiction, regardless of their financial situation. Sober Living America serves providers by offering their clients Same-Day admissions and No Upfront Fees. Sober Living America has 2,000 beds across 43 locations in 13 states. They serve all counties in the US. If there is not a location in your area they pick the individual up. Sober Living America offers Housing, Recovery, Career Development and Transportation services.

Intake: 877.430.0086

Direct: 404.537.1386

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

Cost: Free

### Transitional Living Center Recovery

We have Substance Abuse Groups, Cognitive Based Groups, Pre-employment - Employment Services, Prosocial Activities, Peer Support, Skills Training, and we do work with a real estate agency who provides interim housing. We currently have 10 male homes and 4 female homes. We do job searching everyday weekly at 9am, 12pm, and 2pm where we take members out into the community so they can find employment. We have intakes and late intakes as well so the members we are assisting don't have to miss work or call in. We also assist members with getting their ID's, birth certificates, social security cards, free phones, vouchers for clothing, and we also have monthly activities that are open to the community.

1340 South 4th Avenue

Yuma AZ 85364

928.261.8668

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

Hours: 7 Days a week from 8AM to 7:30PM.

# HEALTH & WELLNESS / SALUD Y BIENESTAR

## Crisis Hotlines / Líneas Directas De Crisis

### FOR EMERGENCIAS CALL 9-1-1

#### Domestic Abuse

- **National Domestic Violence Hotline**  
1.800.799-SAFE (7233) TTY 1.800.787.7224
- **National Parent and Youth Hotline**  
(Crisis Hotline) 1.855.427.2736

#### Domestic Violence - Shelters/Safe Houses; (24 hours)

- **Amberly's Place**  
928.373.0849
- **Boys Town National Hotline**  
1.800.448.3000 TTY:1.800.448.1833
- **Safe House Shelter**  
928.782.0077 or 1.877.440.0550

#### Child & Family Services

928.783.2427

#### LGBTQ Crisis Hotlines

- **Trans Lifeline**  
1.877.565.8860
- **Trevor Project**  
1.866.488.7386

#### National 24-Hour Crisis Hotlines

- **Crisis Text Line**  
Text the word "HOME" to 741741
- **National Sexual Abuse Hotline**  
1.800.656.4673
- **National Suicide Prevention Lifeline**  
988
- **National Substance Use and Disorder Issues Referral and Treatment Hotline**  
1.800.662.HELP (4357)

#### Teen Crisis Hotlines

- **Teen Life Line (phone or text)**  
602.248.TEEN (8336)
- **LGBTQ Youth**  
1.866.488.7386

#### Veterans Crisis Hotlines

- **Veterans Crisis Line**  
988
- **Be Connected**  
1.866.4AZ.VETS (429-8387)

## Dental Resources & Providers / Recursos Dentales Y Proveedores

### First Smiles - University of Arizona Cooperative Extension- Yuma County

First Smiles Yuma provides oral health screenings, risks assessments, and fluoride varnishes to children 0-5 years old. Families can receive personalized education based on their child's individual needs to reduce their risk of childhood cavities. Referrals and navigation are offered to families to make sure every child has a dental home and that treatment needs are met. First Smiles partners with high-risk preschools throughout Yuma County to provide services. For children not enrolled in a participating preschool, parents with oral health concerns can reach out to First Smiles directly to receive a risk assessment and anticipatory guidance from an oral health professional.

2200 W 28th St, Ste 102  
Yuma, AZ 85364  
928.726.3904

Hours: M-Thursday 8 a.m. to 4 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Regional Center for Border Health

"Committed to improving the quality of life of the residents along the U.S.- Mexico Border by increasing accessibility to quality training and affordable healthcare. Now offering Dental services for children and adults, services include exams, X-rays, dental cleanings, fluorides, extractions, sealants, polypectomy, scaling and root planning, and stainless steel crowns." ([www.rcfbh.org](http://www.rcfbh.org))

#### Locations

##### San Luis

San Luis Walk-in Clinic, Inc.  
Family Behavioral Integrated Services  
1896 E Babbitt Ln  
San Luis, AZ 85349  
928.722.6112

##### Somerton

San Luis Walk-In Clinic, Inc.  
950 W Main St. Bld B  
Somerton, AZ 85349  
928.236.8001  
[www.rcfbh.org](http://www.rcfbh.org)  
Hours: Mon-Fri 7a.m.-6p.m.  
Languages offered: English, Spanish  
Cost: Some fees may apply

### Sunset Health

"Sunset Health is committed to build healthier communities by delivering comprehensive, preventive, and exceptional quality primary care in a compassionate and professional manner. To be the provider of choice and the leader in accessible health care. Providing exceptional quality, affordable primary and preventive health care services, ensuring an environment of: patient centricity, care coordination, excellence in service, integrity and ethics, innovation, commitment." ([www.mysunsethealth.org](http://www.mysunsethealth.org))

801 N 2nd Ave  
San Luis, AZ 85349  
928.627.8584

### Dental Mobile Unit

Offering Adult and Pediatric general dentistry in Yuma County and surrounding areas.

928.627.8806  
[www.mysunsethealth.org](http://www.mysunsethealth.org)

Hours: Mon- Fri 7:30 a.m. - 5p.m.  
Languages offered: English, Spanish  
Cost: Fees apply

### Dental Providers

#### Harvest Dental

Our relationship-oriented team is committed to educating and motivating our patients towards seeking quality dental care. We focus on improving overall dental health and esthetics through the use of modern technology for patients two years of age and older.

2244 S Ave A, Ste B  
Yuma, Arizona 85364  
928.783.8481  
[www.dentistinyuma.com](http://www.dentistinyuma.com)

Hours: Mon & Wed 7 am.-5p.m.; Tue & Fri 7 a.m. -3p.m.;  
Thu 7 a.m.- 1 pm  
Languages offered: English, Spanish  
Cost: Fees apply

## Dental Resources & Providers / Recursos Dentales Y Proveedores

### Robert J Land, DDS

The office of Robert J Land, DDS, patients can expect to receive quality dental care in a comfortable, family-friendly environment. We truly care about each patient that we meet, and we go the extra mile to ensure that patients feel at ease during each visit to our practice. Please call or visit us today to schedule a consultation with our dentist, and to learn more about our dental services in Yuma and surrounding areas.

2851 S Ave B #1401  
Yuma, AZ 85364  
928.726.1700  
www.robertjlanddds.com

Hours: Mon- Fri 7 a.m. – 3p.m.  
Languages offered: English, Spanish  
Cost: Fees apply

### Dentistry Providers

#### 16th Street Dental

1325 W 16th St, Ste 4  
Yuma, AZ 85364  
928.782.3839

Monday - Tuesday 9 am - 6 pm, Wednesday 9 am - 5 pm,  
Thursday 8 am - 5 pm, Friday 8 am - 2 pm

#### Avenue B Dental Group

1460 S Ave B  
Yuma, AZ 85364  
928.344.3067

Monday 8 am - 6 pm, Tuesday, 8 am - 5 pm,  
Wednesday, 8 am - 5:30 pm, Thursday, 8 am - 6 pm,  
Friday 7 am - 3 pm

#### Children's Dental

538 E 16th St, Ste 101  
Yuma, AZ 85364  
928.304.7100

#### Dr. Brian Cullen

2369 S 22nd Dr  
Yuma, AZ 85364  
928.329.9565

Monday - Thursday 8 am - 5 pm Friday 8 am - 2 pm

### Gallemore Dental Group

2179 W 24th St  
Yuma, AZ 85364  
928.782.4707

Monday - Thursday 8 am - 5 pm, Friday 8 am - 3 pm

### Picacho Dental

3325 S Ave 8E, Ste 4  
Yuma, AZ 85364  
928.344.3177

Monday - Thursday 7 am - 5 pm, Friday 7 am - noon

### San Luis Dental Group

1946 E Juan Sanchez Blvd  
San Luis, AZ 85349  
928.627.5977

### The Yuma Dentist

1630 S. Pacific Avenue Suite 104,  
Yuma AZ 85364  
928.846.3161

Monday - Friday 8 am - 5 pm, Saturday 8 am - 3 pm

### Yuma Dentistry 4 Kids

2816 S 4th Ave., Suite C  
Yuma AZ 85364  
2383 W 24th St. Suite 120  
Yuma AZ 85364  
928.726.6023  
www.yd4k.com

M-Tues: 9 am- 6 pm,  
Wed-Thur. 8 am-5 pm,  
Friday: 8 am-2 p.m.

# HEALTH & WELLNESS / SALUD Y BIENESTAR

## Imaging & Diagnostic / Imágenes Y Diagnóstico

### Onvida Health Diagnostic Imaging

The diagnostic imaging services we offer at Onvida Health make it convenient for our patients to receive the testing they need. The services offered include: computed tomography (CT), PET/CT, mammography, magnetic resonance imaging (MRI), nuclear medicine, diagnostic x-ray, ultrasound.

#### Locations

#### ■ Onvida Health Diagnostic Imaging Parkview

2460 Parkview Loop, Ste 2  
Yuma, AZ 85364  
928.336.7400

#### ■ Onvida Health Diagnostic Imaging Promed

2270 S Ridgeview Dr, Ste 127  
Yuma, AZ 85364  
928.317.0470  
[www.onvidahealth.org/](http://www.onvidahealth.org/)  
Facebook: [www.facebook.com/yumaregional](https://www.facebook.com/yumaregional)  
Hours: Mon.-Fri. 7 a.m. – 7 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

#### RCBH: Specialty and Diagnostic Services South County Diagnostic Services, LLC 91

Digital Xrays, general xrayw, Mammograms, Ultrasounds, DEXA Scans,  
151 S. Oak Avenue, Suite 5  
San Luis, AZ 85336  
928.662.0416  
<https://slwic.org/diagnostic-services.html>

## Health Insurance Counseling Resources / Recursos De Consejería Sobre Seguro

### Children's Action Alliance - AZ Immigrant Health Interactive Resource

AZ Immigrant Health is an interactive tool that features resources for immigrants and mixed status families to assist in making informed health care and health insurance choices.

3030 N 3rd St, Ste 760  
Phoenix, AZ 85012  
605.266.0707  
[www.azchildren.org](http://www.azchildren.org)

Hours: Online Interactive Resource is available 24 hours a day.  
Languages offered: English, Spanish  
Cost: Contact for details

## Health Insurance Resources / Recursos De Seguro Médicos

### AHCCCS (Medicaid Arizona)

Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. AHCCCS offers health insurance programs for children, elderly, and the disabled. Individuals must meet certain income and other requirements to obtain services.

801 E Jefferson St  
Phoenix, AZ 85034  
602.417.4000  
Toll Free: 1.866.495.6738  
<https://www.azahcccs.gov>

### Arizona Complete Health

Arizona Complete Health provides affordable and reliable health plans for individuals and families residing in Arizona.  
333 E Wetmore Rd, Ste 500  
Tucson, AZ 85705  
[www.azcompletehealth.com](http://www.azcompletehealth.com)  
Medicaid Member Services: 1.888.788.4408  
Provider Customer Service: 1.866.796.0542  
TTY/TDY: 711

## Health Insurance Resources / Recursos De Seguro Médicos

### Arizona Long Term Care (ALTCs)

The Arizona Long Term Care System (ALTCs) program is for individuals who are 65 or older, blind, or disabled and need ongoing services at a nursing facility level of care.

Yuma ALTCs Office  
1800 E Palo Verde Street  
Yuma, AZ 85365  
Toll free number: 1.888.621.6880  
[www.azahcccs.gov/members/ALTCslocations.html](http://www.azahcccs.gov/members/ALTCslocations.html)  
Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English, Spanish  
Cost: Free

### CAPAZ-Mex: Medical Discount Network

CAPAZ-MEX is a Private Medical Discount Network created by Regional Center for Border Health, Inc. aimed at helping the uninsured and underinsured residents of Yuma County receive affordable healthcare services on both sides of the border. Members can receive up to 65% off\* medical services from our participating providers.

Regional Center for Border Health, Inc. 214 W. Main St. Somerton, AZ 85349 Phone: 928.627.1120 Fax: 928.627.8315	San Luis Walk-in Clinic 1896 E. Babbitt Lane San Luis, AZ 85349 Phone: 928.722.6112 Fax: 928.627.8315
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[www.capazmex.com](http://www.capazmex.com)  
Languages: Spanish, English  
Cost: Contact for details

### Chicanos Por La Causa: CPLC KEOGH HEALTH CONNECTION

We will help you apply for: Marketplace Health Insurance, AHCCCS, KidsCare, SNAP (food stamps), TANF (cash assistance)  
We are excited to announce that we are now able to provide over the phone appointments!

1938 W Cesar Chavez Blvd Ste 1A.  
San Luis AZ 85349  
928.543.9841  
<https://cplc.org/hhs/keogh.php>  
Mon-Fri. 8 a.m.- 4:00p.m.  
Languages: English, Spanish  
Cost: Call for details

### KidsCare

AHCCCS offers health insurance through KidsCare for eligible children (under age 19) who are not eligible for other AHCCCS health insurance. For those who qualify, there are monthly premiums. Income limits apply.

602.417.4000  
Toll Free: 1.866.495.6738  
[www.azahcccs.gov](http://www.azahcccs.gov)  
Hours: Mon.-Fri. 8 a.m.-5 p.m.  
Languages offered: English, Spanish  
Cost: Free

### Medicare

Medicare offers health insurance to eligible participants age 65 and older; younger participants with disabilities may qualify; the program assists with the cost of health care and not all medical cost expenses.

Toll Free Number 1.800.633.4227  
[www.medicare.gov](http://www.medicare.gov)  
Hours: Live Chat is available 24 hours a day, 7 days a week  
Languages offered: English Cost: Free

### State Health Insurance Assistance Programs (SHIP)

The State Health Insurance Assistance Programs (SHIPs) provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

Local SHIP program office  
1235 S Redondo Center Dr  
Yuma, AZ 85365  
928.377.4964 Statewide: 1.800.432.4040  
[www.shiptacenter.org](http://www.shiptacenter.org)  
Hours: Mon.-Fri. 8 a.m.- 5p.m.  
Languages offered: English, Spanish  
Cost: Free

### Western Arizona Council Governments - WACOG

WACOG is committed to helping older adults through health, resources, and prevention programs. WACOG provides Medicare counseling and benefits enrollment assistance to older adults through SHIP and our Benefits Enrollment Center.

1235 S Redondo Center Dr  
Yuma, AZ 85365  
928.217.7136  
[www.wacog.com/benefits-counseling-and-enrollment-assistance](http://www.wacog.com/benefits-counseling-and-enrollment-assistance)  
Facebook: [www.facebook.com/WACOG.AZ](https://www.facebook.com/WACOG.AZ)  
Hours: Mon.-Fri. 8 a.m.- 5p.m.  
Languages offered: English, Spanish  
Cost: Free



## Optometry Resources & Providers / Recursos Y Proveedores De Optometría

### United Way Yuma - EyeSpy 20/20

EyeSpy 20/20 is an automated, subjective vision screening method that assesses threshold visual acuity, color vision, and stereopsis. For more information on the program or glasses for eligible students please contact United Way.

180 W 1st St, Ste B

Yuma, AZ 85364

928.783.0515

[www.liveunitedyuma.org/eyespy2020](http://www.liveunitedyuma.org/eyespy2020)

Hours: Contact for hours.

Languages Offered: English

Cost: Contact for details

### Yuma Quartermaster Evening Lions Club

QMLF works with the Yuma Schools to provide eye examinations and glasses to school children whose families are unable to afford them.

928.750.8137

<https://e-clubhouse.org/sites/yumaquartermaster/index.php>

Hours: Contact for hours

Languages Offered: English

Cost: Contact for details

### Optometry Providers

#### Aiello Eye Institute

11551 S Fortuna Rd, E

Yuma, AZ 85367

928.782.1980

#### Corona Optique

2149 W 24th St

Yuma, AZ 85364

928.726.1100

#### Eyemart Express

1979 E 16th St, Ste 3

Yuma, AZ 85364

928.615.9463

#### Southwestern Eye Center

2149 W 24th St

Yuma, AZ 85364

928.726.4120

#### Yuma Vision Center

2750 S Pacific Ave # D

Yuma, AZ 85364

928.782.7557

## Path to Healthy Vision

Screening > Eye Exam > Treatment

Routine vision screenings are important for a child's growth and learning milestones. Children should receive vision screenings:



For the First Time  
as Early as Age 1



At Least Once  
Between 3-5 Years Old



Every 1 to 2 Years  
Throughout Grade School

# Keep an eye on your child's vision

Your little one learns through their senses and experiences. Their eyesight, which develops rapidly in early childhood, is a big part of how they explore, discover and connect with you and their other caregivers. And because they learn so much through their eyes, it's important to make sure your child's vision health is part of their regular check-ups.

## Ask for a Vision Screening

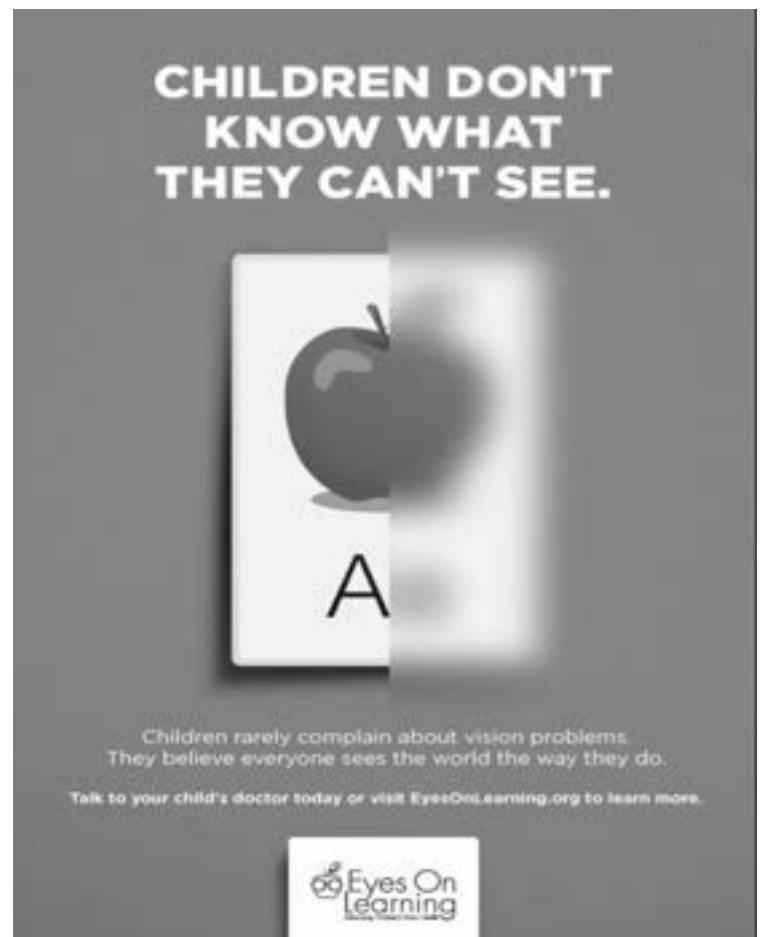
The best thing you can do for your young child's vision health is to talk with your doctor or healthcare provider about giving your child a vision screening. They may do a vision screening during a well-child visit, but if they don't, you can ask for one. ('I noticed my child didn't get a vision screening today. I know it's important, and I want my child's vision screened.') You can also get vision screenings through home visiting programs, Head Start and other child care programs, and some community health fairs.

## Learn More About Vision Health

Visit [EyesOnLearning.org](https://www.eyesonlearning.org) for more information, tools and resources to help support your child's healthy vision.

Eyes on Learning is Arizona's vision health initiative dedicated to making sure that children with vision problems are identified early and receive an eye exam and follow-up treatment to achieve better vision health.

And listen to the First Things First [ParentZ pod](#) for more information about vision health for young children.



For more information visit:  
[FirstThingsFirst.org/vision-health](https://www.FirstThingsFirst.org/vision-health)

# HEALTH & WELLNESS - FAMILY MEDICINE / SALUD Y BIENESTAR - MEDICINA FAMILIAR

## Pediatric Medicine / Medicina Pediátrica

### Onvida Health Pediatrics S. 22nd Drive

Onvida Health pediatricians provide children primary care and preventative services, which include: well child care, sick child, care, newborn care, circumcisions, immunizations, camp physicals, school physicals, sports physicals.

2359 S 22nd Dr, Ste 2

Yuma, AZ 85364

928.336.1873

[www.onvidahealth.org/location/pediatrics-s-22nd-drive/](http://www.onvidahealth.org/location/pediatrics-s-22nd-drive/)

Hours: Visit the website for daily hours of operation

Languages offered: English, Spanish

Cost: Contact for details

### Tuscany Plaza

2851 S Ave B, Bld. 12

Yuma, AZ 85364

928.329.7000

<https://www.onvidahealth.org/location/pediatrics-tuscany-plaza/>

Hours: Mon-Fri. 8 a.m. - 5 p.m.; Closed Sat & Sun

Languages offered: English, Spanish

Cost: Contact for details

### Onvida Health Pediatric Subspecialty Clinic and Children's Rehabilitative Services

Onvida Health provides pediatric subspecialty in collaboration with highly-regarded medical facilities around the state to arrange for specialists to travel here to see pediatric patients in Yuma. Services include evaluations, treatment and post-operative visits can all be accommodated. Children may be eligible to see a specialist as part of our Children's Rehabilitative Services program or privately at our Pediatric Subspecialty Clinic.

2851 S Ave B, Bld. 25

Yuma, AZ 85364

Children's Rehabilitative Services: 928.336.2777

Pediatric Subspecialty Clinic: 928.336.1897

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

Hours: Mon.-Fri. 8 a.m. - 5 p.m.; Closed Sat and Sun

Languages offered: English, Spanish

Cost: Contact for details

## Primary Care Providers / Proveedores De Atención Primaria

### Family Behavioral Integrated Services Locations

#### San Luis

##### San Luis Walk-in Clinic, Inc.

Family Behavioral Integrated Services

1896 E Babbitt Ln

San Luis, AZ 85349

928.722.6112

##### San Luis Walk-in Clinic, Inc.

1233 S Main St, Ste 1

San Luis, AZ 85349

928.550.5514

#### Somerton

##### Family Behavioral Integrated Services

1130 E Main St

Somerton, AZ 85350

928.627.2017

##### San Luis Walk in Clinic, Inc.

Family Behavioral Integrated Services

214 W Main St

Somerton, AZ 85350

928).627.1120

#### Mobile Unit

Mobile Medical Unit serving Yuma, Mohave and La Paz Counties.

928.722.6112

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

NurseWide 1.866.495.6735

Hours: Mon.-Fri. 7a.m.-6p.m.

Languages offered: English, Spanish

Cost: Some fees may apply

# HEALTH & WELLNESS - FAMILY MEDICINE / SALUD Y BIENESTAR - MEDICINA FAMILIAR

## Primary Care Providers / Proveedores De Atención Primaria

### Onvida Health

Onvida Health primary care team is dedicated to providing exceptional, compassionate care for every family member. The primary care provider will generally serve as your first point of contact whenever a medical need arises. They will monitor your health, provide recommendations for preventive care and referrals to specialists or specialized services whenever necessary. Some examples of primary care services include: preventive care, cold & flu, chronic disease management, pediatric care, women's health, minor injuries, weight management, dermatology, mental health.

### Onvida Health Family Medicine Center

Yuma

2500 S 8th Ave, Ste 200

Yuma, AZ 85364

928.336.7095

Hours: Mon.-Fri. 7 a.m. - 6 p.m.; Sat 8 a.m. -12 p.m.;

Closed Sun

Languages offered: English, Spanish

Cost: Contact for details

1965 W 24th St, Ste A

Yuma, AZ 85364

928.344.5774

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

Hours: Mon.-Fri. 7 a.m. - 6 p.m.; Closed Sat and Sun

Languages offered: English, Spanish

Cost: Contact for details

### Onvida Health San Luis

Onvida Health primary care team is dedicated to providing exceptional, compassionate care for every family member. The primary care provider will generally serve as your first point of contact whenever a medical need arises. They monitor your health, provide recommendations for preventive care and referrals for specialists or specialized services whenever necessary. Some examples of primary care services include: preventive care, cold & flu, chronic disease management, pediatric care, women's health, minor injuries, weight management, dermatology.

928.336.2055

845 E B St

San Luis, AZ 85349

928.336.2055

[www.onvidahealth.org/location/primary-care-san-luis/](http://www.onvidahealth.org/location/primary-care-san-luis/)

Hours: Mon.-Fri. 7:30 a.m. – 5:30 p.m.; closed Sat and Sun

Languages offered: English, Spanish

Cost: Contact for details

### Regional Center for Border Health

“Committed to improving the quality of life of the residents along the U.S.- Mexico Border by increasing accessibility to quality training and affordable healthcare. Services include: primary health care, behavioral health services, pediatric, obstetrics and gynecology, family planning services, internal medicine, women's and teen's health, men's health, laboratory services, diabetes management and care, weight loss control and management, asthma control and treatment, diabetes control and treatment, COPD treatment, immunizations.” ([www.rcfbh.org](http://www.rcfbh.org) )



# SUNSET HEALTH

Your Place for Optimal Health



**INTERNAL MEDICINE**



**FAMILY MEDICINE**



**PEDIATRICS**



**WOMEN'S HEALTH &  
OBSTETRIC (ANTEPARTUM  
CARE WITHOUT DELIVERY)**



**LABORATORY**



**PHARMACY**



**GENERAL DENTISTRY**



**CHRONIC DISEASE SELF  
MANAGEMENT EDUCATION**



**BEHAVIORAL HEALTH**



**MEDICAL COVERAGE  
ENROLLMENT &  
ELIGIBILITY ASSISTANCE**



**MEDICAL & DENTAL  
DISCOUNT PROGRAM**



**SCAN FOR MORE  
INFORMATION**

# HEALTH & WELLNESS - FAMILY MEDICINE / SALUD Y BIENESTAR - MEDICINA FAMILIAR

## Primary Care Providers / Proveedores De Atención Primaria

### Sunset Health

"Sunset Health is committed to build healthier communities by delivering comprehensive, preventive, and exceptional quality primary care in a compassionate and professional manner. To be the provider of choice and the leader in accessible health care. Providing exceptional quality, affordable primary and preventive health care services, ensuring an environment of: patient centricity, care coordination, excellence in service, integrity and ethics, innovation, commitment. Services offered: pediatric medicine, adult medicine, OB/GYN, pharmacy, laboratory, dental & mobile dental, community health education & eligibility assistance." (www.mysunsethealth.org )

### Locations

#### North Yuma

675 S Ave B, Bld A  
Yuma, AZ 85364

928.539.3140

#### San Luis

815 E Cesar Chavez Blvd  
San Luis, AZ 85349

928.627.3822

#### Somerton

115 N Somerton Ave  
Somerton, AZ 85350

928.627.2051

#### Wellton

10425 Williams St  
Wellton, AZ 85356

928.785.3256

#### Yuma

2060 W 24th St  
Yuma, AZ 85364

928.819.8999

www.mysunsethealth.org  
Facebook: www.facebook.com/  
Sunset-Health

Hours: Mon.-Fri. 8a.m.-5p.m.  
Languages offered: English,  
Spanish  
Cost: Some fees may apply

### Yuma County Public Health District

Yuma County Public Health Services District provides services in the prevention of epidemics and the spread of disease, protect against environmental hazards, promote and encourage healthy behaviors and assure accessibility of health services.

### Programs

#### ■ Immunizations

Immunizations are available for children 18 years and younger; there is a visit fee, vaccines included; if the child is covered by AHCCCS/Kidscare, proof must be provided. Adult immunizations for individuals 19 and older are available and vary in price.

928.317.4559

#### ■ Family Planning

Family planning appointments are available at the Reproductive Health Clinic by appointment only. Fees apply.

928.317.4540

Yuma County Public Health Services District

220 W 28th St

Yuma, AZ 85364

928.317.4550

<https://www.yumacountyaz.gov/government/health-district>

Hours: Mon.-Fri. 8a.m.-4p.m.

Languages offered: English, Spanish

Cost: Some fees may apply

## Women's Health / Salud De La Mujer

### Onvida Health

The women's care specialists at Onvida Health are dedicated to providing the best possible medical care for women through every stage of their lives. The women's health services we offer include: Maternity Care, Gynecologic Surgery, Mammography and Breast Imaging Services, Bone Density Testing.

#### Locations

2911 S 8th Ave  
Yuma, AZ 85364  
928.336.3050

2851 S Avenue B #6  
Yuma, AZ 85364  
928.336.5757

[www.onvidahealth.org/location/womens-health-center/](http://www.onvidahealth.org/location/womens-health-center/)

Hours: Mon.-Thu. 8 a.m. – 5 p.m.; Fri 8 a.m. – 2 p.m.

Languages offered: English, Spanish

Cost: Contact for details

### Sunset Women's Medical Group

Sunset Health provides comprehensive, preventive, and exceptional quality primary care in a compassionate and professional manner. Women health services are offered at the following locations.

#### San Luis

815 E Cesar Chavez Blvd  
San Luis, AZ 85349  
928.627.3822

#### Yuma

2060 W 24th St  
Yuma, AZ 85364  
928.819.8999

Hours: Mon.-Fri. 8a.m.-5p.m.

Languages offered: English, Spanish

Cost: Some fees may apply

# HEALTH & WELLNESS - FAMILY MEDICINE / SALUD Y BIENESTAR - MEDICINA FAMILIAR

## Specialty Healthcare / Atención Médica Especializada

### Cardiology Picacho Plaza

1951 W. 25th Street, Suite F  
Yuma, AZ 85364  
928.336.1675

### Onvida Health - Allergy, Asthma & Immunology

Onvida Health's allergy, asthma and immunology specialists are trained to diagnose, manage and treat a wide range of allergic conditions or immunologic diseases in both adult and pediatric patients, including: allergies (hay fever), asthma, allergic reaction, eczema, primary immunodeficiency, allergy testing, allergy immunotherapy (allergy shots), spirometry testing, advanced biologic therapy, food and drug challenges.

2851 S Ave B  
Yuma, AZ 85364  
928.336.2434  
[www.onvidahealth.org/services/allergy-and-immunology/](http://www.onvidahealth.org/services/allergy-and-immunology/)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### Onvida Health Bariatrics

2460 S. Parkview Loop, Suite 3  
Yuma, AZ 85364  
928.336.5483

### Onvida Health Ear, Nose and Throat

Onvida Health Ear, Nose and Throat medical team is trained to diagnose and treat a full range of ENT conditions, including: allergies, head and neck cancer, dizziness and vertigo, ear infections, facial, mouth, nasal, and neck lesions or growths, hearing loss and tinnitus, nasal and sinus disease, skin cancer, snoring and sleep apnea, sore throat, voice disorders or hoarseness, swallowing, breathing, taste and smell disorders, audiology, balloon sinuplasty, chronic sinusitis treatment, rhinoplasty, septoplasty, sinus surgery, sleep apnea surgery, turbinate reduction, wax removal.

2680 S Ave B  
Yuma, AZ 85364  
928.336.1476  
[www.onvidahealth.org/services/ear-nose-and-throat-ent/](http://www.onvidahealth.org/services/ear-nose-and-throat-ent/)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### Onvida Health Foot and Ankle

Onvida Health Foot and Ankle provides treatment for conditions such as persistent ankle pain, shin splints, bunions, arthritis, heel pain, neuropathy and hammertoes come from just plain aging, working hard and playing hard.

1881 W 24th St  
Yuma, AZ 85364  
928.314.3333  
[www.onvidahealth.org/services/foot-and-ankle/](http://www.onvidahealth.org/services/foot-and-ankle/)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

### Onvida Health Gastroenterology

1390 W. 16th Street  
Yuma, AZ 85364  
928.336.3600

### Onvida Health Wound Care Center

Onvida Health's award-winning Wound Care Center specialists provide treatment in treating hard-to-heal wounds. Our Wound Care Center offers the most advanced wound care available by taking a comprehensive approach to diagnosing and treating your wound.

2460 S Parkview Loop, Ste 205  
Yuma, AZ 85364  
928.336.2030  
[www.onvidahealth.org/location/wound-care-center/](http://www.onvidahealth.org/location/wound-care-center/)

Hours: Mon.-Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

# HEALTH & WELLNESS - HOSPITAL & URGENT CARE / SALUD Y BIENESTAR - HOSPITAL Y ATENCIÓN PRIMARIA URGENTE

## Hospital / Hospital

### Exceptional Community Hospital

2648 S. Araby Rd  
Yuma, AZ, 85365  
Main Hospital Phone: 928.877.0400  
[www.ehc24.com/yuma](http://www.ehc24.com/yuma)

### Onvida Health

"Providing high-quality, patient-centered care is always the top priority at Onvida Health. Our staff is dedicated to providing individualized attention and excellent care to every patient, every time, and to delivering this care with compassion and respect." ([www.yumaregional.org](http://www.yumaregional.org))

2400 S Ave A  
Yuma, AZ 85364  
928.344.2200  
Hours: 24 Hours a Day  
[www.onvidahealth.org](http://www.onvidahealth.org)

## Urgent Care / Atención Primaria Urgente

### Urgent Care

#### San Luis

Sunset Health  
815 E Cesar Chavez Blvd  
San Luis, AZ 85349  
928.627.3822  
[www.mysunsethealth.org](http://www.mysunsethealth.org)

San Jose Health Clinic  
1233 N Main Street, Suite 10  
San Luis, AZ 85349  
928.722.6098

San Luis Urgent Care  
1233 Main St, Ste 1  
San Luis, AZ 85349  
928.550.5514

San Luis Walk -In Clinic, Inc.  
Pediatrics Department  
1896 E Babbitt Ln  
San Luis, AZ 85349  
928.722.6112  
[www.slwic.org/links/](http://www.slwic.org/links/)

#### Somerton

Sunset Health Inc.  
115 N Somerton Ave  
Somerton, AZ 85350  
928.627.2051  
[www.mysunsethealth.org](http://www.mysunsethealth.org)

San Luis Walk in Clinic, Inc.  
950 E Main St  
Somerton, AZ 85350  
928.236.8001  
[www.slwic.org](http://www.slwic.org)

#### Wellton

Sunset Health Inc.  
10425 S Williams St  
Wellton, AZ 85356  
928.785.3256  
[www.mysunsethealth.org](http://www.mysunsethealth.org)

#### Yuma

NextCare  
Yuma-Northside  
1394 W 16th St  
Yuma, AZ 85364  
928.539.0055  
[www.nextcare.com/locations/az/yuma](http://www.nextcare.com/locations/az/yuma)

Agile Occupational Medicine  
4343 E 31st Pl  
Yuma, AZ 85364  
928.341.4544  
<https://agileocmed.com/yuma/>

Grand Canyon Medical Clinic  
1841 W 25th Street Suite B  
Yuma AZ 85364  
928.350.8507  
<https://gcmcyuma.com/>  
M-S 8 a.m. to 7 p.m.  
English, Spanish

PrimeCare  
Primecare Locations:  
PrimeCare Central (Big Curve)  
284 W 32nd St  
Yuma, AZ 85364  
928.341.4563

PrimeCare Valley  
1581 S 6th Ave  
Yuma, AZ 85364  
928.343.0488

Sunset Health Inc.  
2060 W 24th St  
Yuma, AZ 85364  
928.819.8999  
[www.mysunsethealth.org](http://www.mysunsethealth.org)

Onvida Health Primary Care  
845 B St  
San Luis, AZ 85349  
928.336.2055  
<https://www.onvidahealth.org/>

#### Yuma-Foothills

Foothills Walk-In Medical Care  
11274 S Fortuna Rd, #14  
Yuma, AZ 85365  
928.345.2150

PrimeCare Foothills  
11279 S Glenwood Ave  
Yuma, AZ 85364  
928.345.6830  
[www.primecareyuma.com](http://www.primecareyuma.com)

Onvida Health  
11142 S Scottsdale Dr  
Yuma, AZ 85365  
928.336.1815  
[www.onvidahealth.org/Medical-Services/  
Primary-Care](http://www.onvidahealth.org/Medical-Services/Primary-Care)



# HEALTH & WELLNESS - MEDICAL CARE RESOURCES / SALUD Y BIENESTAR - RECURSOS DE ATENCIÓN MÉDICA

## Hospice & Palliative Care Resources / Recursos De Hospicio Y Cuidados Paliativos

### Enhabit Home Health and Hospice

3860 W. 24th Street  
Suite 103 Yuma AZ 85364  
928.317.1300  
<https://www.ehab.com/locations/>

### Hospice of Yuma

Yuma County's only non-profit hospice!  
Hospice of Yuma – 5 Star Service Provided. Hospice includes comprehensive pain and symptom management for terminally ill patients, highly skilled registered nurses are available 24/7, full time physician, and certified nursing assistants to provide bathing, dressing, and other personal care for patients. The patient's team also includes social workers, chaplain, volunteers, and grief support counselors. Medications, medical equipment and supplies are also provided. Most insurances accepted.

1824 S 8th Ave  
Yuma, AZ 85364  
928.343.2222  
[www.hospiceofyuma.com](http://www.hospiceofyuma.com)  
Hours: Mon.-Sat. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for information

### Palliative and Support Care

Onvida Health offers palliative and supportive care to improve the quality of life for patients who live with a variety of conditions such as cancer, Alzheimer's and other dementias, frailty, chronic obstructive lung disease and advanced heart failure.

2451 S Ave A, Ste 104A  
Yuma, AZ 85364  
928.336.2165  
[www.yumaregional.org/Medical-Services/Pain-and-Palliative-Care](http://www.yumaregional.org/Medical-Services/Pain-and-Palliative-Care)  
Hours: Mon.-Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for information

### Southwestern Palliative Care & Hospice

Southwestern Palliative Care and Hospice provides continual care through the course of terminal illness. Our palliative care team is committed to providing comfort and dignity through physical, emotional and spiritual support.

1950 W 3rd St  
Yuma, AZ  
928.366.1067  
<https://swpchospice.com/yuma/>  
Hours: Mon.-Fri. 8 a.m. – 5 p.m.  
Languages offered: English, Spanish  
Cost: Contact for information

## Medical Care & Cancer Resources / Recursos De Atención Médica Y Cáncer

### Onvida Health Cancer Center

Onvida Health Cancer Center hosts a Cancer Resource Center that is available to anyone in the Yuma community who is undergoing cancer treatment. Operated 100 percent by a dedicated volunteer staff and made possible by generous donations from our community. The center provides patients with free resources and services such as:

Head Coverings	Bras and Prosthetics
Blankets	Gas Certificates
Supplemental Nutrition	

2375 Ridgeview Drive  
Yuma, AZ 85364  
928.336.2518  
[www.onvidahealth.org/location/cancer-center/](http://www.onvidahealth.org/location/cancer-center/)  
M-F 8-5 p.m.  
English and Spanish

### ■ Cancer Resource Center

The Cancer Resource Center is home to several programs that offer assistance to patients and caregivers. Programs offered by the American Cancer Society include:

### ■ Road to Recovery

The American Cancer Society Road to Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

### ■ Reach for Recovery

Reach for Recovery program assist in helping people cope with their breast cancer experience – as early as the first possibility of a diagnosis and continuing for as long as breast cancer remains a personal concern to them. Reach to Recovery volunteers offer understanding, support, and hope because they themselves have survived breast cancer. Program volunteers do not provide medical advice.

# HEALTH & WELLNESS - MEDICAL CARE RESOURCES / SALUD Y BIENESTAR - RECURSOS DE ATENCIÓN MÉDICA

## Medical Care & Cancer Resources / Recursos De Atención Médica Y Cáncer

### ■ Hope Lodge

Each Hope Lodge offers cancer patients and their caregivers a free place to stay while receiving treatment in another city. Hope Lodge provides a nurturing, home-like environment where guests can retreat to private rooms or connect with others. Every Hope Lodge also offers a variety of resources and information about cancer and how best to fight the disease.

2375 S Ridgeview Dr  
Yuma, AZ 85364  
928.336.2518

[www.onvidahealth.org/location/cancer-center/](http://www.onvidahealth.org/location/cancer-center/)

American Cancer Society  
1.800.227.2345  
[www.cancer.org](http://www.cancer.org)

Hours: Mon. 9 a.m.- 4 p.m.; Tues.- Thu. 9 a.m.- 1 p.m.;  
closed Fri  
Languages offered: English, Spanish  
Cost: Free

### Onvida Health

Onvida Health transitional care team helps patients make a successful transition to returning home for patients that have been diagnosed with a condition such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), acute myocardial infarction (AMI) or pneumonia, or have had open heart surgery, require a specialized level once discharged from the hospital. Onvida Health team consists of nurse practitioners, nurses, medical assistants and a pharmacist to help ensure that patients have the resources to successfully manage their chronic condition.

2451 S Ave A, Ste 104 A  
Yuma, AZ 85364  
928.336.2165

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

Hours: Mon.-Fri. 8 a.m. – 4:30 p.m.  
Languages offered: English, Spanish  
Cost: Contact for details

## Transportation Non-Emergency / Transporte Que No Es De Emergencia

### Medstar Yuma

MedStar provides non-emergency medical transportation service to all of the healthcare facilities in Yuma and the surrounding areas. The types of service provided include the following: ambulatory, wheelchair, stretcher, bariatric and oxygen upon request.

1827 W 3rd St  
Tempe, AZ 85281  
520.999.8900  
[www.medstarmtc.com](http://www.medstarmtc.com)

Hours: 24 hours a day, 7 days a week  
Languages offered: English  
Cost: Fees apply

### Yuma Medical Transport

281 W 24th St  
Yuma, AZ 85364  
928.920.4935

Hours: 24 hours a day  
Languages offered: English  
Cost: Fees apply

## Durable Medical Equipment/ Equipo Medico

### Apria Healthcare

2577 S Avenue 2 1/2 E Suite B  
928.782.6509

### BIO Family Clinic Inc

Various Locations  
<https://biofamilyclinic.com/durable-medical-equipment/>

### Desert Mobility

200 E 24th St  
928.329.7235

### DME of Yuma

2281 W 24th St STE 3  
928.344.5883

### Lincare

2515 S Avenue 2 1/2 E Suite 3  
928.317.0788

### Preferred Homecare

1103 E 21st St Ste B  
928.783.4120

### RXPositive Medical Supply

1845 W 25th St  
928.344.9301

## Wellness Programs & Resources / Programas Y Recursos De Bienestar

### Arizona Health Zone Yuma County

"A community health engagement program that supports and builds collaborative partnerships aimed to improve health through increased access to physical activity opportunities, healthy food, and education. Services and programming are provided in collaboration with eligible partner agencies. Programming and activities include: group classes on nutrition, food preparation and cooking, food safety, gardening, active lifestyles; capacity-building training for agency staff; technical support and resources for school and community gardens; community engagement-focus groups and citizen's advisory groups."

2200 W 28th St #137

Yuma, AZ 85364

928.317.4632

[www.yumacountyaz.gov/government/health-district/divisions/health-promotion/az-health-zone](http://www.yumacountyaz.gov/government/health-district/divisions/health-promotion/az-health-zone)

Hours: Mon.-Fri. 8 a.m. - 4 p.m.

Languages offered: English, Spanish

Cost: Free

### Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program assist to provide educational awareness for the management of diabetes for pre-diabetics, caregivers, newly diagnosed diabetic, long-time diagnosed diabetic and anyone interested in learning about diabetes. Small group sessions meet once a week for six consecutive weeks; the duration of each class is two and half hours long.

2200 W 28th St #137

Yuma, AZ 85364

928.317.4580

Hours: Mon.-Fri. 8 a.m.- 4 p.m.

Languages offered: English, Spanish

Cost: Free

### Healthy Kids Program - Onvida Health

The Healthy Kids Program is a free multi-week program for kids ages 6-12 and their families to learn about developing healthy lifestyles, including healthy eating and physical activity. The program offers live virtual sessions, educational worksheets, games, videos, and supplies such as pedometers and jump ropes. This program will remain virtual for the time being.

2400 S Avenue A

Yuma, AZ 85364

928.336.7958

Hours: Contact for hours.

Languages offered: English, Spanish

Cost: Free

### Tobacco Use Prevention

The Yuma County Tobacco Use Prevention Program provides education and resources to increase awareness of the harmful effects of tobacco use, second hand smoke and to change attitudes and perceptions regarding tobacco use issues.

2200 W 28th St, Ste 256

Yuma, AZ 85364

928.317.4580 Ext 34630

<https://www.yumacountyaz.gov/government/health-district/divisions/health-promotion/tobacco-use-prevention-program-tupp>

Hours: Mon.-Fri. 8 a.m.- 4 p.m.

Languages offered: English, Spanish

Cost: Free

# PUBLIC SAFETY & EMERGENCY RESOURCES / RECURSOS DE SEGURIDAD PÚBLICA Y EMERGENCIA

## Emergency Resources / Recursos De Emergencia

### Emergencies

911

### Hospital: Onvida Health

928.336.2000

### Poison Control

1.800.222.1222

## Local Governments / Gobierno Local

### City of San Luis

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

928.341.8520

### City of Somerton

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

928.722.7330

### City of Yuma

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

928.373.5000

### Cocopah Indian Tribe

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

928.627.2102

### County of Yuma

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

928.373.1010

### Courthouse

928.817.4210

### City of Yuma Fire Administration

One City Plaza

Yuma, AZ 85364

928.373.4850

Non-emergency dispatch:

928.783.4461

### City of Yuma Police Department

1500 S 1st Ave

Yuma, AZ 85364

928.373.4656

Non-emergency dispatch:

928.783.4421

### Health Department

928.317.4550

### Main Library

928.782.1871

### Quechan Indian Tribe

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

928.760.572.0213

### San Luis City Hall

1090 E Union St

San Luis, AZ 853496

928.341.8520

### San Luis Fire Department

1165 N McCain Ave

San Luis, AZ 85349

928.341.8550

### Somerton City Hall

110 N State Ave

Somerton, AZ 85350

928.722.7300

### Somerton Fire Department

445 E Main St

Somerton, AZ 85350

928.722.7376

### Somerton Police Department

445 E Main St

Somerton, AZ 85350

928.722.7300

### Town of Wellton

[www.town.wellton.az.us](http://www.town.wellton.az.us)

928.785.3348

### Wellton Fire Department

29118 E Los Angeles Ave

Wellton, AZ 85356

928.785.3340

### Wellton Police Department

28618 W Oakland Ave

Wellton, AZ 85356

928.785.4887

### Wellton Town Hall

28634 W Oakland Ave

Wellton, AZ 85356

928.785.3348

### Yuma City Hall

One City Plaza

Yuma, AZ 85364

928.373.5000

# PUBLIC SAFETY & EMERGENCY RESOURCES / RECURSOS DE SEGURIDAD PÚBLICA Y EMERGENCIA

## Non-Emergency Police & Fire / Policía Y Bomberos Que No Son De Emergencia

### Arizona Public Safety (Highway Patrol 24-hour)

520.746.4500

### California Highway Patrol

760.572.0294

### Rural/Metro Fire Department

520.297.3600

### Yuma Fire Department

928.373.4850

### Yuma Police Department

928.373.4700

### Yuma County Sheriff

928.783.4427

## Utilities & Services / Utilidades Y Servicios

### Arizona Public Service

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

928.782.7151

### Allo Fiber

<https://www.allocommunications.com/fiber-internet/>

320 W 32nd St B,  
Yuma, AZ 85364  
928.459.3650

### Century Link (formerly Qwest)

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

1.800.244.1111

### Far West Water & Sewer Company

<https://farwestwaterandsewer.com/>

928.342.1238

### Southwest Gas

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

1.877.860.6020

### Spectrum (Time Warner Cable)

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

1.877.523.6999

### Water, Sewer & Refuse, City of Yuma

[www.yumaaz.gov/business/request-water-service](http://www.yumaaz.gov/business/request-water-service)

928.373.5076

## Other Miscellaneous / Otros Misceláneos

### AZ Department of Motor Vehicles

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

Yuma Location:  
2165 Gila Ridge Rd,  
Yuma, AZ 85365  
800.251.5866

### Greater Yuma Economic Development Corporation

[GreaterYuma.org](http://GreaterYuma.org)

928.782.7774

### Mexican Consulate

<https://consulmex.sre.gob.mx/yuma/>

928.343.0066

### Post office, all branches

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

800.AKS.USPS (800.275.8777)

### Yuma Co. Chamber of Commerce

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

928.782.2567

### Yuma Sun (newspaper)

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

928.783.3333

### Yuma Visitors Bureau

Visitor Info Center

928.783.0071

## PET SERVICES

### Homeward Bound

Animal rescue organization specializes in the rescue, rehabilitation, and rehoming of injured, abandoned, and abused dogs and cats in the Yuma community.

<https://yhbr.org/>

### Humane Society of Yuma

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

928.782.1621

### Purr Project

9409 E Buckboard St

Yuma, AZ 85365

(530) 401-7897

<https://www.facebook.com/YumaPPAR/>

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928.459.3650

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# # FIRST THINGS FIRST



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**[FIRSTTHINGSFIRST.ORG/REGIONS/YUMA](https://firstthingsfirst.org/regions/yuma)**