

ALL QUAD CITIES SOCIAL & COMMUNITY SUPPORT RESOURCES

Resource Name	Organization Name	Resource Description	Resource Address	Resource Phone Number	Resource Hours of Operation
24-Hour Sexual and/or Domestic Violence Crisis Helpline	Verde Valley Sanctuary	Crisis Helpline 24/7/365: If you or someone you know is a victim of Sexual and/or Domestic Violence, call us 24 hours a day 7 days a week. We are here to hear you and help. We want to listen. Connect to a human now.	N/A	928-634-2511	24/7 Operation
24/7/365 Sexual and Domestic Violence Helpline	Stepping Stones Agencies	Advocates are always available – 24 hours a day, 365 days a year. Call the Helpline to speak to an advocate: 928-445-4673. Stepping Stones Agencies provides 24/7/365 advocacy services, including safe shelter, to adults and children affected by domestic violence, sexual assault, and other forms of victimization in West Yavapai County, Arizona	2651 N. Industrial Way, Suite A Prescott Valley, AZ 86314	928-445-4673	24/7 Operation
Adult and Senior Classes	Osher Life Long Learning Institute	The Osher Life Long Learning Institute provides classes for adults, age 50 and above. See the website for the newest listing of classes available. Call for hours of availability.	1100 E Sheldon St, Bldg 31, Prescott, AZ 86301	928-717-7634	N/A
Adult Day Center	Adult Care Services	Susan J Rheem Adult Day Center - Provides health care monitoring, socialization, counseling, nutritional lunch, recreation and activities, transportation to and from the center for adults with Alzheimer's Disease or other dementias.	3407 N Windsong Dr Prescott Valley	928-775-3563	Monday - Friday 8:00 AM - 4:00 PM
Alcohol Use Disorder Support Groups	Alcoholics Anonymous Prescott Area Intergroup	Use website to find a printable schedule or call to find meetings in Prescott, Prescott Valley, Chino Valley, Ash Fork, Humboldt, Paulden, Seligman, Skull Valley, Spring Valley, and Yarnell.	240 S Montezuma St, Suite 108, Prescott, AZ 86303	928-445-8691	Monday - Friday 10:00 AM - 4:00 PM (office hours); Meeting times vary - see website or call.
Alzheimer's Caregiver Support Groups	Alzheimer's Association	Provides a forum to share feelings, concerns, information, and a way of supporting and encouraging each other. There is no cost for attending and no commitment to come back. Groups in Chino Valley, Prescott, Prescott Valley, Northern AZ VA Health Care, as well as virtual support groups.	N/A	928-771-9257	N/A

MOhelp.org

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Alzheimer's Education and Support	Alzheimer's Association	The Alzheimer's Association Desert Southwest Chapter leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.	3111 Clearwater Drive, Ste. A Prescott, AZ 86305	928-771-9257	Monday - Thursday 9:00 AM - 3:30 PM
Apply for Cash Assistance	Department of Economic Security	Cash Assistance helps families meet their basic needs for well-being and safety and serves as their path to self-sufficiency. The Cash Assistance program provides temporary cash benefits and supportive services to the neediest of Arizona's children and their families.	3262 Bob Drive, Prescott Valley, AZ 86314	855-432-7587	Monday - Friday 8:00 AM - 5:00 PM
Arizona Child Abuse Hotline	Arizona Department of Child Safety	Report child abuse or neglect.	N/A	888-767-2445	24/7 Operation
BEAD (Broadband Equity Access & Deployment)	Yavapai County Broadband Initiative Mission	Connect every Yavapai County residence, business, and community anchor institution with high-speed internet.	1971 Commerce Center Cir Ste D Prescott, AZ 86301	928-777-7575	N/A
Blind/Low Vision Caregivers Support Groups	Polara Health	For those caring for a vision-impaired loved one. Learn strategies not only for the care of loved ones but also how to take care of oneself.	505 S. Cortez Street Prescott, AZ.	928-445-5211	2nd and 4th Wednesday 1:30 PM-2:30 PM
Brain Injury & Spinal Cord Injury Support Group	New Horizons Disability Empowerment Center	New Horizons Disability Empowerment Center support groups for those with brain injury or spinal cord injury.	9400 E Valley Rd, Prescott Valley, AZ 86314	928-772-1266	3rd Wednesday of the month 1:00 PM – 2:00 PM

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Brain Injury Caregiver & Survivor Support Groups	Brain Injury Alliance Arizona	The Brain Injury Alliance Arizona support groups connect caregivers and survivors of brain injuries with peer support and resources. Support groups are offered virtually. See website to register for the online support groups. See website for meeting times.	5025 E. Washington St, Ste 106 Phoenix, AZ 85034	888-500-9165	Monday - Friday 9:00 AM to 5:00 PM
Consumer Education	Better Business Bureau	Provides consumer information and guidance in business transactions and informs consumers about false advertising. Handles complaints as a third party, monitors advertising. Investigates questionable business practices. Provides mediation or arbitration in the case of a particularly difficult complaint resolution. Provides automobile complaint processing and information for Arizona residents.	213 Grove Ave, Prescott, AZ 86301	928-772-3410	Monday - Friday 9:00 AM - 3:00 PM
Crisis Text Line	Crisis Text Line	Crisis Text Line provides free high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.	N/A	Text HOME to 741741	24/7 Operation
Diabetes Support Group	New Horizons Disability Empowerment Center	New Horizons Disability Empowerment Center support groups for people with diabetes.	9400 E Valley Rd, Prescott Valley, AZ 86314	928-772-1266	2nd Wednesday of the month 2:30 PM - 3:30 PM
Domestic/Family Violence Support Group	Yavapai Family Advocacy Center	Yavapai Family Advocacy Center offers ongoing group support for survivors of domestic violence. Survivors have the opportunity to share their story and their healing process with others, while also supporting others in their growth. If you have been a victim of family violence and are interested in joining a support group, please call or email. YFAC provides bilingual services and support to victim of interpersonal crimes.	8485 E Yavapai Road Prescott Valley, AZ 86314	928-775-0669	N/A

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Ex-Offender Reentry Programs	Yavapai Reentry Project	Provides a regional support system promoting successful reintegration of former inmates. Offers information about and referrals to community resources including substance abuse counseling, housing information, employment skills training, etc. Community Coach Program volunteers help people leaving prison by giving referrals, emotional support, and resource information. Offers Inmate to Citizen classes for families and friends with loved ones returning home from prison or jail.	8098 E Valley Rd, Prescott Valley, AZ 86314	928-708-0100; 928-708-4433 (cell)	Monday - Friday 8:00 AM - 4:00 PM
Family Caregiver Support Program	NACOG (Area Agency on Aging)	Are you caring for a loved one or looking for how to take care of someone? The Family Caregiver Support Program offers support, programs, and resources to help you succeed in your new role. The FCSP has built a curriculum based on programming requests, needs of the caregivers, and national trends of caregiver issues. The program and services are offered free of charge to the public. Community members need to call the Intake and Referral line for information and to start the referral process for services.	N/A	877-521-3500	N/A
Family Resource Center	Humboldt Unified School District (HUSD) Family Resource Center	Family Resource Center for Humboldt Unified School District students and families. Free clothing, school supplies and hygiene products for students within HUSD Schools. Referrals to local resources. Foster student and homeless student liaison.	6411 N Robert Road, Building 400, Room 422, Prescott Valley, AZ.	928-759-5104	Monday - Friday 8:00 AM - 1:00 PM
Fitness Classes, Gym, and Pool	James Family YMCA Prescott	The YMCA offers access to more than 90 programs, activities and events developed to support a healthy lifestyle. Fitness Center and an aquatics center. Free Group Exercise classes and free Wellness Consultation.	750 Whipple Street, Prescott, AZ 86301	928-445-7221	Monday - Thursdays 5:00 AM - 9:00 PM; Fridays 5:00 AM - 7:00 PM; Saturdays 8:00 AM - 6:00 PM
Food Addicts in Recovery Anonymous	Western Area Intergroup	Provides 12-step program for people experiencing overeating, undereating, anorexia, bulimia, bingeing, and obsession with food or body size. Meetings are virtual. Arizona: meeting via Zoom - Monday 3:00 PM MST. See website for details.	PO Box 475067 San Francisco, CA 94147	415-248-9347	24/7 Operation

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Grandparents Raising Grandchildren Support	Grandparents Raising Grandchildren Support Group	We sponsor a monthly support group for grandparents raising grandchildren, a place to discover resources, make friends, learn new skills, and share experiences. Come for coffee and conversation. Childcare is provided.	630 Park Ave. Prescott, AZ 86303	928 445-4536	N/A
Grief Support Groups	Grief Share	GriefShare support groups are safe, welcoming places where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability - and gain solid support each step of the way.	N/A	800-395-5755	24/7 Operation
Gym and Personal Training Sessions for Persons with Disability	New Horizons Disability Empowerment Center	Adaptive Fitness Center offer strength, cardio and free weight equipment with accessible options for you to get a full body workout and reach your personal fitness goals. Come meet with their Certified Personal Trainer – Andrew Bogdanov. He can work with you one on one in a no judgement atmosphere. If you are interested, call to schedule an appointment at this number: (928) 772-1266 ext. 116	9400 E Valley Rd, Prescott Valley, AZ 86314	928-772-1266 Option 116	Monday - Friday 9:00 AM - 5:00 PM (office hours)
Health and Wellness Classes	NACOG (Area Agency on Aging)	Offers various health and wellness programming throughout the community. Community members need to call the Intake and Referral line for information and to start the referral process for services. The majority of our services are for those 60 and older.	N/A	877-521-3500	N/A
Health/Disability Related Support Groups	Mountain Valley Regional Rehabilitation Hospital	Mountain Valley Regional Rehabilitation Hospital offers education and support groups for people with amputations, arthritis, brain injuries, cognitive disorders, chronic pain, multiple sclerosis, Parkinson's, speech disorders, spinal cord injuries, and strokes.	3700 N Windsong Dr, Prescott Valley, AZ 86314	928-759-8800	24/7 Operation

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Helpline for Caregivers of Children Birth to Five	Southwest Human Development	The Birth to Five Helpline is a statewide program that provides phone support to parents and caregivers of children birth to five years old, including pregnant individuals, grandparents and other professionals. They connect families to resources within their community and provide developmental information. Part of the Fussy Baby National Network. Provides virtual assistance and home visits.	N/A	877-705-5437	Monday - Sunday 8:00 AM - 8:00 PM
Helpline for Instances of Poisonings and Questions on Drugs and Medications	Arizona Poison and Drug Information Center	The Arizona Poison and Drug Information Center provides 24/7, free, confidential help from pharmacists for poisoning exposures and drug information. Language Line Services for ALL languages if needed.	N/A	800-222-1222	24/7 Operation
Helpline for Quitting Smoking and Other Forms of Nicotine	Arizona Department of Health Services	Arizona Smokers' Helpline (ASHLine) provides free assistance to quit tobacco and other nicotine delivery products. The ASHLine provides services to help people at all stages of quitting tobacco use. This includes those who have quit and want help staying tobacco-free. Information is provided on the quitting process for family and friends.	N/A	800-556-6222	24/7 Operation
Housing Shelter Services	Yavapai Territorial Gospel Rescue Mission	The Mission is a Christian organization providing transitional housing to women and children in their effort to regain balance and move forward in life.	602 Lincoln Ave Prescott, AZ 86301	928-443-8779	Call for office hours
Housing for Pregnant Women	Village of Hope	Housing and social support for pregnant women.	P.O. Box 12732 Prescott, AZ	928-328-1385	N/A

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LGBTQ+ Community and Support	Prism Network	Prism Network provides support and resources for the LGBTQ+ and underserved populations in Yavapai County and Northern Arizona. The NAZGEM Program provides support for the Trans Community. They also provide Suicide Prevention Training and the Faith Bridge Program provides Inclusive Faith Connections for all Faiths.	303 East Gurley Street #413, Prescott AZ, 86301	928-830-9381	N/A
LGBTQIA+ Alzheimer's Support Groups	Prism Network	Virtual Support Groups for caregivers of people with Alzheimer's, focus on LGBTQ+ community. Meetings take place virtually via Zoom. For more information on hours and meetings times please call or email.	N/A	800-272-3900	N/A
Library Services	Chino Valley Public Library	The Chino Valley library provides complimentary access to internet computers and Wi-Fi. With a library card, individuals can also enjoy free access to an extensive collection of books, movies, materials, and online resources. To obtain a library card, a photo I.D. (like a Driver's License) with proof of Yavapai County residency is necessary.	1029 W. Palomino Rd Chino Valley, AZ 86323	928-636-2687	Monday - Friday 9:00 AM - 6:00 PM; Saturday 10:00 AM - 2:00 PM
Library Services	Dewey-Humboldt Town Library	N/A	2735 S Corral Street Humboldt, AZ 86329	928-632-5049	Monday - Thursday 8:30 AM - 6:00 PM
Library Services	Prescott Public Library	Library, community resources, activities for all ages, available community meeting rooms	215 E Goodwin St Prescott, AZ 86303	928-777-1500	Monday, Friday, Saturday 9:00 AM - 5:00 PM; Tuesday - Thursday 9:00 AM - 8:00 PM; Sunday 1:00 PM - 5:00 PM
Medical and Non-Medical Home Care	All Ways Caring Home Care	Provides in-home individualized care including Alzheimer's care, home-to-hospital transition, respite, nursing, and veteran care. Call or visit website for more information.	3100 N Navajo Drive, Suite A1, Prescott Valley, AZ 86314	928-275-6722	Monday - Friday 8:30 AM - 4:30 PM

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Medical In-Home Care	Good Samaritan Society	Good Samaritan Society – Legacy Home Care provides services throughout the Greater Prescott Area, including Chino Valley, Prescott Valley. Home care allows you to recover at home with the reassurance that your post-operative care needs are being met in accordance with your physician's orders.	1065 Ruth St., Prescott, AZ 86301	928-442-7388	Monday - Friday 8:00 AM - 4:30 PM
Mental Health Services for Veterans	Dr. Cameron McKinley Vet Center - Department of Veterans Affairs	Offers confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). Can also connect you with more support in VA and your community.	3180 Stillwater Drive Suite A Prescott, AZ 86305	928-778-3469	Monday - Friday 8:00 AM - 4:30 PM
Mindful Meditation Classes	Polara Health	Learn a secular practice that helps to pay attention to experiences and accept them without judgment. Mindfulness is beneficial to our psychological and physical well-being.	505 S. Cortez Street Prescott, AZ.	928-445-5211	Thursdays 1:00 PM-2:00 PM
Motor Vehicle Division	Arizona Department of Transportation	Driver License, CDL, and Title & Registration	1105 Commerce Dr, Prescott, AZ 86305	602-255-0072	Monday - Friday 7:30 AM - 4:45 PM
National LGBTQ+ Elder Hotline	Sage	Sage connects LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline, toll-free, at 877-360-LGBT(5428). The hotline responders are certified in crisis response, offer support without judgment, answer questions factually and confidentially, and provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs. The SAGE LGBTQ+ Elder Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages.	N/A	877-360-5428	24/7 Operation

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Nature Center and Education	Highlands Center for Natural History	Discover the wonders of nature at the Highlands Center for Natural History. Engage in outdoor school programs with in-class lessons, materials, and full-day field classes. Educational offerings span all ages, featuring special nature camps during spring break, summer, and fall for elementary school-aged children.	1375 S. Walker Road, Prescott, AZ 86303	928-776-9550	October – March 8:00 AM - 6:00 PM; April - September 7:00 AM - 7:00 PM
Non-Medical Home Care	Angels On Duty	A non-medical home care company that assists everyone of all ages and illnesses or disabilities with everyday tasks. When nursing or full home health care is not needed, Angels can provide a variety of services for everyone in or out of their home or place of residence.	2852 North Navajo Drive, Suite D Prescott Valley, AZ 86314	623-600-8307	Monday - Friday 9:00 AM - 5:00 PM
Non-Medical Home Care	Caring Presence	Non-Medical in-home care including home care (housekeeping, meal preparation and clean up), companionship (respite, grocery shopping), personal care, and other services such as transportation, Alzheimer's/Dementia care and hospice support.	805 Whipple St, Ste D, Prescott, AZ 86301	928-771-0701	Monday - Friday 8:00 AM - 4:00 PM
Outdoor Exploration Event for Kids	Yavapai County Community Health Services	Nature Niño's is a Yavapai County Community Health Services program designed for families with children ages 0 to 8 to encourage nature play and its many health benefits! Nature Niño's meets monthly on the first Saturday of the month and leads child- centered play events at different family friendly trails/parks. Park rangers and community partner staff lead scavenger hunts, hikes, nature crafts, story time, and fun lessons on Leave No Trace. You can learn about dates and locations on the City of Prescott Recreation website or Nature Niño's Facebook or Instagram pages.	N/A	N/A	N/A
Parkinson's Disease Support Groups	Arizona Care Management Solutions	Support Groups for people with Parkinson's Disease and their caregivers. Share, learn and review what's new with the causes, symptoms, stages and treatment of Parkinson's Disease.	100 S 6th St, Cottonwood, AZ 86326	928-300-0172	3rd Friday of the month, 3:15 PM

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Partial Reimbursement Program - Family Caregiver Home Modification	Arizona Caregiver Coalition	The Arizona Caregiver Coalition provides support and advocates for family caregivers in Arizona. The Family Caregiver Reimbursement Program assists family caregivers with a partial reimbursement for home modifications and assistive care technology to enable their qualified family member to be mobile, safe, and independent to avoid institutional care.	1717 W Jefferson St., Phoenix, AZ 85007	888-737-7494	Monday - Friday 9:00 AM - 4:00 PM
Public Library	Prescott Valley Public Library	Library, storytimes, activities for birth-five, children, teens and families	7401 E. Skoog Blvd, Prescott Valley, AZ 86314	928-759-3040	Monday - Thursday 9:00 AM - 7:00 PM; Friday 9:00 AM - 5:00 PM; Saturday 9:00 AM - 3:00 PM; Sunday 11:00 AM - 3:00 PM
Report Adult Abuse, Neglect and Exploitation	Department of Economic Security	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.	N/A	877-767-2385	Monday - Friday 7:00 AM - 7:00 PM and Saturdays, Sundays and state holidays 10:00 AM - 6:00 PM. Online Reporting Form 24 hours
Resources for Seniors	Central Arizona Seniors Association (CASA)	CASA provides opportunities & resources for active seniors in the greater Prescott Valley area providing skills, education, physical & mental health, and participation in community and social activities. Offers surplus food distribution, daily nourishing meals for in-house diners, and outreach to homebound seniors through our "Happy" Meals-on-Wheels Program. Call for hours of availability	9360 E Manzanita Circle, Prescott Valley, AZ 86314	928-772-3337	N/A
Senior Men's Group	Polara Health	Meet with like-minded men for friendship and shared life experience	505 S. Cortez Street Prescott, AZ	928-445-5211	2nd and 4th Tuesday 9:30 AM - 11:00PM

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Sexual and Domestic Violence Support	Stepping Stones Agencies	Stepping Stones Agencies provide 24/7/365 advocacy services and safe shelter for adults and children affected by domestic violence and other forms of abuse in West Yavapai County, AZ. Services include (but not limited to) 24/7/365 "live" helpline, emergency shelter, transitional housing, one-on-one advocacy support, safety planning, danger assessments, educational support groups, legal advocacy support, orders of protection support, resource referrals.	2651 N. Industrial Way, Suite A Prescott Valley, AZ 86314	928-772-4184 (Office); 928-445-4673 (Helpline)	24/7 Operation
Social Activities for Seniors	Chino Valley Senior Center	Discover a welcoming haven at the Senior Center, where seniors enjoy daily lunches and a variety of recreational and social activities. The center fosters a sense of community, providing tailored experiences for the elderly.	1021 W Butterfield Rd, Chino Valley, AZ 86323	928-636-9114	Monday - Friday 8:30 AM - 3:30 PM
Social Activities for Seniors	Chino Valley Senior Center	Discover a welcoming haven at the Senior Center, where seniors enjoy daily lunches and a variety of recreational and social activities. The center fosters a sense of community, providing tailored experiences for the elderly.	1021 W Butterfield Rd, Chino Valley, AZ 86323	928-636-9114	Monday - Friday 8:30 AM - 3:30 PM
Support Group for Parents	Family Involvement Center	The Family Involvement Center's Parent 2 Parent Support Group - Parenting can be difficult! Talk it over with other parents who understand. Get resources and information while growing your support network.	8766 E State Route 69, Suite G Prescott Valley, AZ 86314	928-379-5077	Monday - Friday 8:30AM - 5:00 PM
Support Group for People Who Have Had a Stroke	People Who Care	People Who Care support group for people who have had a stroke and their family.	1580 Plaza Drive W. Prescott, AZ 86303	928-445-2480	1st Tuesday of the month, 10:15 AM - 11:30 AM
Support Group for People who have Lost Someone to Suicide	Empact Survivors of Suicide Group	Support Groups for individuals who have lost a loved one to suicide.	216 E. Gurley St. Prescott, AZ 86301	480-784-1514 Option 1219	Last Thursday of Each Month 6:00 PM - 7:30 PM First Congregational Church

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Support Group for People who have Parkinson's	New Horizons Disability Empowerment Center	New Horizons Disability Empowerment Center support group for people with Parkinson's.	9400 E Valley Rd, Prescott Valley, AZ 86314	N/A	3rd Wednesday of the month 11:00 am – 12:00 pm
Support Groups for Domestic Violence Survivors	Stepping Stones Agencies	Call for information on support groups for Domestic Violence survivors.	2651 N. Industrial Way, Suite A Prescott Valley, AZ 86314	928-772-4184 (Office); 928-445-4673 (Helpline)	24/7 Operation
Support Groups for Families affected by Mental Illness	National Alliance for Mental Illness - NAMI	NAMI Family Support Groups is a Support Groups for family members, significant others and friends of people with mental health conditions. Gain insight from the challenges and successes of others facing similar experiences. There are two virtual reccuring monthly sessions each month. Visit website to get virtual Zoom connection information.	PO Box 11962 Prescott, AZ 86304	928-642-5705	N/A
Support Groups for People Who Have HIV/AIDS	Northland Cares	Recognizing the importance of community and emotional support, Northland Cares offers Support Groups for individuals living with HIV/AIDS. Providing a safe and nurturing environment, these groups allow individuals to connect, share experiences, and receive mutual support, contributing to overall well-being.	3112 Clearwater Drive #A, Prescott, AZ 86305	928-776-4612	Monday-Friday 08:30 AM- 4:30 PM
Support Groups for People Who Use Narcotics and People in Recovery	Narcotics Anonymous Meetings	Use website or call to find meetings in Prescott, Prescott Valley, Sedona, Cottonwood, Jerome, Bagdad, and Chino Valley.	P.O. Box 12593, Prescott, AZ 86304	928-458-7488	N/A
Support Services for People Who Have HIV	Northland Cares	Northland Cares is dedicated to providing comprehensive care through its Support Services for People Who Have HIV. These services address the holistic needs of individuals living with HIV, aiming to enhance their quality of life through practical and emotional support.	3112 Clearwater Drive #A, Prescott, AZ 86305	928-776-4612	Monday-Friday 08:30 AM- 4:30 PM

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Tai Chi Classes	Yavapai County Community Health Services	This 8-week program is designed to assist adults with arthritis and/or balance issues. Tai Chi is an ancient martial art and can be used as a moving meditation. It is offered as a beginner's class and might help with heart, blood pressure, stress, and sleep issues. This class series is available throughout Yavapai County (check with your local library!) as staffing allows.	N/A	928-634-6858	N/A
Teen Hotline for Relationship Violence, Stalking, and Sexual Assault	Bloom 365	FREE, CONFIDENTIAL, ANONYMOUS HELP. Whether you are going through friend drama, a toxic or controlling relationship, current or past family struggles, a bad break-up, bullying, sexual harassment or any form of abuse or violence, we are just a text, phone call or chat away. Our trained and non-judgmental peer advocates are ready to listen with empathy, validate your experience, encourage, and link to peer support and other resources.	20403 N Lake Pleasant Rd, Suite 117-492, Peoria, AZ 85382	888-606-4673	Monday - Friday 5:00 PM - 9:00 PM
Teen Mentoring	Elevated Education	Elevated Education provides a free mentoring service to students looking to fully engage their education through support and accountability.	N/A	602-641-4495	Monday - Friday 8:00 AM - 5:00 PM
The Federal Bonding Program	Department of Economic Security	This program helps "at risk" (ex-offenders, recovering substance abusers, people with poor credit, dishonorably discharged, persons lacking job history who are from low income families) job seekers to secure employment. Through the program, employers can receive \$5,000 of fidelity insurance for a six-month period at no cost and with no deductible.	1789 W Jefferson St, Mail Drop 5111 Phoenix, AZ 85007	833-762-8196	Monday - Friday 8:00 AM - 5:00 PM
Therapy Dog Visits	Pet Partners of Prescott	Pet Partners of Prescott is part of Pet Partners Therapy Animals. They hope to improve human health and well-being through the human-animal bond. They currently have therapy teams in the local libraries, schools, hospitals, detention center and court house. Call for more information.	N/A	928-308-2556	Monday - Friday 8:00 AM - 5:00 PM

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Transportation to Social Events and Medical Appointments	Chino Valley Senior Center	Offers seniors daily lunches, along with recreational and social activities. Delivers Meals on Wheels to those who are homebound and provides transportation for seniors attending social events and medical appointments.	1021 W Butterfield Rd, Chino Valley, AZ 86323	928-636-9114	Monday - Friday 8:30 AM - 3:30 PM
TrekAbout	Yavapai County Community Health Services	Quad Cities location - Trekabout is a hiking/walking club that is designed to get people up and out in a fun safe way with supportive people to create good mental and physical health, wellness, and friendship through nature. They rate the trails from 1-4 (easiest to hardest). Start times change with the seasons. Hikes are lead by staff and volunteers from the Prescott Recreation Services Department and Yavapai County Community Health Department. Membership is \$18 a year and includes 2 weekly guided hikes and monthly calendar.	N/A	928-777-1122	Tuesdays and Thursdays 7:00 AM (Summer); 8:00 AM (winter)
Unemployment Insurance Benefits	Department of Economic Security	The Arizona Department of Economic Security (DES) can provide individuals who have lost their job through no fault of their own with a weekly stipend to supplement lost income while they search for employment.	P. O. Box 29225 Phoenix, AZ 85038	877-600-2722	Monday - Friday 8:00 AM - 5:00 PM
Veteran's Community Group	Veterans of Foreign Wars (VFW) - Arizona	Veterans of Foreign Wars fosters camaraderie among United States veterans of overseas conflicts, serves our veterans, the military, and our communities and advocates on behalf of all veterans. Call to find a location in the Quad Cities.	6423 South Ash Avenue Tempe, AZ 85283	480-941-5258	Monday - Friday 8:00 AM - 3:00 PM
Veterans Healthcare Services	Northern Arizona VA Health Care System	Northern Arizona VA Health Care System provides health care services to Veterans throughout all of northern Arizona, spanning across 65,000 square miles. Find a health care facility near you, and manage your health online.	500 AZ-89, Prescott, AZ 86301	800-698-2411; Nurse Advice Line 877-252-4866	24/7 Operation
Veterans Support Group for People who have Lost Someone to Suicide	Impact Survivors of Suicide Group	Veterans support group for individuals who have lost a loved one to suicide.	120 N. Marina Street, Prescott, AZ 86301	480-784-1514 Option 1219	1st, 3rd Tuesday 5:30 pm - 7:00 pm Veterans Connection Hub/U.S. Vets

ALL QUAD CITIES SOCIAL & COMMUNITY SUPPORT RESOURCES

Resource Name	Organization Name	Resource Description	Resource Address	Resource Phone Number	Resource Hours of Operation
Warm Line for Mental Health Support	NAZCARE, INC	NAZCARE's Warm Line is an evening Peer Support service over the phone. Are you lonely, isolated, triggered, needing coping skills, need resources, or just want to talk to someone? The NAZCARE Warm Line is here to help.	N/A	888-404-5530	Monday - Thursday 4:00 PM - 10:30 PM; Friday-Sunday 3:00 PM - 10:30 PM
Women of Wisdom	Polara Health	Women of Wisdom support group. Meet with women for friendship and shared life experiences.	505 S. Cortez Street Prescott, AZ.	928-445-5211	2nd and 4th Fridays 1:00 PM - 2:30 PM; Tuesday 11:00 AM - 12:30 PM
Youth Activities	Highlands Center for Natural History	Outdoor, nature-centric school programs encompass in-class teachings, educational materials, and full-day field classes. Catering to various age groups, the educational programs extend to providing spring break, summer, and fall nature camps tailored for elementary school-aged children.	1375 S. Walker Road, Prescott, AZ 86303	928-776-9550	October – March 8:00 AM - 6:00 PM; April - September 7:00 AM - 7:00 PM
Youth Activities, Children, and Family Activities	Prescott Public Library	Library services, storytimes, and activities catering to individuals from birth to five years old, children, teenagers, and families.	215 E. Goodwin St. Prescott, AZ 86303	928-777-1500	Monday, Friday, Saturday 9:00 AM - 5:00 PM; Tuesday - Thursday 9:00 AM - 8:00 PM; Sunday 1:00 PM - 5:00 PM
Youth Mentorship	Yavapai Big Brothers Big Sisters	Yavapai Big Brothers Big Sisters Prescott Office - provides mentors to Yavapai County youth. Matches boys and girls with adult volunteer mentors. They meet weekly to provide friendship, a positive role model, and encouragement.	3208 Lakeside Village Drive, Prescott, AZ	928-778-5135	Monday-Friday 9:00 AM - 5:00 PM