

Resource Guide for Youth and Young Adults in Flagstaff, AZ

This list is not intended to cover every situation or need. Please speak to a trusted adult, teacher, school counselor, nurse or parent if you don't know where to go for help or you just need to talk to someone. Listed by main service and then alphabetically.

All addresses are in Flagstaff, AZ. Most resources service youth under 18 unless noted-contact them for more info.

Resource	Services	Contact Information
Food, Clothing, Shelter, Runaway and Homeless		
American Legion	If available Fall/Winter, Jackets/Coats and Blankets for kids 10am-7pm	204 W. Birch Ave. (928)774-7682
Anew Housing	Must be over 18, employed and sober, Affordable Transitional Housing for those homeless or threatened with eviction, Classes on-site for Life Skills, Budgeting, Coping Skills, Job Interviewing Skills, and more	(928)707-4049
Catholic Charities Community Services	FREE sack lunches, clothing vouchers, and hygiene kits, Homeless Outreach, Case management, Front Door program to help get connected to other resources Mon-Thurs 9am-2pm	460 N. Switzer Canyon Dr Suite 400 (928)774-9125
Cedar Closet	Low cost clothing, Free clothing available through agency referral (once every 6 months), Operation School Bell: New school clothing for youth through school referral from School Counselor or Nurse	2919 N West Street 10am-4pm Tues – Sat (928)779-3029
Flagstaff Family Food Center and Food Bank	FREE hot meals everyday 4pm-5:30pm, Supervised Children's Reading Room during meals, Food boxes available 9am-1pm Tues-Fri, Bag Lunches after 10am, Volunteer/Community Service Opportunities	1903 North 2nd Street (Next to La Fonda's Restaurant) (928)774-3188
Flagstaff Foster Care Closet	Clothing closet for foster families and emergency backpacks	(928)856-9793
Flagstaff Shelter Services	Must be over 18, Shelter, Showers, Laundry, Food, Computers, Clothing and Hygiene Products, On-site nursing clinic, Phone, Shelter Hours: 5pm-8am (must arrive 4:30-5pm for shelter), Front Door program to help get connected to other resources Mon-Thurs 9am-2pm	4185 E. Huntington (928)225-2533
Goodwill Industries	Lunches and emergency vouchers for clothing and household supplies (one per year), Store is open 7 days a week from 9am-9pm	4308 E. Route 66 (928)526-9188
Hope Cottage	Must be over 18 to receive services, Emergency shelter women and their children experiencing homelessness, Need to apply at the Front Door program Mon-Thurs 9am to 2pm at Catholic Charities or Flagstaff Shelter Services (see information above)	(928) 774-9270
Kinlani Dormitory	Flagstaff Bordertown Dormitory for students attending Flagstaff High School, Positive, healthy, social and educational community based on Dine/Navajo and Native American knowledge and language	(928)774-5279 www.kinlanidorm.org
Northland Family Help Center Runaway and Homeless Youth Outreach	Mobile Outreach Team, Survival supplies, Support and referrals for youth and young adults who have ran away from home or are homeless for any reason, Prevention work to support youth including creative, cathartic and educational groups in schools and youth groups	Outreach Cell: (928)707-2693 Office phone: (928)233-4309
Northland Family Help Center Youth Shelter	Crisis shelter/residence for youth under 18 years, Runaway and homeless youth beds available, Assistance for youth in Juvenile Court Program, Beds for youth involved in DCS, Short-term respite stays for families in need of support. Safe therapeutic environment, Case management, Family advocacy, Life education, Recreational activities	(928)527-1800 24/7
Salvation Army	FREE Sack lunches, Emergency food boxes, Clothing and furniture vouchers, Must have two forms of ID	507 North Humphreys St. (928)774-1403
SNAP Food Stamps	Can receive services if under 18 and not living with parent/guardian, Do not need an address, Identity and ID can be verified by a social service (including NFHC Runaway and Homeless Youth Outreach listed above), If living with parent/guardian need to apply for the whole household	Contact DES office: 1701 N Fourth St. (928)779-0327
Sunshine Rescue Mission	Free Hot Meals, Breakfast 7am, Lunch 12pm, Dinner 6pm, Women's Clothing available monthly at the main office, Call for more information, Must be 18 to stay in the shelter check-in between 4p and 6pm daily	124 S San Francisco Street (928)774-3512
Think Jesus Project	FREE meals every Sunday from 1pm-4pm at Killip Elementary School	2300 E 6 th St. (928)380-2565
Law Enforcement/Emergency Services		
Flagstaff Police Department	To report a crime including abuse or assault in Coconino County	(928)774-1414, dial 911 for emergencies

Physical Health (Including Pregnancy and Sexual Health)		
Coconino County Public Health	Testing, counseling, treatment and referral services for Communicable Diseases/HIV/STD/TB	2625 N. King Street (928)679-7371
Coconino County Public Health Prenatal Clinic	FREE pregnancy care and prenatal testing for low income, uninsured women and teens	2625 N. King Street (928)679-7272
Coconino County Public Health Teen Clinic	FREE confidential health clinic and counseling for youth 18 years and younger	2625 N. King Street (928)679-7222
Hope Pregnancy Center	Free Pregnancy Testing, Ultrasound Access, Counseling, Related Pregnancy Information, Maternity and Baby Items, Confidentiality, Walk-Ins Tu,W,Th 10am-4pm Call for an appointment	224 S. Kendrick St. (928)774-8302
Kid's Care Health Insurance	Free or low-cost health insurance for children	1-877-764-5437
North Country Health Clinic	Medical, dental and behavioral health care, Sliding scale fee, School based services mobile unit at local middle and high schools throughout the week	2920 N. 4th Street (928)522-9400 School Services: (928)522-9406
Northland Cares	Education, referral and emotional support for individuals with HIV/AIDS diagnosis and their friends and family, located Prescott and Cottonwood	(928)776-4612
Planned Parenthood	Birth control and education, Sexually transmitted infections testing, Pregnancy testing, Counseling, Abortion services	2500 S. Woodlands Village Blvd. Suite 12 1-855-207-7526
Poore Medical Clinic	FREE medical and dental services for the low-income and uninsured. Initial eligibility review Hours: M/W 10am-Noon Clinic hours: T/Th 10am-4pm, Medical services at Sunnyside Clinic on Weds. 10am-4pm	120 W. Fine Ave (928)213-5543 Sunnyside Clinic: 2700 N. Izabel St
Sacred Peaks Health Center	Can receive pregnancy and STD services if under 18 without parent/guardian, Need parent/guardian for other services if under 18, Cultural sensitive medical care for Native Americans, Family Medicine, Internal Medicine, Pharmacy, Physical Therapy, Radiology	3480 E. Route 66 (928)863-7333
Counseling, Mental Health, Substance Abuse Help		
Alcoholics Anonymous	Support for people who want to quit drinking or are affected by a friend or relative's drinking problem	928-779-3569 http://www.simeetings.com/LA/AZ/NArizonaMtgs.html
Flagstaff National Alliance on Mental Illness (NAMI)	Weekly support groups and educational classes for those experiencing mental illness or are affected by a friend or relative's mental illness	928-214-2218 Crisis Hotline: 1-877-756-4090
Northland Family Help Center Counseling Services	FREE counseling and crisis support for survivors of abuse	(928)527-1700
South West Behavioral Health	Help with Substance abuse, Mental health, Family functioning, Crisis planning, Skill building, Counseling, Case management, Psychiatric evaluations/medication monitoring, Behavior coaching, Health and wellness, Opiate treatment	(928)779-4550 Crisis Line: 1-877-756-4090
The Guidance Center	Counseling and mental health help for adults and families, Drug and alcohol programs, PAC Unit and Alcohol Stabilization Unit, Mon-Fri 8am-5pm (crisis anytime), Walk-in crisis counseling	2187 Vickey Street (928)527-1899
Job Assistance		
Coconino County Career Center	Vocational training, On-the-job training, Summer youth jobs, Career center with computers	(928)774-9125
Goodwill Industries	Also offers employment assistance, computer use and job searches	4308 E. Route 66 (928)526-9188
Job Corps	Career training and education for ages 16-24, Call for more info and eligibility	(928)526-9188 Ext. 218 www.recruiting.jobcorps.gov 1-800-733-JOBS (5627)
School, Education and Tutoring		
CCC GED Prep Program	Help teenagers prepare for GED testing	(928)526-7603
Coconino Association for Vocations, Industry, and Technology (CAVIAT)	Opportunities, trainings, resources and education to acquire and enhance career and technical skills	3000 N. Fourth St. (928)613-2169

Flagstaff Family Resource Center	Tutoring, Community resources, Computer use for students, Homelessness assistance for students' families, Help with enrolling in school if Homeless, McKinney-Vento Liaison	4000 N. Cummings St. (928)774-1103
Flagstaff Main Public Library and Eastside Community Library	Books/Magazines, CDs/DVDs, Computer Use and classes, Kid & Teen Programs, Downtown Location: Mon-Thurs 10am-9pm, Fri 10am-7pm, Sat 10am-6pm, Eastside location: Mon-Thurs 9am-9pm, Fri 9am-6pm, Sat 9am-1pm, Sun 1pm-5pm	Downtown: (928)213-2369 300 W. Aspen Ave. Eastside: (928)213-2348 3000 N. 4 th St. Ste. 5
Indian Education Support Program	Academic assistance/advisement, Family and community gatherings, Volunteer opportunities, Mentorship, Recognition programs, National Native American Honors Society, Academic fee assistance, Navajo Nation School Clothing Program	(928)527-6164 3285 E. Sparrow Ave. www.fusd1.org/Domain/67
Literacy Center	One on One or Drop-In Tutoring, Classes on: Reading, Writing, Speaking, Pronunciation, GED Prep, English as a 2 nd Language, Minimal fees	2500 N. Rose St. Ste. 102 (928)556-0313
NAU Nazhoni Academy	College Prep for Native American High School Youth, 5 week summer academy	(928)523-5041 nizhoni@nau.edu www.nau.edu/nz
NAU Talent Search	Talent Search for 7 th to 12 th grade students from target schools, Call to see if your school is one of schools in the program	(928)523-3305
Transitional Services for Aging Out of Foster Care		
Coconino Living Skills Training	Care, information and referrals for those aging out of foster care, Services up to 21 yrs	independentlivingskills@arizonaschildren.org (480) 247-1413
Coconino Thrive Mentor Program	One-on-one mentorship and life skills for youth in foster care	mentor@arizonaschildren.org 1-877-747-1533
Coconino Transitional Independent Living Program	Services and support for young adults ages 18-20 who were previously involved in foster care	independentlivingskills@arizonaschildren.org (480) 247-1413
Child Abuse, Domestic Violence, Sexual Assault and Human Trafficking		
Be Free Text Line	To get help for victims and survivors of human trafficking	Text HELP to 233733 (BEFREE)
Department of Child Safety (Child Protective Services)	To report suspected child abuse or neglect	(1-888-SOS-CHILD or 1-888-767-2445)
Equal Employment Opportunity Commission (EEOC)	Provides information about how workers, including trafficking victims, can file a charge of employment discrimination	1-800-669-4000
Northern Arizona Care and Services After Assault (NACASA)	A rape crisis center providing FREE medical forensic examinations and medical and behavioral health follow up	(928)213-6112
Northland Family Help Center Domestic Violence Shelter	Crisis shelter for abused adults and their children, Hotline for resources and support	(928)527-1900 Toll free (877) 634-2723) 24/7
The Life Link	Many services for human trafficking victims and advocates, Crisis Response, Case management, Advocacy, Mental health services, Substance abuse help, Housing, Trauma treatment, Referrals	(505)438-3733
Victim Witness Services	Provides advocacy (FREE, immediate and confidential), Crisis intervention, Victim compensation, Social service referrals, After 5pm call (928)774-1414 and ask for Victim Witness	201 E. Birch Ave. Suite 4 (928)679-7770
Parenting		
Child Care resource and Referral	Free statewide program helps finding local child care meeting your specific needs	1-800-308-9000
First Things First	Connects families to free parent kits, Toll-free helplines, Home visitation programs, Early care and education programs and health screenings	www.facebook.com/AZFirstThingsFirst or contact Parenting AZ
Parenting AZ	Parenting education, Home visitation, After school and school based programs, Community outreach	201 E. Birch Avenue Suite 1 (928)773-9133
T.A.P.P. Teenage Parent Program	Program for pregnant teens who choose an alternative school setting	(928)773-4104

Transformative Learning Center	Parenting classes including for youth parents under 18 with children 0-5, Call for more information	(928)679-8060 rhobbs@coconino.az.gov
Sexual Orientation and Gender Identity (LGBTQ +)		
Lesbian, Gay, Bisexual, Transgender + Youth Support Group	For Middle School and High School Students, 2 nd and 4 th Friday of every month, 5pm-7pm	Beacon Unitarian Universalist 510 N. Leroux St. office@beaconuu.com
NAU PRISM	University student group, Resources and support for lesbian, gay, bisexual and transgender young people, Meet every Wednesday, 7:30pm-9pm, Havasupai A and B, upstairs in the Union	(928)523-7110 Staff Advisor: 928-523-9190 prism.nau@gmail.com
One in Ten Flagstaff	Safe space for LGBTQ and Allied Youth ages 14-24, All programs are free, Email for more info on locations and times of meetings	kado@oneten.org
Community, Empowerment, Mentoring and Volunteering		
Active Youth of Northern Arizona	Youth group, Community service, Volunteer opportunities, Trainings	(928)214-2287
Big Brothers, Big Sisters of Flagstaff	Mentoring for children (Girls from ages 6-15 and Boys from ages 7-15), Volunteering/Mentoring Opportunities	102 W. Hunt Ave. (928)774-0649 www.bgcf.org
More Help		
Arizona's Children Association: Meet Me Where I'm at Program	Support for families and care-givers with very challenging needs (including trauma, mental illness and more), Skill-building for children, Focused on helping families function successfully over the long term	(928)527-1000 www.ArizonasChildren.org info@arizonaschildren.org
Arizona's Children Association: STAR Program	Mentorship, support and skill-building for youth, Age and need specific, Recreational and experiential learning, Support to transition-aged youth for independent living skills, Relief to care-givers and families in need	(928)527-1000 www.ArizonasChildren.org info@arizonaschildren.org
Child and Family Support Services	Behavioral health services for children and families, including counseling, outpatient substance abuse services and family support	1515 E. Cedar Ave. Ste D2 (928)774-0775
Coconino Coalition for Children and Youth	Links youth and families to info about: needed services, community engagement, youth issues, resources and educational opportunities	2625 N. King St. (928)679-7318
Connect2Help Circle	Website intended to connect people in need with those that can help (including information, items, services, day care, clothing and more)	www.swiftresorce.com
DNA People's Legal Services	Free legal services to low income or indigenous people, Emergency intakes accepted anytime, New Intakes Tues 9am-11am and 1pm-3pm	2323 E. Greenlaw Ln, #1 (928)774-0653
Health Choice Integrated Care Crisis Response Network	Crisis Line support for anyone in crisis, regardless of age, insurance or legal status, Support and connection to community resources, especially for those experiencing behavioral or mental health crisis	1-877-756-4090
NACA Family Health Center	Substance Abuse Prevention Services, Wellness Center, Family Health Primary Care Clinic, Behavioral Health, Diabetes, Tobacco Prevention Services, Call for details, Mon-Fri 8am-5pm	1500 E. Cedar Ave. #26 (928)773-1245
Native Americans for Community Action (NACA)	Substance Abuse Services, Job services, Economic Development Program, Youth Pathways Program, ReachURLife Suicide prevention Program, Circles of Care, Native Cultural heritage events	2717 N. Steves Blvd (928)526-2968
Save2Learn	Must be 16, Matches savings to help pay for school at Coconino Community College	2625 N. King St. (928)679-7463

National Helplines			
National Runaway Safeline	1-800-RUNAWAY (1-800-786-2929)	National Suicide Prevention Lifeline	1-800-273-TALK (1-800-273-8255)
Childhelp National Child Abuse Hotline	1-800-4-A-CHILD (1-800-422-4453)	Love is Respect (Dating Abuse Helpline)	Call: 1-866-331-9474 Text: loveis to 22522
The Trevor Project (LGBTQ Helpline)	1-866-488-7386	Children of the Night (Sexual Exploitation Helpline)	1-800-551-1300
Planned Parenthood (Pregnancy Helpline)	1-855-207-7526	Birthright International (Pregnancy Helpline)	1-800-550-4900
National Human Trafficking Hotline	1-888-373-7888	National Help Center for Missing and Exploited Children	1-800-THE-LOST 1-800-843-5678