

Access Points - Entry points to find and access local resources.

211 - Phone line to connect to local resources.  
call 211 - [211.org](http://211.org)

**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

**Andre House** - Also provides showers, hygiene kits

213 S. 11th Ave, Phoenix, AZ 85007

(602) 255-0580 - [andrehouse.org/what-we-do](http://andrehouse.org/what-we-do)

<u>Dinner</u> Sat-Thur 5pm-6pm	<u>Clothing</u> Tue/Thur 12:30pm-3pm, Sat 1pm-3pm	<u>Laundry</u> Mon-Wed 8:30am-noon
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**St. Vincent de Paul**

1075 W. Jackson St., Phoenix, AZ 85007

(602) 266-4673 - [stvincentdepaul.net/locations/phoenix-dining-room](http://stvincentdepaul.net/locations/phoenix-dining-room)

<u>Breakfast</u> Mon-Fri 7am-8am	<u>Lunch</u> Every day 11am-12:45pm	<u>Dinner</u> Friday 4pm-5pm
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**St. Vincent de Paul Family Dining Room** - Open to anyone with a child under the age of 18

420 W. Watkins Rd., Phoenix, AZ 85003

(602) 254-3338 - [stvincentdepaul.net/locations/nextphase-family-dining-room](http://stvincentdepaul.net/locations/nextphase-family-dining-room)

<u>Dinner</u> Mon-Fri 4pm-6pm
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**Mesa Dining Room**

49 W Broadway Rd., Mesa, AZ 85210

(602) 619-9411 - [stvincentdepaul.net/locations/mesa-dining-room](http://stvincentdepaul.net/locations/mesa-dining-room)

<u>Lunch</u> Daily 9:30am-11:30am	<u>Heat Relief June 1 - Sept 30</u> Daily noon-4:30pm
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**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

**El Mirage Dining Room**

14013 N Verbena St., El Mirage, AZ 85335

(602) 266-4673 - [stvincentdepaul.net/locations/el-mirage-dining-room](http://stvincentdepaul.net/locations/el-mirage-dining-room)

Lunch

Mon-Fri 9am-11am

**FIBCO Family Services**

1141 E. Jefferson St., Phoenix, AZ 85034

[fibco.org/programs](http://fibco.org/programs)

Food & Clothing

Tue/Wed/Fri 10:30am-12:30pm

**St. Mary's Food Bank**

(602) 242-3663 - [stmarysfoodbank.org](http://stmarysfoodbank.org)

**FoodPantries.org** - A directory to find food pantries near you.

[foodpantries.org/](http://foodpantries.org/)

**Emergency Shelters**

**Central Arizona Shelter Services** - Serves: Men, Women

204 S 12th Ave, Phoenix, AZ 85007

(602) 256-6945 - [cassaz.org/get-help](http://cassaz.org/get-help)

**HomeBase** - Serves: Ages 18 to 24

931 E. Devonshire Ave., Phoenix, AZ 85014

(602) 263-5531 - [nativeconnections.org/housing/youth/homebase-youth-services](http://nativeconnections.org/housing/youth/homebase-youth-services)

**Phoenix Dream Center** - Serves: Men, Women

3210 Grand Ave, Phoenix, AZ 85017

(602) 346-8700 - [phoenixdreamcenter.org](http://phoenixdreamcenter.org)

**UMOM Halle Women's Center** - Serves: Women

3424 E Van Buren St, Phoenix, AZ 85008

(602) 362-5833 - [umom.org/find-help](http://umom.org/find-help)

**Vista Colina Family Shelter** - Serves: Families with Children

1050 W. Mountain View Rd, Phoenix, AZ 85021

(602) 256-6945 - [cassaz.org/services](http://cassaz.org/services)

## Emergency Shelters

**The Haven** - Serves: Age 55+  
I-17 and Northern, Phoenix, AZ 85051  
(604) 256-6945 - [cassaz.org/services](http://cassaz.org/services)

## Resources

**Native American Connections** - Addiction recovery, medical services, housing resources  
3216 N 3rd St, Phoenix, AZ 85012  
(602) 254-3247 - [nativeconnections.org](http://nativeconnections.org)

**Homeward Bound** - Affordable housing  
2302 West Colter Street, Phoenix, AZ 85015  
(602) 899-8089 - [turnanewleaf.org/services/housing-and-shelter/homeward-bound](http://turnanewleaf.org/services/housing-and-shelter/homeward-bound)

**U.S. Veteran Community Resource & Referral Center (CRRC)**  
1500 E. Thomas Road Suite 106, Phoenix, AZ 85014  
(602) 248-6040 - [va.gov/HOMELESS/Crrc.asp](http://va.gov/HOMELESS/Crrc.asp)

**Justa Center** - Day center for seniors  
1001 W Jefferson Street, Phoenix, AZ 85007  
(602) 254-6524 - [justacenter.org](http://justacenter.org)

**US Department of Veterans Affairs** - 24/7 Homeless Call Center Hotline  
(877) 424-3838 - [va.gov/homeless](http://va.gov/homeless)

**National Suicide Prevention Lifeline** - Provides 24/7, free and confidential support for people in distress  
(800) 273-8255 - [SuicidePreventionLifeline.org](http://SuicidePreventionLifeline.org)

**National Domestic Violence Hotline** - 24-hour confidential service for survivors, victims and those affected by domestic violence  
(800) 799-7233 - [TheHotline.org](http://TheHotline.org)

**National Runaway Safeline** - 24/7 crisis line for runaway and homeless youth  
(800) 786-2929 - [1800runaway.org](http://1800runaway.org)

**National Human Trafficking Hotline** - Call if you or someone you know is a victim of human trafficking  
(888) 373-7888 - [HumanTraffickingHotline.org](http://HumanTraffickingHotline.org)

## Resources

**Free Mobile Phone Service** - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.

[SafeLinkWireless.com](http://SafeLinkWireless.com)

[AssuranceWireless.com](http://AssuranceWireless.com)

**FindTreatment.gov** - Directory of providers treating substance use disorders, addiction, and mental illness

[\(800\) 662-4357 - FindTreatment.gov/](http://(800) 662-4357 - FindTreatment.gov/)

**FreeDentalCare.us** - Directory of free and low cost dental clinics

[FreeDentalCare.us/](http://FreeDentalCare.us/)

Available services can change often. Please email [support@HelpSheets.org](mailto:support@HelpSheets.org) with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.