

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

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

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

|                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                               |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------------------------|---------------------------------|
| <b>Andre House</b> - Also provides showers, hygiene kits<br>213 S. 11th Ave, Phoenix, AZ 85007<br>(602) 255-0580 - <a href="https://andrehouse.org/what-we-do">andrehouse.org/what-we-do</a> <table><tr><td><u>Dinner</u><br/>Sat-Thur<br/>5pm-6pm</td><td><u>Clothing</u><br/>Tue/Thur<br/>12:30pm-3pm,<br/>Sat 1pm-3pm</td><td><u>Laundry</u><br/>Mon-Wed<br/>8:30am-noon</td></tr></table> | <u>Dinner</u><br>Sat-Thur<br>5pm-6pm                                                                                               | <u>Clothing</u><br>Tue/Thur<br>12:30pm-3pm,<br>Sat 1pm-3pm                                                                                                                                                                                                                                                                                    | <u>Laundry</u><br>Mon-Wed<br>8:30am-noon                  | <b>St. Vincent de Paul</b><br>1075 W. Jackson St., Phoenix, AZ 85007<br>(602) 266-4673 - <a href="https://stvincentdepaul.net/locations/phoenix-dining-room">stvincentdepaul.net/locations/phoenix-dining-room</a> <table><tr><td><u>Breakfast</u><br/>Mon-Fri 7am-8am</td><td><u>Lunch</u><br/>Every day<br/>11am-12:45pm</td><td><u>Dinner</u><br/>Friday 4pm-5pm</td></tr></table> | <u>Breakfast</u><br>Mon-Fri 7am-8am | <u>Lunch</u><br>Every day<br>11am-12:45pm | <u>Dinner</u><br>Friday 4pm-5pm |
| <u>Dinner</u><br>Sat-Thur<br>5pm-6pm                                                                                                                                                                                                                                                                                                                                                          | <u>Clothing</u><br>Tue/Thur<br>12:30pm-3pm,<br>Sat 1pm-3pm                                                                         | <u>Laundry</u><br>Mon-Wed<br>8:30am-noon                                                                                                                                                                                                                                                                                                      |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
| <u>Breakfast</u><br>Mon-Fri 7am-8am                                                                                                                                                                                                                                                                                                                                                           | <u>Lunch</u><br>Every day<br>11am-12:45pm                                                                                          | <u>Dinner</u><br>Friday 4pm-5pm                                                                                                                                                                                                                                                                                                               |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
| <b>St. Vincent de Paul Family Dining Room</b> - Open to anyone with a child under the age of 18<br>420 W. Watkins Rd., Phoenix, AZ 85003<br>(602) 254-3338 - <a href="https://stvincentdepaul.net/locations/nextphase-family-dining-room">stvincentdepaul.net/locations/nextphase-family-dining-room</a> <table><tr><td><u>Dinner</u><br/>Mon-Fri 4pm-6pm</td></tr></table>                   | <u>Dinner</u><br>Mon-Fri 4pm-6pm                                                                                                   | <b>Mesa Dining Room</b><br>49 W Broadway Rd., Mesa, AZ 85210<br>(602) 619-9411 - <a href="https://stvincentdepaul.net/locations/mesa-dining-room">stvincentdepaul.net/locations/mesa-dining-room</a> <table><tr><td><u>Lunch</u><br/>Daily 9:30am-11:30am</td><td><u>Heat Relief June 1 - Sept 30</u><br/>Daily noon-4:30pm</td></tr></table> | <u>Lunch</u><br>Daily 9:30am-11:30am                      | <u>Heat Relief June 1 - Sept 30</u><br>Daily noon-4:30pm                                                                                                                                                                                                                                                                                                                              |                                     |                                           |                                 |
| <u>Dinner</u><br>Mon-Fri 4pm-6pm                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                               |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
| <u>Lunch</u><br>Daily 9:30am-11:30am                                                                                                                                                                                                                                                                                                                                                          | <u>Heat Relief June 1 - Sept 30</u><br>Daily noon-4:30pm                                                                           |                                                                                                                                                                                                                                                                                                                                               |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
| <b>El Mirage Dining Room</b><br>14013 N Verbenia St., El Mirage, AZ 85335<br>(602) 266-4673 - <a href="https://stvincentdepaul.net/locations/el-mirage-dining-room">stvincentdepaul.net/locations/el-mirage-dining-room</a> <table><tr><td><u>Lunch</u><br/>Mon-Fri 9am-11am</td></tr></table>                                                                                                | <u>Lunch</u><br>Mon-Fri 9am-11am                                                                                                   | <b>FIBCO Family Services</b><br>1141 E. Jefferson St., Phoenix, AZ 85034<br><a href="https://fibco.org/programs">fibco.org/programs</a> <table><tr><td><u>Food &amp; Clothing</u><br/>Tue/Wed/Fri 10:30am-12:30pm</td></tr></table>                                                                                                           | <u>Food &amp; Clothing</u><br>Tue/Wed/Fri 10:30am-12:30pm |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
| <u>Lunch</u><br>Mon-Fri 9am-11am                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                               |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
| <u>Food &amp; Clothing</u><br>Tue/Wed/Fri 10:30am-12:30pm                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                               |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |
| <b>St. Mary's Food Bank</b><br>(602) 242-3663 - <a href="https://stmarysfoodbank.org">stmarysfoodbank.org</a>                                                                                                                                                                                                                                                                                 | <b>FoodPantries.org</b> - A directory to find food pantries near you.<br><a href="https://foodpantries.org/">foodpantries.org/</a> |                                                                                                                                                                                                                                                                                                                                               |                                                           |                                                                                                                                                                                                                                                                                                                                                                                       |                                     |                                           |                                 |

**Emergency Shelters**

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| <b>Central Arizona Shelter Services</b> - Serves: Men, Women<br>204 S 12th Ave, Phoenix, AZ 85007<br>(604) 256-6945 - <a href="https://cassaz.org/get-help">cassaz.org/get-help</a>                  | <b>HomeBase</b> - Serves: Ages 18 to 24<br>931 E. Devonshire Ave., Phoenix, AZ 85014<br>(602) 263-5531 - <a href="https://nativeconnections.org/housing/youth/homebase-youth-services">nativeconnections.org/housing/youth/homebase-youth-services</a> |
| <b>Phoenix Dream Center</b> - Serves: Men, Women<br>3210 Grand Ave, Phoenix, AZ 85017<br>(602) 346-8700 - <a href="https://phoenixdreamcenter.org">phoenixdreamcenter.org</a>                        | <b>UMOM Halle Women's Center</b> - Serves: Women<br>3424 E Van Buren St, Phoenix, AZ 85008<br>(602) 362-5833 - <a href="https://umom.org/find-help">umom.org/find-help</a>                                                                             |
| <b>Vista Colina Family Shelter</b> - Serves: Families with Children<br>1050 W. Mountain View Rd, Phoenix, AZ 85021<br>(604) 256-6945 - <a href="https://cassaz.org/services">cassaz.org/services</a> | <b>The Haven</b> - Serves: Age 55+<br>I-17 and Northern, Phoenix, AZ 85051<br>(604) 256-6945 - <a href="https://cassaz.org/services">cassaz.org/services</a>                                                                                           |

**Resources**

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| <b>Native American Connections</b> - Addiction recovery, medical services, housing resources<br>3216 N 3rd St, Phoenix, AZ 85012<br>(602) 254-3247 - <a href="https://nativeconnections.org">nativeconnections.org</a> | <b>Homeward Bound</b> - Affordable housing<br>2302 West Colter Street, Phoenix, AZ 85015<br>(602) 899-8089 - <a href="https://turnanewleaf.org/services/housing-and-shelter/homeward-bound">turnanewleaf.org/services/housing-and-shelter/homeward-bound</a> |
| <b>U.S. Veteran Community Resource &amp; Referral Center (CRRC)</b><br>1500 E. Thomas Road Suite 106, Phoenix, AZ 85014<br>(602) 248-6040 - <a href="https://va.gov/HOMELESS/Crrc.asp">va.gov/HOMELESS/Crrc.asp</a>    | <b>Justa Center</b> - Day center for seniors<br>1001 W Jefferson Street, Phoenix, AZ 85007<br>(602) 254-6524 - <a href="https://justacenter.org">justacenter.org</a>                                                                                         |
| <b>US Department of Veterans Affairs</b> - 24/7 Homeless Call Center Hotline<br>(877) 424-3838 - <a href="https://va.gov/homeless">va.gov/homeless</a>                                                                 | <b>National Suicide Prevention Lifeline</b> - Provides 24/7, free and confidential support for people in distress<br>(800) 273-8255 - <a href="https://SuicidePreventionLifeline.org">SuicidePreventionLifeline.org</a>                                      |
| <b>National Domestic Violence Hotline</b> - 24-hour confidential service for survivors, victims and those affected by domestic violence<br>(800) 799-7233 - <a href="https://TheHotline.org">TheHotline.org</a>        | <b>National Runaway Safeline</b> - 24/7 crisis line for runaway and homeless youth<br>(800) 786-2929 - <a href="https://1800runaway.org">1800runaway.org</a>                                                                                                 |

## Resources

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| <b>National Human Trafficking Hotline</b> - Call if you or someone you know is a victim of human trafficking<br>(888) 373-7888 - <a href="https://www.humantraffickinghotline.org">HumanTraffickingHotline.org</a> | <b>Free Mobile Phone Service</b> - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.<br><a href="https://www.safelinkwireless.com">SafeLinkWireless.com</a><br><a href="https://www.assurancewireless.com">AssuranceWireless.com</a> |
| <b>FindTreatment.gov</b> - Directory of providers treating substance use disorders, addiction, and mental illness<br>(800) 662-4357 - <a href="https://www.findtreatment.gov/">FindTreatment.gov/</a>              | <b>FreeDentalCare.us</b> - Directory of free and low cost dental clinics<br><a href="https://www.freedentalcare.us/">FreeDentalCare.us/</a>                                                                                                                                             |

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.