CHILDREN SERVICES

Association for Supportive Child Care  718-1880

KINMGAN Unified School District  753-5678 x226
Jennifer Dixon:  jdixon@kusd.org

Palo Christi School  753-2472

Reaching Out In Oneness to Teens Inc  753-5599

COMMUNITY ORGANIZATIONS/VOLUNTEER OPPORTUNITIES

American Red Cross  753-1402

Arizona Council of Rural Disabilities  718-1313
Fax:  718-1315

Comfort Keepers
In-Home Services:  Companionship, Meal
Light Housekeeping, Grocery Shopping, 2
Monitoring, Bathing & Grooming, Mobility,
(928)855-0005
Arlene @ 279-5527 or toll
free (866)757-0005
lakehavasuaz@comfortkeepers.com & w

Community Information & Referral  1-800-352-3792

Department of Western Arizona Council of Governments  753-6247

Heidenreich Katherine Adult Center  757-2778

KRMC Hospice  692-4680

Kingman Community Foundation  757-1704

Mohave County Community Development  753-0723

Praise Chapel  753-1909

Rent / Utility Assistance  208 N. 4th St., Kingman AZ 86401

Heidenreich Katherine Adult Center  1776 Airway Avenue

KRMC Hospice  3269 Stockton Hill Rd

Kingman Community Foundation  2985 John L Avenue

Mohave County Community Development  P.O. Box 7000

Praise Chapel  Anger management, substance abuse, co
COUNSELING SERVICES

ABC Therapy Counseling Center
753-0409
Adult/Family Therapy, Substance Abuse Screenings. 2601 Stockton Hill Rd.

Area Agency on Aging
753-6247
208 N. 4th Street, Kingman AZ 86401

Arizona Children’s Assoc
718-0828 / 718-0432
Family, adult, marriage counseling; anger, substance abuse; domestic violence

Bauer, Karl, CISW
718-1181
Psychotherapist - Fax: 718-1191

Behavioral Health Care Options
718-1010
Individual, family, marriage, anger management, child/teens, substance abuse
Satellite office in Kingman - $100+ / possible sliding.

Catholic Social Services
718-1117
Contact: Larry Townsly, CMFT
Jim Taylor: jtaylor@cssaz.org
Family, adult, marriage counseling; anger, substance abuse; domestic violence
2438 Kingman Ave - $0 - $75 Sliding

Cathy Cousineau, M.Ed, CPC
718-2175
Individual, family, marriage counseling, children
2116 Stockton Hill Rd #C - Insurance

Department of Western Arizona Council on Governments
753-6247

Doss, Ed.D, Minette Nance
718-0016
Psychologist

Foundation for Senior Living
1776 Ariway Avenue

Kingman Resource Center
692-2046
2795 Northern Avenue, Suite C
Jeanne Caisse: grandvista@frontiernet.net

Parents Anonymous of Arizona
753-1000
480 W Hwy 66
Fax: 753-3360

Praise Chapel
753-1909
Anger management (adult & group only);
419 Harrison St - $0 - $75

Safe and Sound Counseling
928-377-9599
3990 N. Stockton Hill Rd. Suite F-124. Possible sliding.
<table>
<thead>
<tr>
<th><strong>Senior Services-Mohave County, Senior Programs</strong></th>
<th>753-0763</th>
<th>753-0763 - Administration Office</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TASC</strong></td>
<td>753-9678</td>
<td>Family, adult, marriage counseling; anger management; children/teens; substance abuse, drug testing</td>
</tr>
<tr>
<td><strong>Townsley, Larry</strong></td>
<td>530-2472</td>
<td>Family, adult, marriage counseling</td>
</tr>
<tr>
<td><strong>Westcare</strong></td>
<td>718-5888</td>
<td>DUI screenings; family, adult, marriage counseling; substance abuse, domestic violence</td>
</tr>
</tbody>
</table>

**EMPLOYMENT**

<table>
<thead>
<tr>
<th><strong>D.E.S.</strong></th>
<th>753-4441</th>
<th>301 Pine St</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>One Stop</strong></td>
<td>753-4441</td>
<td>Mary Beauchamp: <a href="mailto:Mbeauchamp@azdes.gov">Mbeauchamp@azdes.gov</a></td>
</tr>
</tbody>
</table>

**FOOD, RENT, COMMODITIES, ETC.**

<table>
<thead>
<tr>
<th><strong>Arizona Coalition to End Homelessness</strong></th>
<th>480-227-0390</th>
<th>2735 S El Marino Dr - Mesa AZ 85202</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arizona Coalition to End Homelessness</strong></td>
<td>602-340-9393</td>
<td>1735 NW Grand - Phoenix AZ 85007</td>
</tr>
<tr>
<td><strong>Arizona Department of Housing</strong></td>
<td>602-771-1026</td>
<td>1700 West Washington St - Phoenix AZ 85007</td>
</tr>
<tr>
<td><strong>A.R.C.</strong></td>
<td>757-4858</td>
<td>Has items available for clients referred by D.E.S.</td>
</tr>
<tr>
<td><strong>Angel Manor</strong></td>
<td>757-7929</td>
<td>2050 Airway</td>
</tr>
<tr>
<td><strong>Community Development / HUD</strong></td>
<td>753-0723</td>
<td>201 N. 4th St.</td>
</tr>
<tr>
<td><strong>Cornerstone Mission Project</strong></td>
<td>757-1535 / 757-5312</td>
<td>3049 Sycamore Avenue</td>
</tr>
<tr>
<td><strong>D.E.S. Family Assistance Administration</strong></td>
<td>753-4441</td>
<td>301 Pine St</td>
</tr>
<tr>
<td><strong>Helping The Needy</strong></td>
<td>753-5903</td>
<td>Wendy Rusciano</td>
</tr>
</tbody>
</table>
Kingman Aid to Abused People (KAAP) 753-9817
Suzanne Clarke: KAAP@ctaz.com

Kingman Community Foundation 757-1704
2985 E. John L Ave.

Kingman Crisis Line 753-4242
24 Hours

Kingman Food Bank 753-2050
1021 Buchanan
Cecil Groves or Arnold Buss

Kingman Resource Center 692-2046
2795 Northern Ave #C

Mohave County Emergency Food & Shelter Program 757-0910
P.O. Box 7000
Byron Steward: byron.steward@co.mohave.az

Salvation Army 718-2600
Some food, clothing & assistance - funding
217 E. Beale

Unisource Energy Services 681-8962
P.O. Box 3099
Eileen Jacobson: ejacobson@uesaz.com

WACOG 753-6247
Rent / Utility Assistance
208 N. 4th St.

LOCAL HEALTH INFORMATION

County Health Department 753-0743
318 North 5th Street
753-0743 - Admin
753-1748 - AHCCCS
753-0714 - Nursing Services
753-0794 - Nutritional Services
757-0901 - Environmental Health - 3675 E

Kingman Regional Medical Center (Social Services) 757-0663
3269 Stockton Hill Road
Greg Ramey: gramey@azkrmc.com

LOCAL SUBSTANCE ABUSE - INFORMATION/HELP
### MISCELLANEOUS

<table>
<thead>
<tr>
<th>Organization</th>
<th>Emergency Phone</th>
<th>Non-Emergency Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona State Department of Public Safety</td>
<td>753-5551</td>
<td>753-5552</td>
</tr>
<tr>
<td>Highway &amp; Weather Conditions</td>
<td>1-888-411-7623</td>
<td></td>
</tr>
<tr>
<td>Kingman Police Department</td>
<td>753-2191</td>
<td></td>
</tr>
<tr>
<td>Mohave County Probation</td>
<td>753-0741 x4131</td>
<td>P.O. Box 700</td>
</tr>
<tr>
<td>Mohave County Sheriff's Office</td>
<td>753-0753</td>
<td></td>
</tr>
</tbody>
</table>

### SUPPORT GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Phone</th>
<th>Location</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alanon</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>2:00 pm, Mondays, Cholla Conference Room; 5:30 pm Wednesdays, Cholla Conference Room</td>
</tr>
<tr>
<td>Alcohols Anonymous</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>2:00 pm, Tuesdays, Cholla Conference Room; 7:30 pm Wednesdays, Saguaro Conference Room; 7:30 pm, Saturdays, Saguaro Conference Room; Women's Step @ 4:00 pm, Sundays, Cholla Conference Room</td>
</tr>
<tr>
<td>Arthritis</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>1:15 pm, 2nd Wednesday of the month, Hualapai Room</td>
</tr>
<tr>
<td>Bereavement</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>4:30 pm, 1st Monday of the month, Cholla Conference Room; 11:30 am, 3rd Monday of the month, Cholla Conference Room</td>
</tr>
<tr>
<td>Better Breathers</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>3:00 pm, 3rd Friday of the month, Hualapai Room</td>
</tr>
<tr>
<td>Cancer</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>2:00 pm, 2nd Tuesday of the month, Hualapai Room</td>
</tr>
<tr>
<td>Cardiac Support</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>1:00 pm, 3rd Tuesday of the month, Hualapai Room</td>
</tr>
<tr>
<td>Care Givers</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>10:00 am, 3rd Wednesday of the month, Hualapai Room</td>
</tr>
<tr>
<td>CEO - How</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>10:00 am, Every Saturday, Cholla Conference Room</td>
</tr>
<tr>
<td>CODA (Co-Dependants Anonymous)</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>6:00 pm, Every Sunday, Saguaro Conference Room</td>
</tr>
<tr>
<td>Diabetes</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>7:00 pm, Last Tuesday of the month, Cerbat Room</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>692-4640</td>
<td>KRMC 3269 Stockton Hill Rd. <a href="mailto:krmced@az.sedc.org">krmced@az.sedc.org</a></td>
<td>1:00 pm, Day after Arthritis Meeting, Neal Room</td>
</tr>
</tbody>
</table>
Gamblers Anonymous 692-4640  
7:30 pm, Thursdays, Hualapai Conference  
KRMC 3269 Stockton Hill Rd. krmced@az  
7:30 pm, Thursdays, Hualapai Conference  
KRMC 3269 Stockton Hill Rd. krmced@az  
7:30 pm, Thursdays, Hualapai Conference  
KRMC 3269 Stockton Hill Rd. krmced@az

KATT (Kingman Area Transition Team) 692-4640  
4:00 pm, 2nd Monday of the month, Cerbat Conference Center  
Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank

Narcotics Anonymous 692-4640  
MEN @ 6:30 pm, Thursdays, Cerbat Conference Center  
Open Group @ 7:00 pm Sundays, Ocotillo Park  
“Stairway to Recovery” (Co-ed) @ 6:30 pm

OCD 692-2665  
Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank  
6:30 pm, 2nd and 4th Monday of each month, Kingman Public Library 3269 N. Burbank

Parents Anonymous of Arizona 692-4640  
Kingman AZ 86401

Parkinson's 692-4640  
1:00 pm, 3rd Wednesday of the month, Hualapai Conference Center  
KRMC 3269 Stockton Hill Rd. krmced@az  
1:00 pm, 3rd Wednesday of the month, Hualapai Conference Center  
KRMC 3269 Stockton Hill Rd. krmced@az  
1:00 pm, 3rd Wednesday of the month, Hualapai Conference Center  
KRMC 3269 Stockton Hill Rd. krmced@az

Stroke 692-4640  
11:00 am, 3rd Tuesday of the month, Hualapai Conference Center  
KRMC 3269 Stockton Hill Rd. krmced@az  
11:00 am, 3rd Tuesday of the month, Hualapai Conference Center  
KRMC 3269 Stockton Hill Rd. krmced@az  
11:00 am, 3rd Tuesday of the month, Hualapai Conference Center  
KRMC 3269 Stockton Hill Rd. krmced@az

VICTIMS OF ABUSE - INFORMATION/HELP

Child Abuse Hotline 1-888-767-2445

Arizona Coalition Against Domestic Violence 1-800-782-6400  Mon-Fri: 8:30-5:00 / www.acadv.org

PHYSICIANS

Aguila, Dr. 692-5200  
Fax: 692-5252  1739 Beverly Ave #106

Ahmad, M. Imtiaz 753-6655  
Fax: Same  1847 Pacific Ave

Al-Khatib, Jamal 757-4359  
Fax: 757-4686  1753 Airway #A

Awan, Tamseela T. 757-1333  
Fax: 757-2367  1720 Beverly Ave #B

Bauer, PhD, CISW, Karl 718-1181  
Family, adult, marriage counseling; anger management; substance abuse; domestic violence  
2002 Stockton Hill Rd #102 - $100+ Sliding Scale

Bennett, Ronald S. 692-5200  
Fax: 692-5252  1730 Beverly #106

Berkenbile, David 757-1444  
Fax: 757-2437  2401 Stockton Hill Rd
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Fax</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bueno, Damaso</td>
<td>757-4359</td>
<td>757-4686</td>
<td>1753 Airway #A</td>
</tr>
<tr>
<td>Bueno, Damaso</td>
<td>767-4444</td>
<td>767-4441</td>
<td>Mt Tipton Clinic 15907 Don Nell Dr P O Box 605 - Dolan Springs</td>
</tr>
<tr>
<td>Daulat, J.</td>
<td>753-5340</td>
<td>702-243-5012</td>
<td>2401 Stockton Hill Rd</td>
</tr>
<tr>
<td>Goel, S.</td>
<td>757-4359</td>
<td>757-4686</td>
<td>1753 Airway #A</td>
</tr>
<tr>
<td>Govan, G. Ilan</td>
<td>692-1900</td>
<td>692-7334</td>
<td>Mohave Primary Care - 975 Sycamore Ave Jeff Boyett, PA</td>
</tr>
<tr>
<td>Jackson, Kenneth</td>
<td>692-3456 / 692-8222</td>
<td>692-3464</td>
<td>Cerbat Medical Clinic - 1739 Beverly Ave</td>
</tr>
<tr>
<td>Joe, Sungnam</td>
<td>692-3456 / 692-8222</td>
<td>692-3464</td>
<td>Cerbat Medical Clinic - 1739 Beverly Ave</td>
</tr>
<tr>
<td>Kalanithi, A. Paul</td>
<td>757-4359</td>
<td>757-4686</td>
<td>1753 Airway #A Cheryl Webb, NP</td>
</tr>
<tr>
<td>Kalanithi, A. Paul</td>
<td>767-4444</td>
<td>767-4441</td>
<td>Mt Tipton Clinic 15907 Don Nell Dr P O Box 605 - Dolan Springs</td>
</tr>
<tr>
<td>Khan, A.</td>
<td>757-4398</td>
<td>757-4936</td>
<td>1790 Sycamore Ave #2</td>
</tr>
<tr>
<td>Khan, Mahmood</td>
<td>757-1333</td>
<td>757-2367</td>
<td>3636 Stockton Hill Rd</td>
</tr>
<tr>
<td>Khan, S.</td>
<td>757-4384</td>
<td>757-4936</td>
<td>1790 Sycamore #2</td>
</tr>
<tr>
<td>Lemanski, Anthony</td>
<td>692-3456 / 692-8222</td>
<td>757-7224</td>
<td>1330 Sycamore #2</td>
</tr>
<tr>
<td>Lindsay, Charles</td>
<td>565-3939</td>
<td>565-4111</td>
<td>4263 Hwy 68 #C - Golden Valley Brandon Brasher, P.A. / Jim Morris, PA</td>
</tr>
<tr>
<td>Mane, Sheila</td>
<td>681-3960 / 681-3944</td>
<td>692-0067</td>
<td>1730 Beverly Ave</td>
</tr>
<tr>
<td>Mastakas, Michael</td>
<td>753-6668</td>
<td>753-9797</td>
<td>Central Mohave Medical Clinics - 1915 St</td>
</tr>
<tr>
<td></td>
<td>767-3555</td>
<td>767-4611</td>
<td>P O Box 67 / 16055 Pierce Ferry Rd - Dolan Springs</td>
</tr>
<tr>
<td>Name</td>
<td>Phone</td>
<td>Fax</td>
<td>Address</td>
</tr>
<tr>
<td>-------------------------</td>
<td>--------</td>
<td>-----------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>Matcham, Joyce</td>
<td>718-8881</td>
<td>753-3313</td>
<td>Sunrise Wellness Clinic - 2901 Stockton Hill Rd</td>
</tr>
<tr>
<td>Matthews</td>
<td>692-0088</td>
<td>692-1911</td>
<td>1790 Sycamore #3</td>
</tr>
<tr>
<td>Vu, Shabnum</td>
<td>692-0088</td>
<td>692-1911</td>
<td>1790 Sycamore #3</td>
</tr>
<tr>
<td>Morgan, Donald</td>
<td>692-4625</td>
<td></td>
<td>KRMC Family Practice Resident Clinic - 1790 Sycamore #1 Residents: Drs. Seyler, Hamilton, Baron, W. Lapertosa</td>
</tr>
<tr>
<td>Nasef, Sherif</td>
<td>753-6668</td>
<td>753-9797</td>
<td>Central Mohave Medical Clinics - 1915 St Pierce Ferry Rd - Dolin Family</td>
</tr>
<tr>
<td>Newmyer, C.J.</td>
<td>753-2888</td>
<td>753-9350</td>
<td>1815 Stockton Hill Rd</td>
</tr>
<tr>
<td>Schiff, M.D., Laurence (psychiatrist)</td>
<td>718-1212</td>
<td></td>
<td>Family, adult, marriage counseling; anger management; substance abuse; domestic violence 2002 Stockton Hill Rd #102 / $100+ Sliding Scale</td>
</tr>
<tr>
<td>Singh, Vinod K.</td>
<td>757-2050</td>
<td>757-2020</td>
<td>1739 Beverly Ave #206</td>
</tr>
<tr>
<td>Southwest Medical Imaging Ctr</td>
<td>753-7776</td>
<td></td>
<td>3104 Stockton Hill Rd</td>
</tr>
<tr>
<td>Spencer, Cruey J.</td>
<td>692-3456 / 692-8222</td>
<td>692-3464</td>
<td>Cerbat Medical Clinic - 1739 Beverly Ave</td>
</tr>
<tr>
<td>Subhan, Mohammad</td>
<td>757-3611</td>
<td>757-7224</td>
<td>AIMS Physician &amp; Surgeons - 3636 Stockton Hill Rd</td>
</tr>
<tr>
<td>Tariq, Arshad</td>
<td>757-3636</td>
<td></td>
<td>AIMS Physicians &amp; Surgeons - 3636 Stockton Hill Rd</td>
</tr>
<tr>
<td>Tedesco, Joseph</td>
<td>692-3456 / 692-8222</td>
<td>692-3464</td>
<td>Cerbat Medical Clinic - 1739 Beverly Ave</td>
</tr>
</tbody>
</table>

**PHARMACIES**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Fax</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albertson's</td>
<td>757-1302</td>
<td>757-1117</td>
<td>3260 Stockton Hill Rd</td>
</tr>
<tr>
<td>K-Mart</td>
<td>757-3909</td>
<td>757-1710</td>
<td>3340 E Andy Devine Ave</td>
</tr>
</tbody>
</table>
Smith's  757-3338  3490 Stockton Hill Rd

Uptown Drug  565-3900  4263 E Hwy 68
Fax:  565-4004  Golden Valley

Uptown Drug  753-6844  2820 E Andy Devine Ave
Fax:  753-7649

Uptown Drug  757-1131  4495 N Bank
Fax:  757-1108

Walgreens  692-1822  3487 Stockton Hill Rd
Fax:  692-6404

Wal-Mart  692-0444  3320 Stockton Hill Rd
Fax:  692-7016

LAKE HAVASU CITY COMMUNITY RESOURCES
(928) / 888 - 757-8111: 24-Hour Crisis/Emergency
1-866-470-9518: 6:30pm - 11pm when you just need to talk

CHILDREN SERVICES

Arizona Children  680-4458  296 London Bridge Rd. #A

Head Start  680-6212

Mon-Fri: 8:00-4:00pm - Peer to peer tutor, summer school, parks & rec; must have permission to participate

Havasu for Youth  453-2426  2395 N Smoke Tree Ave

Phoenix Job Corp  1-800-949-9445  A treatment center for youth families, treating physical and emotional/behavioral problems. www.parplace.com

Parc Place  1-800-844-6435

COMMUNITY ORGANIZATIONS/VOLUNTEER OPPORTUNITIES

AARP  855-5693  Assists with obtaining Veteran's Services: S. Lake Havasu Ave. Ste. A

Arizona Department of Veterans Services  505-4616

In-Home Services: Companionship, Meal Light Housekeeping, Grocery Shopping, 24 Hour Monitoring, Bathing & Grooming, Mobility, Care, Medication Reminders, Feeding, Oxygen

Comfort Keepers  (928)855-0005  Arlene @ 279-5527 or toll free (866)757-0005  lakehavasuaz@comfortkeepers.com & www.comfortkeepers.com

Community Information & Referral  1-800-352-3792

Conway  1-800-346-8905

First Call Information & Referral  855-8442  marylou.oconnell@unitedway.org
Humane Society
Lake Havasu Chamber of Commerce
Lake Havasu Tourism Bureau
Parks & Recreation Department
Public Library
Recreation Aquatic Center
Senior Citizen Center
Visitor Information Center
Volunteer Program

COUNSELING SERVICES

ABC Solutions
453-5626
Contact: Pam Swanson
Family, child, group - NO substance

Blythe Mental Health
760-922-8194
Therapy

Bowlin, CPC, Gary
855-9574
Therapy

Catholic Social Services
855-4960
Marriage, anger management

Chase Counseling Service
453-8003
Domestic violence, general counseling

Contact Behavioral Health
453-0404
Marital, family

Excel
928-669-6669
Parker AZ
928-341-0335
Yuma

First Steps Counseling
453-4808
Substance Abuse, marriage

Havasu Crisis Line
855-8877
A "listening ear" for people dealing with all abuse, divorce, mental health, suicide, or Grief. 1:1 available for 2-3 sessions. Grief, walk-ins welcome. 15-20 in a group.

Hospice of Havasu
453-2111
1940 Mesquite Ave.
Domestic violence

Interagency
453-5800
Rich Miers x228 - youth@citlink.net
Kaperonis, Dr.  680-0604  Psychiatrist
L.D. Lumpkin  453-0404  Medicare
Parent's Anonymous Crisis Line  1-800-352-0528  24 hour
Reed, Ann  453-9522  Anger management, family
Teen Support Line  1-800-248-TEEN

**EMPLOYMENT**

DES (Jobs)  680-4807  Contact: Vicki de los Reyes *Must be a current recipient of DES cash assistance in order to qualify*
Mohave County Community Development (Jobs)  453-0710  Contact: Susan McAfee / 1770 McCulloch Blvd

**FOOD, RENT, COMMODITIES, ETC.**

AFDC Food Bank  680-6003
Abundant Grace Assembly Church  855-3689  Showers: Mon-Thu 9:00-4:00pm; Fri: Afternoon
American Red Cross-Mohave County  453-9529  1600 Acoma #23
Anacapa  855-8808  Waiting list: 6 months
Arizona Childrens Association  680-4458  Independent Living Skills
Arizona Coalition to End Homelessness  480-227-0390  2735 S El Marino Dr - Mesa AZ 85202
Arizona Coalition to End Homelessness  602-340-9393  1735 NW Grand - Phoenix AZ 85007
Arizona Department of Housing  602-771-1026  1700 West Washington St - Phoenix AZ 85007
Beckett House  855-7178  Waiting list: elderly
Briarwood Apts.  855-1447  Waiting list: elderly
Community Food Bank  505-6519  Open: Mon/Wed/Fri - 10:00am-2:00pm
CRRYS Youth Shelter  768-1500  Contact: John, Brenda
Department of Economic Security (DES)  Contact: Health and Human Services  232 London Bridge Rd.
Hope Chest 453-3125
HUD (Housing & Mohave County Community Development) 453-0710 Contact: Suzzane, Shawna
Interagency Council (WACOG) 453-5800 Utilities - 1940 Mesquite Ave #I
Lady of the Lake Soup Kitchen Our Lady of the Lake Catholic Church - 1940 Mesquite Ave #I Free to Everyone: Tue / Thu: 4:30pm-6:30pm
Lakeview Community Church 855-1942 Spaghetti Dinner: Wed 5:00-7:00pm 1699 W Acoma Blvd
LHC Abuse Prevention 505-0911
Low Income Housing 855-8808 Anacapa Apartments: 1206 Anacapa Drive Casa del Lago: 3140 Kearsage Drive
Marna 680-7978 Call backs on Wed; only leave message
Meals on Wheels 453-0715
Mohave Community Development 453-0710 Waiting list: 1-1/2 years
Parker Crisis Shelter 1-888-499-0911 Parker AZ - Women with children
2030 McCulloch Blvd Thirt Store: Mon-Sat: 9:00-4:00 (Closed Free Sandwiches: Wed-Fri 11:00-2:00pm Shelter & Clothing: Contact: Dede Lively Office: 2049 Swanson Ave / 680-3678
Salvation Army 505-3933 Mon-Fri: 8am-4pm - Food commodities available level on Fri after the 3rd Tue of the month, donation requested; legal assistance
Senior Citizens Center 1-800-293-9393 2223 Swanson Ave
St. Vincent’s de Paul 453-3125 Tue-Sat: 8am-4pm - Food bank program: get $35-$40 worth of food EBT card accepted income).” Thrift shop available: provides ticket, gift if funds are available. 1850 & 1851 Commander Ave.
Sahuaro Living 680-2967 All utilities and amenities provided in shared
WACOG 669-9466 Contact: Marna Logan / Utilities - only on 296 London Bridge Rd
**LOCAL HEALTH INFORMATION**

Mohave County Health Department 459-0703/453-0712
2001 College Drive - 8:00-5:00pm
Available services: immunizations, pregnancy medical exams. Fee depends on income

WIC 453-0716
2001 College Drive - Mon / Wed / Thu: 7:15am-4:00pm

Long Term AHCCCS 453-5100
285 S. Lake Havasu Ave.

Pregnancy Care 855-2273
2176 McCulloch Blvd., #4 - Mon / Wed / Fri: Free pregnancy & birth control, counseling, maternity, infant & toddler clothing (when these verifications on pregnancy for medical use)

Social Security Administration 453-0715
Mon only - 9:00-12:00pm; 1:00-3:30pm - 2nd, 4th Fridays each month. New & replacement SS cards or call 1-800-772-1213

Workman’s Compensation (State Fund) 505-8134
Contact: Jeff Wallace through Evercare. Case-by-case, very short-term with AHCCCS

Caring Presence 854-7878
Contact: Jeff Wallace through Evercare. Case-by-case, very short-term with AHCCCS

**LOCAL SUBSTANCE ABUSE - INFORMATION/HELP**

Westcare 505-3030
Alcohol Screen AM, Substance

Westcare LV 702-383-4044
Detox

**MISCELLANEOUS**

**SUPPORT GROUPS**

DOMESTIC VIOLENCE SUPPORT GROUP 453-5800, EXT. 224
through interagency. Tuesdays 4-5 pm. Havasu Community Health Trust. 2126 Main St., Wednesday

Fibromyalgia Support Group 453-8190

### Mohave County Tobacco Use Prevention Program
- **453-0734**
  - Stop smoking classes. Monday and Wednesdays, Senior Center, 1:30 pm

### Parkinson's Disease Support Group
- **680-0825**
  - Wednesdays, Senior Center, 1:30 pm

### VICTIMS OF ABUSE - INFORMATION /HELP
- **680-6002**
  - Adult Protective Services - DES
  - 1-877-767-2385
  - 232 London Bridge Rd

- **1-800-782-6400**
  - Arizona Coalition Against Domestic Violence
  - Mon-Fri: 8:30-5:00 / www.acadv.org

### Child Protective Services
- **680-6001**
  - 1-877-767-2445
  - 232 London Bridge Rd

### Child Abuse Hotline
- **1-888-767-2445**

### PHYSICIANS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Office Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Byrd, Lorraine</td>
<td>854-1800</td>
<td>Lakeview Family Health Care - 2090 N 5th St</td>
</tr>
<tr>
<td>Carls, Jeffrey</td>
<td>855-1550</td>
<td>FPS Medical Center - 1720 Mesquite Ave</td>
</tr>
<tr>
<td>Diehl, Craig</td>
<td>855-7773</td>
<td>Lake Havasu Pediatrics - 1945 Mesquite Ave</td>
</tr>
<tr>
<td>Dux, Peter</td>
<td>855-1550</td>
<td>FPS Medical Center - 1720 Mesquite Ave</td>
</tr>
<tr>
<td>Kalin, Gene</td>
<td>855-1016</td>
<td>Midwest Internal Medicine - 1840 Mesquite Ave</td>
</tr>
<tr>
<td>Malik, Javed</td>
<td>855-1550</td>
<td>FPS Medical Center - 1720 Mesquite Ave</td>
</tr>
<tr>
<td>McDonald, Harrison</td>
<td>453-8500</td>
<td>Midwest Internal Medicine - 1840 Mesquite Ave</td>
</tr>
<tr>
<td>Nelson, Donald</td>
<td>855-4128</td>
<td>1945 Mesquite Ave #A</td>
</tr>
<tr>
<td>Nudelman, Glenn</td>
<td>453-8500</td>
<td>Midwest Internal Medicine - 1840 Mesquite Ave</td>
</tr>
<tr>
<td>Ong Veloso, Angelo</td>
<td>453-8500</td>
<td>Midwest Internal Medicine - 1840 Mesquite Ave</td>
</tr>
<tr>
<td>Register, Marc</td>
<td>855-1550</td>
<td>FPS Medical Center - 1720 Mesquite Ave</td>
</tr>
<tr>
<td>Rosen, Michael</td>
<td>855-1550</td>
<td>FPS Medical Center - 1720 Mesquite Ave</td>
</tr>
<tr>
<td>Sabowitz, Brian</td>
<td>453-6963</td>
<td>Blue Water Internal Medicine 1948 Mesquite Ave #101</td>
</tr>
<tr>
<td>Tibbetts, Teresa</td>
<td>855-1550</td>
<td>FPS Medical Center - 1720 Mesquite Ave</td>
</tr>
<tr>
<td>Tobin, Dianne</td>
<td>680-9800</td>
<td>2035 Mesquite Ave #C</td>
</tr>
<tr>
<td>Name</td>
<td>Phone</td>
<td>Address</td>
</tr>
<tr>
<td>--------------------</td>
<td>--------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Urso, Mary Jo</td>
<td>680-2846</td>
<td>99 Riviera Blvd</td>
</tr>
<tr>
<td>Ward, Kelli</td>
<td>854-1800</td>
<td>Lakeview Family Health Care 2090 N Smoketree Ave</td>
</tr>
<tr>
<td>Wiese, Megan</td>
<td>854-6249</td>
<td>2130 Mesquite Ave #106</td>
</tr>
<tr>
<td>Wrona, Thomas</td>
<td>453-8500</td>
<td>Midwest Internal Medicine - 1840 Mesquite</td>
</tr>
</tbody>
</table>

**PHARMACIES**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albertson's</td>
<td>854-5311</td>
<td>1980 McCulloch Blvd</td>
</tr>
<tr>
<td>Apothecary Shop</td>
<td>855-0106</td>
<td>1840 Mesquite Ave.</td>
</tr>
<tr>
<td>Bashas</td>
<td>854-9551</td>
<td>3200 Maricopa Ave.</td>
</tr>
<tr>
<td>Food City</td>
<td>855-2494</td>
<td></td>
</tr>
<tr>
<td>K-Mart</td>
<td>453-8118</td>
<td>1870 McCulloch Blvd</td>
</tr>
<tr>
<td>Safeway</td>
<td>855-9200</td>
<td>1650 N. Acoma</td>
</tr>
<tr>
<td>Smith's</td>
<td>680-4449</td>
<td>80 N Acoma Blvd</td>
</tr>
<tr>
<td>Walgreens</td>
<td>453-2808</td>
<td>25 Lake Havasu Ave.</td>
</tr>
<tr>
<td>Wal-Mart</td>
<td>453-8515</td>
<td>1795 Kiowa Ave</td>
</tr>
</tbody>
</table>

**BULLHEAD CITY COMMUNITY RESOURCES**

(928) / 888 - 757-8111: 24-Hour Crisis/Emergency
1-866-470-9518: 6:30pm - 11pm when you just need to talk

**CHILDREN SERVICES**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Girls Club</td>
<td>763-1411 / Admin</td>
</tr>
<tr>
<td>Bullhead Area Community Partnership for Special Needs</td>
<td>788-8000</td>
</tr>
<tr>
<td>Child Care Administration &amp; Child Protective Services</td>
<td>704-7776</td>
</tr>
<tr>
<td>Child Find</td>
<td>758-8858</td>
</tr>
<tr>
<td>Childhelp USA-Merv Griffin Village</td>
<td></td>
</tr>
</tbody>
</table>

Promoting & improving the health, future & special needs by building partnerships with providers (both public & private)

Hot Line: 1-800-767-2445
Federal & State subsidized child care; information & protective services

Providing services for children with disabilities

www.childhelpusa.com
Abused children
<table>
<thead>
<tr>
<th>Organization / Program</th>
<th>Phone Number</th>
<th>Notes</th>
</tr>
</thead>
</table>
| **Colorado River School District** | 788-1275 | Robert O'Keefe: rokeefe@cruhsd.org  
Judy Reed: jreed@cruhsd.org |
<p>| <strong>COYOTE (Coalition Youth Team Summer Program)</strong> | 758-0702 | Aimed at introducing teenagers to job skills, summer jobs, help applicants fill out applications, ethics |
| <strong>DES - Division of Child Support Enforcement</strong> | 1-800-882-4151 | Locate non-custodial parents, establish paternity orders, collect child support payments |
| <strong>Foster Care</strong> | 763-5554 | |
| <strong>Gatehouse</strong> | <a href="http://www.strugglingyoungadults.com">www.strugglingyoungadults.com</a> | Drug addiction - young adults |
| <strong>Head Start Program</strong> | 753-7713 | Participating children between age 3-4 by such as medical &amp; dental, immunizations, language, hearing, vision, learning or emotional/physical/orthopedic problems |
| <strong>Salvation Army Junior Division of Community Caring Ministry</strong> | 758-3141 | Ages 7-13 - Visits nursing homes once a week; activities for the elderly; goal is to develop members &amp; senior citizens &amp; gain understanding of the elderly, infirm, handicapped and/or housebound |
| <strong>Special Olympics</strong> | 768-1791 | Programs in basketball, cheerleading and for mental retardation who are 8-years-old to teenagers, young adult &amp; adult volunteers |
| <strong>Westcare Needles, First Five of San Bernardino County</strong> | 760-326-3135 | Offers free services to the community including development skills for children 0-5 years &amp; counseling |
| <strong>Youth Community Recreation Activities</strong> | 704-4625 | Offering year round indoor climate controlled teens; scholarships offered |
| <strong>COMMUNITY ORGANIZATIONS / VOLUNTEER OPPORTUNITIES</strong> | | |
| <strong>4-H</strong> | 753-3788 | Ages 5 - 19 |
| <strong>AARP Bullhead Chapter</strong> | 758-3808 - Gloria | Call for times &amp; meeting place |
| <strong>Adult Playhouse Theatre</strong> | 763-0158 | Riviera Recreation Center; adults interested |
| <strong>All PAWS</strong> | 768-4381 | Non-profit animal welfare group |
| <strong>American Business Women’s Association</strong> | 702-298-1081 | Meets: 3rd Tue/Month @ 6:00pm; brings together backgrounds &amp; provide opportunities for the personal &amp; professionally |</p>
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Legion Post 60</td>
<td>758-2811</td>
</tr>
<tr>
<td>American Legion Post 87</td>
<td>758-5752 / 768-3724</td>
</tr>
<tr>
<td>American Red Cross</td>
<td>758-9330</td>
</tr>
<tr>
<td></td>
<td>1-888-285-0909</td>
</tr>
<tr>
<td>Arizona’s Children Association</td>
<td>758-0671 or 758-3062</td>
</tr>
<tr>
<td></td>
<td>1099 Hancock Rd</td>
</tr>
<tr>
<td>Bible Study - Community Lutheran Church</td>
<td>763-2422</td>
</tr>
<tr>
<td></td>
<td>Each Wed @ 7:30pm, all ages</td>
</tr>
<tr>
<td>Bullhead City Clean &amp; Beautiful</td>
<td>763-0123</td>
</tr>
<tr>
<td></td>
<td>Mission: to improve the image of the city</td>
</tr>
<tr>
<td>Bullhead City Master Gardeners</td>
<td>704-4105 x3</td>
</tr>
<tr>
<td></td>
<td>Offers workshops on gardening at various locations</td>
</tr>
<tr>
<td>Bullhead City Senior Center</td>
<td>763-0193</td>
</tr>
<tr>
<td></td>
<td>Open: Mon-Sat (transportation provided in community)</td>
</tr>
<tr>
<td></td>
<td>Activities include: exercise class, bingo, American Legion Post 87</td>
</tr>
<tr>
<td>Bullhead City Volunteers</td>
<td>763-9400</td>
</tr>
<tr>
<td></td>
<td>Volunteer for the City in many different capacities</td>
</tr>
<tr>
<td></td>
<td>Application process required</td>
</tr>
<tr>
<td>Catholic Social Services of Mohave - United Way Agency</td>
<td>758-4176</td>
</tr>
<tr>
<td></td>
<td>1370 Ramar Rd #D</td>
</tr>
<tr>
<td>Christian Women’s Group (AGLOW)</td>
<td>758-7094 - Marcia</td>
</tr>
<tr>
<td></td>
<td>758-4148 - Margaret</td>
</tr>
<tr>
<td></td>
<td>Sponsored through International Lighthouse</td>
</tr>
<tr>
<td></td>
<td>the opportunity for Christian women to grow</td>
</tr>
<tr>
<td>Co-Ed Softball League</td>
<td>763-0158</td>
</tr>
<tr>
<td></td>
<td>Bullhead City Recreation Division</td>
</tr>
<tr>
<td>Colorado River Historical Society</td>
<td>754-3339 / 758-3808</td>
</tr>
<tr>
<td></td>
<td>Involved in the history of Bullhead City and the Mohave River</td>
</tr>
<tr>
<td></td>
<td>9:00am-1pm, 1st &amp; 3rd Tue/Month - Riverview</td>
</tr>
<tr>
<td></td>
<td>6:30pm-9:30pm/Monday: First Baptist Church</td>
</tr>
<tr>
<td></td>
<td>5360 S. Calle Valle Vista, Fort Mohave</td>
</tr>
<tr>
<td>Colorado River Quilters</td>
<td>768-9308 - Judy</td>
</tr>
<tr>
<td></td>
<td>In-Home Services: Companionship, Meal Light Housekeeping, Grocery Shopping,</td>
</tr>
<tr>
<td></td>
<td>24/7 Monitoring, Bathing &amp; Grooming, Mobility, Care, Medication Reminders,</td>
</tr>
<tr>
<td></td>
<td>Feeding, Options, Transportation, 1st aid, disaster psychology, team</td>
</tr>
<tr>
<td></td>
<td>organization handling &amp; terrorism awareness</td>
</tr>
<tr>
<td></td>
<td>(928)855-0005</td>
</tr>
<tr>
<td></td>
<td>Arlene @ 279-5527 or toll free (866)757-0005</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:lakehavasuaz@comfortkeepers.com">lakehavasuaz@comfortkeepers.com</a> &amp; <a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a></td>
</tr>
<tr>
<td>Comfort Keepers</td>
<td></td>
</tr>
<tr>
<td>Community Emergency Response Team (CERT) Training</td>
<td>768-9113</td>
</tr>
<tr>
<td>Community Information &amp; Referral</td>
<td>1-800-352-3792</td>
</tr>
<tr>
<td></td>
<td>Call for training dates; designed to prepare their families, neighbors &amp; work</td>
</tr>
<tr>
<td></td>
<td>mates in the event of an emergency.</td>
</tr>
<tr>
<td></td>
<td>training provided in light fire suppression, first aid, disaster psychology,</td>
</tr>
<tr>
<td></td>
<td>team organizing, handling &amp; terrorism awareness</td>
</tr>
<tr>
<td>Organization</td>
<td>Phone Numbers</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>Community Pride Advocates, Inc.</td>
<td>763-3773</td>
</tr>
<tr>
<td>Conway</td>
<td>1-800-346-8905</td>
</tr>
<tr>
<td>Court Appointed Special Advocate (CASA)</td>
<td>453-0705 x3730, 753-0795 x4412</td>
</tr>
<tr>
<td>Dental Hygiene Program (Mohave Community College)</td>
<td>757-830</td>
</tr>
<tr>
<td>Disabled American Veterans Van Services</td>
<td>763-0028</td>
</tr>
<tr>
<td>Family History Center</td>
<td>760-326-3363</td>
</tr>
<tr>
<td>Fun Seekers</td>
<td>768-1726 - Sue, 768-7361 - Nick</td>
</tr>
<tr>
<td>Golden Shores Community Center</td>
<td>768-2121</td>
</tr>
<tr>
<td>HELP</td>
<td>758-2445</td>
</tr>
<tr>
<td>Home Garden Days</td>
<td>768-5250</td>
</tr>
<tr>
<td>Justice Court Mediation Program</td>
<td>758-0709</td>
</tr>
<tr>
<td>Kiwanis Club</td>
<td>704-2676</td>
</tr>
<tr>
<td>Laughlin Senior Association</td>
<td>702-298-5445</td>
</tr>
<tr>
<td>Lions Club</td>
<td>758-2606</td>
</tr>
<tr>
<td>Mohave County Children's Choir</td>
<td>788-1374</td>
</tr>
<tr>
<td>Mohave Literacy Council</td>
<td>704-6539 / 768-9440 / 758-9116</td>
</tr>
<tr>
<td>National Association of Retired Federal Employees</td>
<td>753-3788</td>
</tr>
<tr>
<td>Needles Regional Senior Center</td>
<td>760-326-4789</td>
</tr>
</tbody>
</table>
Neighbors Helping Neighbors
763-9400 x182
Volunteers with others to help clean up disd
areas

Senior Circle Association
763-0282
National non-profit organization committed
to help clean up disd
areas

Set Free Christian Fellowship
754-5070
Contact: Richard Gonzalez

Silvery Colorado River Rock Club
768-1417 / 702-298-3395

Special Olympics
768-1791
Programs in basketball, cheerleaing and the
mentally retarded who are 8-years-old to adult an
you adult & adult volunteers needed

St. Vincent de Paul
758-3757
Volunteers needed to help sort clothes, pi

Veterans of Foreign Wars Post 243, Laughlin
702-301-1592
Meets 3rd Thursday/month at 5pm (PST),

Vietnam Veterans of America Chapter
692-0553 - Gene
Promote & support the full range of issues a
new identity for this generation of vets &

WAGOC (RSVP) Retired Senior Volunteer Program
1-800-782-1886
Programs to coordinate retired seniors with
talents to benefit the community, especia
talents to needed services in area

WARMC Auxiliary Association
704-6721
Volunteers given time & service back to p
in the hospital

COUNSELING SERVICES

ABC Therapy Counseling Center
763-4600
Domestic violence, individual, family
1-888-459-1600

Evans, Dr.
763-0250
Psychiatrist

Harmony Healthcare
763-0250
Family, adult, marriage counseling; anger
substance abuse

Hope Counseling
758-7288
Answer management, relationships

Shadow Mountain Counseling
763-6855
Counseling

Solutions One-Step Counseling
704-8587
Full service counseling center, DUI, recov
WestCare
763-1945
763-7233
1748 Hwy 95 #14
Tobacco prevention, sexual abstinence promotion, drug & alcohol counseling, and violence counseling, DUI screening only,
Kim Miles: kmiles@westcare.com
Jessica Willson: jessica.willson@westcare.com

EMPLOYMENT

Labor Ready
704-9675
Temporary employment: 2011 Commercial

Manpower Full Staffing Service
758-3434
Temporary employment: 2250 Hwy 95, Bullhead City
No cost service for employers & job seekers

One Stop Resource Center
758-0702
No cost service for employers & job seekers & older workers

Westcare Teen Employment - Needles
760-326-6445
Free; offers tutoring, interview training, job

FOOD, RENT, COMMODITIES, ETC.

Arizona Coalition to End Homelessness
480-227-0390
2735 S El Marino Dr - Mesa AZ 85202
Vic Hudenko: vhudenko@cox.net

Arizona Coalition to End Homelessness
602-340-9393
1735 NW Grand - Phoenix AZ 85007
Meggan Medina: mmedina@azceh.org

Arizona Department of Housing
602-771-1026
1700 West Washington St - Phoenix AZ 85007
Mark Ludwig: markl@housingaz.com

American Heroes Foundation
702-298-6264
Monies collected & donated to recognize American veterans

American Red Cross of Mohave County
758-9330
Serves the region with emergency disaster services, CPR, First Aid, water safety instruction, safety

Bullhead Safe House
763-7233
Women only

Caring Presence
854-7878
Non-medical in-home care provider available for housekeeping, meal preparation, laundry, and shopping

Clark County Health Department - Laughlin
702-299-0598
Laughlin Community Resource Center, 5575 Lonestar Rd.
1st Wed/Month - 9:00am-1:00pm
3rd Wed / May - August
Holds a family planning clinic & child health clinic

Colorado River Food Bank/Community Closet - Laughlin
702-299-6003
Food bank & clothing

Colorado River Region Youth Shelter (CRRYS)
763-1945
Provides emergency shelter services for homeless youth, intervention, family conflict resolution/mediation, education encouragement
<table>
<thead>
<tr>
<th>Organization / Program</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commodity Food Program</td>
<td>704-0068</td>
</tr>
<tr>
<td>Community Development Department One Stop</td>
<td>758-0702</td>
</tr>
<tr>
<td>Davis House</td>
<td>763-4570</td>
</tr>
<tr>
<td>Department of Economic Security (DES)</td>
<td>704-7776</td>
</tr>
<tr>
<td>Disabled American Veterans Van Services</td>
<td>763-0028</td>
</tr>
<tr>
<td>ElderCare</td>
<td>757-2778</td>
</tr>
<tr>
<td>Family Resource Center - Laughlin</td>
<td>702-298-2592</td>
</tr>
<tr>
<td>Help Inc</td>
<td>758-2445</td>
</tr>
<tr>
<td>Hospice of Havasu</td>
<td>1-888-468-2111</td>
</tr>
<tr>
<td>Housing Rehabilitation Program</td>
<td>763-9400 x333</td>
</tr>
<tr>
<td>HUGGG</td>
<td>758-7600</td>
</tr>
<tr>
<td>Mohave County Housing Authority</td>
<td>753-0723</td>
</tr>
<tr>
<td>Mohave Literacy Council</td>
<td>704-6539 / 768-9440 / 758-9116</td>
</tr>
<tr>
<td>New Hope Hospice of Nevada, Inc.</td>
<td>1-866-335-4673</td>
</tr>
</tbody>
</table>

Knights of Columbus, 2047 Commerical Wamilies, elderly & unemployed one-time meals.

Emergency housing & assistance program: payment/rent, WIA referrals, jobs, shelters, volunteers, One Stop Resource Center & Davis House.

Care for seniors

Employment Security Administration, unemployment Assistance Administration, general assistance payment programs, medical assistance, qualify, AHCCCS to those who qualify.

Help veterans who need transportation to appointments

Offers adult day care services

Mon-Fri / 8:00am-4:00pm: Offers variety of services to residents; includes addiction groups, basic skills, nutrition, neglect, companion services, consumer counseling, dental services, adult education, legal services, pregnancy & parenting support, rent & utilities assistance, welfare issues & more.

Emergency food box for needy clients; meals on wheels, charge, reassurance phone calls to elderly & referrals as possible.

Serves Lake Havasu City, Parker, Topac volunteers & professionals serving the physically & emotionally terminally ill in the communities & their homes.

Helps low income residents who need help with housing rehabilitation needs.

Help Us Get Good Government

Accepts applications for placement on waiting list for Rental Assistance for Mohave County; income & asset limits apply.

Tutors available to help adults 18+ to learn to read, prepare for GED, college entrance exams, prepare for citizenship & attain a better job.

Serves Bullhead City & Laughlin area: provides equipment/supplies, prescription medications, personal care products, physician visits, nutritional counseling, be sure to call in advance.

Inpatient care, continuous home care.
Applicants must meet the guidelines for local projects helping residents become homeowners & homeowners.

**LOCAL HEALTH INFORMATION**

**Blood Pressure Checks** 758-4064
Hancock Fire Station: Tues - 9:00am-12:00pm

**Bullhead Cosmetic Dental & Implant Center**
704-0144
Dr. Steve Martene; AHCCCS dental provider
Call: Mon-Fri: 8:00am-4:30pm
1st Wed/Month: 9:00am-1:00pm - holds in Laughlin Community Resource Center
1st Wed/Month: 9:00am-1:00pm - Family

**Clark County Health District**
702-299-0598

**County Health Department**
758-0704

**Family Planning Services**
758-0703
Free or low cost family planning services

**Freshstart Stop Smoking Class (WARMC)**
704-6721
1st Tues/Month: Four 1-hour classes on eating

**Glaucoma Information**
1-800-391-3937
eyecareamerica.org
Information on glaucoma & other eye diseases / eye care services

**Health Start Program**
758-0703
Special services for expectant mothers & pregnancy

**HIV / AIDS**
1-888-735-3711 x3731
Provides essential services to individuals

**Mohave County Health Care Services**
www.HealthELinks.com
Link to website to access all the facts & information about services & resources in Mohave County

**Mohave Family Healthcare**
326-2711
Dietary consultations, weight loss classes

**Pregnancy Care Center**
763-4410
2636 Hwy 95: Free & confidential pregnancy care support & parenting education
Every Monday Evening 6:00pm-8:00pm; topic includes mental health, management, breathing & a tour of the unit

**Prenatal Classes (WARMC)**
763-0627
3rd Tue of every even month; 4th Tue of even month; Program for seniors over age 60; services include trimming toenails

**Senior Foot Care - Laughlin**
702-299-0598
# LOCAL SUBSTANCE ABUSE INFORMATION / HELP

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>24/7 On-Site Substance Testing</td>
<td>702-298-8141</td>
<td>DOT certified drug &amp; breath alcohol testing</td>
</tr>
<tr>
<td>Behavioral Health Care Options</td>
<td>763-0250</td>
<td>Individual, family, marriage, anger management</td>
</tr>
<tr>
<td>Hope in New Beginnings Foundation</td>
<td>702-298-5777</td>
<td>Offers counseling treatment programs for depressed &amp; anxious or who have other abuse treatment &amp; other court-ordered programs</td>
</tr>
<tr>
<td>WestCare</td>
<td>763-1945</td>
<td>Deals with battered women, safe house for programs, geriatric care, marriage counseling</td>
</tr>
<tr>
<td>Westcare Laughlin</td>
<td>702-299-1042</td>
<td>24/7 - provides assistance to female victims of domestic violence; staff provides outpatient counseling for alcohol &amp; drug abuse</td>
</tr>
</tbody>
</table>

## MISCELLANEOUS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Grief &amp; Loss Program</td>
<td>1-888-687-2277</td>
<td>Grief &amp; loss programs &amp; resources available; information, resources &amp; support, including consumer tips, online journaling &amp; information locations</td>
</tr>
<tr>
<td>American Council for Drug Education</td>
<td>1-800-488-3784</td>
<td></td>
</tr>
<tr>
<td>American Heart Association</td>
<td>763-7070</td>
<td>Fighting heart disease &amp; stroke</td>
</tr>
<tr>
<td>Arizona Braille &amp; Talking Book Library</td>
<td>1-800-255-5578</td>
<td>Recordings of books &amp; magazines that can be mailed to a person's door; also offers more than 100 movies called &quot;described movies&quot; that explain what happens</td>
</tr>
<tr>
<td>Bullhead City Animal Control Shelter</td>
<td>763-6000</td>
<td>Provides some pet food to help lower income families</td>
</tr>
<tr>
<td>Bullhead City Municipal Court</td>
<td>763-0130</td>
<td></td>
</tr>
<tr>
<td>Covering Kids &amp; Families</td>
<td>1-877-543-7669</td>
<td>Lost cost or free health care coverage</td>
</tr>
<tr>
<td>Covering Kids &amp; Families</td>
<td>1-800-718-8159 - Pager</td>
<td></td>
</tr>
<tr>
<td>Service</td>
<td>Phone Number</td>
<td>Contact Information</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>--------------------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>Medicare/Medicap information, Medicare Fund AAA nutrition &amp; community social services Ombudsman, legal services; adult protection Act, employment &amp; training funding for low income program, non-medical HCBS system, elder abuse</td>
<td>704-7776</td>
<td></td>
</tr>
<tr>
<td>GED Examination - Needles</td>
<td>760-326-3372</td>
<td>Palo Verde Community College</td>
</tr>
<tr>
<td>GED Classes</td>
<td>758-3926 x4431</td>
<td>Mohave Community College</td>
</tr>
<tr>
<td>Legal Aid Organizations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Library - Bullhead City</td>
<td>753-3788</td>
<td></td>
</tr>
<tr>
<td>Library - Needles</td>
<td>760-326-9255</td>
<td>Offers resources including: books, periodicals, and internet access</td>
</tr>
<tr>
<td>Make-A-Wish Foundation</td>
<td>1-800-442-9474</td>
<td>Granting the wishes of children with life threatening human experience with hope, strength &amp; joy</td>
</tr>
<tr>
<td>Mohave Literacy Council</td>
<td>704-6539 / 768-9440 / 758-9116</td>
<td>Tutors available to help adults 18+ to learn GED preparation</td>
</tr>
<tr>
<td>National Institute of Mental Health Information Center</td>
<td>1-866-615-64664</td>
<td></td>
</tr>
<tr>
<td>National Poison Control</td>
<td>1-800-222-1222</td>
<td></td>
</tr>
<tr>
<td>National Sexual Assault Hotline</td>
<td>1-800-656-4673</td>
<td></td>
</tr>
<tr>
<td>Night Readers Book Club - Laughlin</td>
<td>702-298-1081</td>
<td>Meets monthly: 5:00pm to discuss differences in reading</td>
</tr>
<tr>
<td>Remuda Ranch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rosewood Ranch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RUFF (Rescue Your Furry Friends)</td>
<td>758-4835</td>
<td>Contact: Hillary Allison; Animal rescue; no kill shelter</td>
</tr>
<tr>
<td>SCORE</td>
<td>453-5951</td>
<td>Retired executives provide completely free business consultation for those wanting to start a new venture or service organization affiliated with the U.S. Small Business Administration.</td>
</tr>
<tr>
<td>Senior Wheels USA Program</td>
<td>1-800-246-6010</td>
<td>Makes available electric wheelchairs to severely and permanently disabled at NO COST to the individual.</td>
</tr>
<tr>
<td>AZLawHelp.org</td>
<td></td>
<td>State-wide web site to help low income individuals locate assistance closest to where they live; site provides information about civil legal issues; information is available for Arizona seniors, housing, immigration, Native American elders, money matters, and more.</td>
</tr>
<tr>
<td>Mohave Literacy Council</td>
<td></td>
<td>Tutors available to help adults 18+ to learn GED preparation</td>
</tr>
<tr>
<td>Night Readers Book Club - Laughlin</td>
<td></td>
<td>Meets monthly: 5:00pm to discuss differences in reading</td>
</tr>
<tr>
<td>Remuda Ranch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rosewood Ranch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RUFF (Rescue Your Furry Friends)</td>
<td></td>
<td>Contact: Hillary Allison; Animal rescue; no kill shelter</td>
</tr>
<tr>
<td>SCORE</td>
<td></td>
<td>Retired executives provide completely free business consultation for those wanting to start a new venture or service organization affiliated with the U.S. Small Business Administration.</td>
</tr>
<tr>
<td>Senior Wheels USA Program</td>
<td></td>
<td>Makes available electric wheelchairs to severely and permanently disabled at NO COST to the individual.</td>
</tr>
</tbody>
</table>
Social Security Administration 1-800-772-1213
Bullhead City - Bashas' Plaza: Mon-Tue 9:00-4:00pm - Old Airport Terminal 600, Halls of Justice - Needles - Tue-Fri 9:00am-4:30pm (PST)

Special Olympics 768-1791
Programs in basketball, cheerleading and individualized training for people with mental retardation who are 8-years-old to teenagers, young adult & adult volunteers

The Meadows
www.themeadows.org
Drug, alcohol & sex education

Vision USA 1-800-766-4466
www.aoa.org/visionusa
FREE eye care program for low income, with doctor's prescription

Well Woman Health Check 1-888-257-8502
Created for women over 50 who do not have a mammogram or pap test

Willed Body to Science Program 1-800-417-3747
www.sciencecare.com
Will your body for research

**SUPPORT GROUPS**

12-Step Support Group for Eating Disorders 768-5033 / 758-4469
Riviera Baptist Church, meets weekly: Tues-6pm; follows a structured food plan

AA Friends of Bill W 702-298-2535
Riverside Casino: Fri-7pm. Meetings held Wed: 5:30-7:00pm; weekly support groups Contact: Ann Trilby for place of meeting

Adult Sexual Assault Victims 704-7070
Community Lutheran Church, 2275 Ricca St. Residential Treatment Center, 4240 Mesa Dr.

Al-Anon 12-Step 788-2464
Contact: Community Lutheran Church, 2275 Ricca St. Residential Treatment Center, 4240 Mesa Dr.

Alateen 768-8071
Teen meeting support group for those young family members of alcoholics. Contact: Adult Sexual Assault Victims. Residential Treatment Center, 4240 Mesa Dr.

Alateen 768-8071
12-step support group for young family members of alcoholics. Contact: Adult Sexual Assault Victims. Residential Treatment Center, 4240 Mesa Dr.

Alcoholics Anonymous 763-4449 / 1-800-864-1606
12-step support group for alcoholics

Riverside Casino: Sun/Tue/Thu: Noon; Mon/Wed/Thu/Fri: 7pm - ask for banquet department

Alzheimer’s Support Group 692-4640

Amputee Support Group 1-800-272-3900
1-800-272-3900
Kingman Regional Hospital - call for time

Been There (Cancer) 758-2327
Cancer awareness
Bereavement Support Group 763-6979 - Nancy
Call for time & date. Meets for 8 weeks in due to the death of a loved one may attend reque

Caregiver Support Group 763-0282 - Diane
Call for time & date. Groups objectives are giving, including mental, physical and emo

Compulsive Eaters Anonymous 763-5029
Fox Creek Reserve: Mon: 4pm

Diabetes Support Group - Ft. Mohave 760-326-4531 x258
Contact: Sherri Caddy - Ft. Mohave Fitness and discussion on everything from symp
pumps; open to anyone with diabetes, the

Diabetic Education Classes & Support Group (WARMC) 704-6721
WARMC Education Center, Bldg 3 - 3rd Thu covers a different topic about living with di

Fibromyalgia-Chronic Fatigue Syndrome Support Group 758-1407 - Elaine
Call for time & place

Gambler Anonymous 763-0888
1-800-522-4700

Gastric Bypass Support Group (WARMC) 704-6721
WARMC Education Center, Bldg. 3 - 4:3 remaining Tue/Month w/o instructor. For ga
bypass surgery or are even content about the nutritional & lifestyle changes m

Grandparents/Kinship Caregivers Raising Children Support Group 768-1326 / 768-8860
Support group for those raising children for

Insights Support Group (domestic violence) 704-7629
Free - Tue: 1-3pm @ Tri-State Victim Res ended support group will provide an envi
violence validate each other's feelings by coping skills & experiences

Military Moms Support Group 768-5576 - Cindy
2nd Mon/Month @ rotating locations; all fe those serving in the military are invited

Mommy and Me Group 758-2965
Contact: Cathy Stubblefield; for mothers community mothers & children

Multiple Sclerosis Support Group 758-3561
Contact: Ed Kiesel; includes Laughlin/BH

Narcotics Anonymous 788-2262
1-800-892-9329 Call for information re: meeting time & pl

Overeaters Anonymous 754-5132
12-step program (support group)

Overeaters Anonymous (Laughlin) 702-299-9996 - Agatha
Thursday: between 10:30am-12:00pm (P Laughlin Spirit Mountain Activity Center
### Pulmonary Support Group
Call for time & meeting dates; open to anyone.

### Quality of Life (Cancer Support)
763-4673  
Open 9-4pm/Mon-Fri, Monarch Mission S.  
Provides nutrition supplements, wigs, hats, prosthetics & bras supplied to those who lost hair due to cancer treatment. Ongoing group meets 5:30pm 4th Tue/month @ Trane Road Senior Nutrition Center. Include Man to Man, a prostate cancer support group. Breast cancer patients

### Social Anxiety Group
http://anxietynetwork.com - Offers support groups for those who have social phobias. Members exchange coping skills with online and in-person support.

### Stroke Survivor's Support Group
760-326-7215  
Needles Colorado River Medical Center, Needles  
2nd Wed/Month - 10:30-11:30am (PST); someone with stroke can attend.

### Survivors of Incest Group
763-5688  
A support group for survivors of incest and their families.  
Meetings: Bullhead City Library; for women who have been sexually assaulted and their families; gather information & discuss issues; provides prosthetics, make-up, skin care, etc.

### TOPS (Take Off Pounds Sensibly)
758-2172 / 763-8125  
Weight loss program & support group

### Vietnam Veterans Support Group
758-5905  
Senior Nutrition Center, Trane Road: 4th Wed/month; anyone with vision problems (family & friends) can attend.

### Vision Impaired Persons' Support Group
758-5514 / 758-4835 / 768-1860  
Meetings: Bullhead City Library; for women who have been sexually assaulted and their families; gather information & discuss issues; provides prosthetics, make-up, skin care, etc.

### We Care Support Group (cancer)
758-2327  
Meetings: Bullhead City Library; for women who have been sexually assaulted and their families; gather information & discuss issues; provides prosthetics, make-up, skin care, etc.

### Weight Watchers
1-800-966-2096  
Provides diet programs & support groups for weight loss.

### Widow's Support Group
Contact: Rev Ann Coolidge - sponsored by California Presbyterian Church  
Meets every 2nd & 4th Mon of the month

### Writer's Support Group (Laughlin)
788-3820  
Laughlin Library - every other Tue @ 12pm (PST); Purpose: help writers with their work (whether advanced); group critiques each other's manuscripts; different writing techniques

### VICTIMS OF ABUSE - INFORMATION / HELP

**Arizona Coalition Against Domestic Violence**
1-800-782-6400  
Mon-Fri: 8:30-5:00 / www.acadv.org  
Provides crisis intervention, advocacy, support, and education to victims of domestic violence and their surrounding communities.

**Child Abuse Hotline**
1-888-767-2445

**Community Action Against Rape (CARR)**
702-366-1644 / 1-800-553-7273  
Provides crisis intervention, advocacy, support, and education to victims of sexual assault and their surrounding communities.

**Domestic Violence Hot Line**
1-800-799-7233

---

*Note: The information provided is as of the last update, and the contact details might have changed since then. It is recommended to verify the current details.*
Safe Nest of Laughlin  702-298-4431
Access to hotline 24/7
Laughlin Professional Plaza, 35650 St Pocounseling office staffed Thursdays; providing involved in violent relationships including

Trauma Intervention Program (TIP) - Laughlin  702-298-2592
Provides emotional support to people who

Tri-State Victims Resource Center, Inc.  704-7070
Committed to providing a single, full service quality services can be directed to reduce discuss their issues with qualified personnel assistance in making their impact statement suspet & pretrial conference; assistance for compensation; help for victims filing for Injunction Against Harassment; appointments arranged or immediate on-site counseling; reports & trauma counseling; sexual assault adults, can be examined on-site immediately

Unity Home Domestic Violence Outreach Center (Needles) 760-326-9170
After Hours: 1-866-367-6638
Wed - 10:00am-12:00pm - independent liv Thu - 10:00am-12:00pm - women's supp Fri - 10:00am-12:00pm - parenting clas

WestCare  763-1945
Deals with battered women, safe house for programs, geriatric care, marriage cousel youth shelter for runaways & children in care

Westcare Laughlin  702-299-0142
24/7 - Provides assistance to female victims help; staff provides outpatient counseling alcohol & drug abuse

PHYSICIANS

Alvarez, Jose  758-1010
OB/GYN Women's Centre - 2055 Hwy 95

Anderson, Donovan  768-7113
Willow Valley Medical Center - 8700 Hwy Mohave Valley

Barton, Alan  788-8000
Colorado River Pediatrics - 5300 Hwy 95 Fort Mohave

Beneze, Nathan  758-7700
Beneze Medical Group - 3003 Hwy 95 #75

Brennan, Cynthia  763-9290
Fax: 763-7628 Silver Creek Family Practice - 1510 Turque

Cunningham, Kaye  768-2558
Fax: 763-7628 5300 S Hwy 95 #G - Fort Mohave
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
<th>Specialties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goldstein, Charbonneau, Christi</td>
<td>704-4499</td>
<td>All Womens Regional Medical Center</td>
<td>2500 Canyon Rd</td>
</tr>
<tr>
<td>Hubbard, Mark</td>
<td>768-9496</td>
<td>5300 S Hwy 95 #A - Fort Mohave</td>
<td></td>
</tr>
<tr>
<td>Katigback, Cesar</td>
<td>763-9290</td>
<td>Fax: 763-7628</td>
<td>Silver Creek Family Practice - 1510 Turquoise</td>
</tr>
<tr>
<td>Khatib, Nadim</td>
<td>763-9290</td>
<td>Fax: 763-7628</td>
<td>Silver Creek Family Practice - 1510 Turquoise</td>
</tr>
<tr>
<td>London, Theodore</td>
<td>704-2299</td>
<td>Tri State OB/GYN - 3003 Hwy 95 #31</td>
<td></td>
</tr>
<tr>
<td>Malik, Javed</td>
<td>763-2001</td>
<td>Desert Palms Medical Associates - 3015 Hwy 95</td>
<td></td>
</tr>
<tr>
<td>Puyana, Alfonso</td>
<td>763-9290</td>
<td>Silver Creek Family Practice - 1510 Turquoise</td>
<td></td>
</tr>
<tr>
<td>Rafiq, Shamid</td>
<td>758-0183</td>
<td>Childrens Medical Center - 1225 E Hancock</td>
<td></td>
</tr>
<tr>
<td>Reyes, Marilou</td>
<td>763-6363</td>
<td>AIMS Physicians &amp; Surgeons - 1555 Ramada</td>
<td></td>
</tr>
<tr>
<td>Rodman, Annie</td>
<td>704-2623</td>
<td>3015 Hwy 95 #107A</td>
<td></td>
</tr>
<tr>
<td>West, Gerald</td>
<td>788-9378</td>
<td>5300 S Hwy 95 #D - Fort Mohave</td>
<td></td>
</tr>
<tr>
<td>Wilson, Charles</td>
<td>788-1900</td>
<td>5300 S Hwy 95 #H - Fort Mohave</td>
<td></td>
</tr>
<tr>
<td>Womack, William B.</td>
<td>768-9496</td>
<td>Mohave Family Healthcare - 5300 S Hwy 95</td>
<td></td>
</tr>
<tr>
<td>Zehri, Waheed</td>
<td>758-0121</td>
<td>Desert Oasis Medical Center - 1225 Hancock</td>
<td></td>
</tr>
</tbody>
</table>

**PHARMACIES**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>CVS</td>
<td>758-2212</td>
<td>2350 Miracle Mile</td>
</tr>
<tr>
<td>K-Mart</td>
<td>763-7272</td>
<td>2250 Hwy 95</td>
</tr>
<tr>
<td>Smith's</td>
<td>763-8777</td>
<td>1775 Lakeside Dr</td>
</tr>
<tr>
<td>Smith's</td>
<td>330-3704</td>
<td>4747 Hwy 95 Fort Mohave</td>
</tr>
<tr>
<td>Walgreen's</td>
<td>763-5858</td>
<td>2360 Hwy 95</td>
</tr>
<tr>
<td>Wal-Mart</td>
<td>758-3222</td>
<td>2840 Hwy 95</td>
</tr>
</tbody>
</table>