

## LAKE HAVASU CITY COMMUNITY RESOURCES

**(928) / 888 - 757-8111: 24-Hour Crisis/Emergency**

**Emergency / Fire & Rescue: 911**

**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

**Havasu for Youth**

453-2426

Mon-Fri: 8:00-4:00pm - Peer to peer tutoring, all ages, youth enrichment for summer school, parks & rec; must have proof of income  
2395 N Smoke Tree Ave

**Phoenix Job Corp**

1-800-949-9445

**Parc Place**

1-800-844-6435

A treatment center for youth families, treating adolescents with substance abuse and emotional/behavioral problems. [www.parc-place.com](http://www.parc-place.com)

### COMMUNITY ORGANIZATIONS/VOLUNTEER OPPORTUNITIES

**AARP**

855-5693

**Arizona Department of Veterans Services**

505-4616

Assists with obtaining Veteran's Services: disability, medical, psychological. 285 S. Lake Havasu Ave. Ste. A

**Comfort Keepers**

(928)855-0005  
Arlene @ 279-5527 or toll free (866)757-0005

In-Home Services: Companionship, Meal Preparation, Incidental Transportation, Light Housekeeping, Grocery Shopping, 24-Hour Care Available, Emergency Monitoring, Bathing & Grooming, Mobility, Transferring & Positioning, Incontinence Care, Medication Reminders, Feeding, Oral Hygiene, Free In-Home Consultation. [lakehavasuz@comfortkeepers.com](mailto:lakehavasuz@comfortkeepers.com) & [www.comfortkeepers.com](http://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](mailto:marylou.oconnell@unitedway.org)

**Humane Society**

855-5083

**Lake Havasu Chamber of Commerce**

855-4115

**Lake Havasu Tourism Bureau**

453-3444

**Parks & Recreation Department**

453-8686

**Public Library**

453-0718

**Recreation Aquatic Center**

453-2687

**Senior Citizen Center**

453-0715

## LAKE HAVASU CITY COMMUNITY RESOURCES

<b>Visitor Information Center</b>	855-5655	Administration
<b>Volunteer Program</b>	453-8686	
<b>WACOG - Aging and Disabled Helplin</b>	1-800-782-1886	Provides screening and referral services, help set up meal delivery, transportation, assistance in the home.....
<b><u>COUNSELING SERVICES</u></b>		
<b>ABC Solutions</b>	453-5626	Contact: Pam Swanson Family, child, group - NO substance
<b>Blythe Mental Health</b>	760-922-8194	Therapy
<b>Bowlin, CPC, Gary</b>	855-9574	Therapy
<b>Catholic Social Services</b>	855-4960	Marriage, anger management
<b>Chase Counseling Service</b>	453-8003	Domestic violence, general counseling
<b>Contact Behavioral Health</b>	453-0404	Marital, family
<b>Excel</b>	928-669-6669 928-341-0335	Parker AZ Yuma
<b>First Steps Counseling</b>	453-4808	Substance Abuse, marriage
<b>Havasu Crisis Line</b>	855-8877	A "listening ear" for people dealing with alcohol, drugs, domestic violence, child abuse, divorce, mental health, suicide, or other problems. (By the United Way)
<b>Hospice of Havasu</b>	453-2111	Grief. 1:1 available for 2-3 sessions. Group counseling Mon. at 7pm, Wed. at 10 am, walk-ins welcome. 15-20 in a group. 365 S. Lake Havasu Ave. 2277 Swanson #A
<b>Interagency</b>	453-5800	1940 Mesquite Ave. Domestic violence Rich Miers x228 - youth@citlink.net
<b>Kaperonis, Dr.</b>	680-0604	Psychiatrist
<b>L.D. Lumpkin</b>	453-0404	Medicare Contact: BH
<b>Parent's Anonymous Crisis Line</b>	1-800-352-0528	24 hour
<b>Reed, Ann</b>	453-9522	Anger management, family
<b>Teen Support Line</b>	1-800-248-TEEN	

## LAKE HAVASU CITY COMMUNITY RESOURCES

### EMPLOYMENT

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

### FOOD, RENT, COMMODITIES, ETC.

<b>AFDC Food Bank</b>	680-6003	
<b>Abundant Grace Assembly Church</b>	855-3689	Showers: Mon-Thu 9:00-4:00pm; Fri: Afternoon 3516 McCulloch Blvd
<b>American Red Cross-Mohave County</b>	453-9529	1600 Acoma #23
<b>Anacapa</b>	855-8808	Waiting list: 6 months
<b>Arizona Childrens Association</b>	680-4458	Independent Living Skills
<b>Arizona Coalition to End Homelessness</b>	480-227-0390	2735 S El Marino Dr - Mesa AZ 85202 Vic Hudenko: vhudenko@cox.net
<b>Arizona Coalition to End Homelessness</b>	602-340-9393	1735 NW Grand - Phoenix AZ 85007 Meggan Medina: mmedina@azceh.org
<b>Arizona Department of Housing</b>	602-771-1026	1700 West Washington St - Phoenix AZ 85007 Mark Ludwig: markl@housingaz.com
<b>Beckett House</b>	855-7178	Waiting list: elderly
<b>Briarwood Apts.</b>	855-1447	Waiting list: elderly
<b>Community Food Bank</b>	505-6519	Open: Mon/Wed/Fri - 10:00am-2:00pm 1940 Mesquite Ave.
<b>CRRYS Youth Shelter</b>	768-1500	Contact: John, Brenda
<b>Department of Economic Security (DES)</b>		Food stamps, AHCCCS, cash assistance, employment assistance, child care administration, child protective services. 232 London Bridge Rd.
<b>Hope Chest</b>	453-3125	
<b>HUD (Housing &amp; Mohave County Community Development)</b>	453-0710	Contact: Suzzane, Shawna

## LAKE HAVASU CITY COMMUNITY RESOURCES

<b>Interagency Council (WACOG)</b>	453-5800	Utilities - 1940 Mesquite Ave #1
<b>Lady of the Lake Soup Kitchen</b>		Our Lady of the Lake Catholic Church - 1975 Daytona Drive Free to Everyone: Tue / Thu: 4:30pm-6:30pm; Sat: 12:30pm-1:30
<b>Lakeview Community Church</b>	855-1942	Spaghetti Dinner: Wed 5:00-7:00pm 1699 W Acoma Blvd
<b>LHC Abuse Prevention</b>	505-0911	
<b>Low Income Housing</b>	855-8808 855-5180	Anacapa Apartments: 1206 Anacapa Drive Casa del Lago: 3140 Kearsage Drive
<b>Marna</b>	680-7978	Call backs on Wed; only leave message
<b>Meals on Wheels</b>	453-0715	
<b>Mohave Community Development</b>	453-0710	Waiting list: 1-1/2 years
<b>Mohave County Health Department</b>		453-0704 - AHCCCS 453-0703 - Nursing Services 453-0716 - Nutritional Services 453-0712 - Environmental Services 2001 College Ave.
<b>Parker Crisis Shelter</b>	1-888-499-0911	Parker AZ - Women with children
<b>Salvation Army</b>	505-3933	2030 McCulloch Blvd Thrift Store: Mon-Sat: 9:00-4:00 (Closed Thu) Free Sandwiches: Wed-Fri 11:00-2:00pm Shelter & Clothing: Contact: Dede Lively Office: 2049 Swanson Ave / 680-3678
<b>Senior Citizens Center</b>	453-0715 1-800-293-9393	Mon-Fri: 8am-4pm - Food commodities available for all; must show income level on Fri after the 3rd Tue of the month. Lunches available 5 days a week, donation requested; legal assistance. 2223 Swanson Ave
<b>St. Vincent's de Paul</b>	453-3125	Tue-Sat: 8am-4pm - Food bank program: sign up each month; pay \$15 & get \$35-\$40 worth of food EBT card accepted. "Must qualify (depends on income)." Thrift shop available: provides clothing, shelter, food, bus ticket, gas if funds are available. 1850 & 1851 Commander Ave. 761 N. Lake Havasu Avenue
<b>Sahuaro Living</b>	680-2967	All utilities and amenities provided in shared living environment. \$99 a week
<b>WACOG</b>	669-9466	Contact: Marna Logan / Utilities - only on Wed & by appt only 296 London Bridge Rd

## LAKE HAVASU CITY COMMUNITY RESOURCES

<b>Western Arizona Council of Government (WACOG)</b>	680-7978	BY APPT ONLY: Utility bills & rentals (Wed only)
<b><u>LOCAL HEALTH INFORMATION</u></b>		
<b>Mohave County Health Department</b>	459-0703/453-0712	2001 College Drive - 8:00-5:00pm: immunizations on Tue: 8:00-11:00am & 1:00-4:00pm Available services: immunizations, pregnancy tests, birth control, counseling, medical exams. Fee depends on income
<b>WIC</b>	453-0716	2001 College Drive - Mon / Wed / Thu: 7:00-6:00pm
<b>Long Term AHCCCS</b>	453-5100	285 S. Lake Havasu Ave.
<b>Pregnancy Care</b>	855-2273	2176 McCulloch Blvd., #4 - Mon / Wed / Fri: 9:00-12:00pm & 1:00-4:00pm Free pregnancy & birth control, counseling, small baby equipment, maternity, infant & toddler clothing (when available); DES cannot accept these verifications on pregnancy for medical coverage
<b>Social Security Administration</b>	453-0715	Mon only - 9:00-12:00pm; 1:00-3:30pm - 2223 Swanson Ave. Apply for new & replacement SS cards or call 1-800-772-1213 - 7:00-7:00pm
<b>Workman's Compensation (State Fund)</b>	505-8134	1915 McCulloch Blvd #B
<b>Caring Presence</b>	854-7878	Contact: Jeff Wallace through Evercare Case-by-case, very short-term with AHCCCS; \$15.75 min 3 hours
<b><u>LOCAL SUBSTANCE ABUSE - INFORMATION/HELP</u></b>		
<b>Westcare</b>	<b><u>505-3030</u></b>	Alcohol Screen AM, Substance
<b>Westcare LV</b>	<b><u>702-383-4044</u></b>	Detox
<b><u>MISCELLANEOUS</u></b>		
<b><u>SUPPORT GROUPS</u></b>		

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<b>DOMESTIC VIOLENCE SUPPORT GROUP</b>	453-5800, EXT. 224	through interagency. Tuesdays 4-5 pm. Childcare available with arrangement.
<b>Fibromyalgia Support Group</b>	453-8190	Havasu Community Health Trust. 2126 McCulloch Blvd. Ste. 7. 12-2 pm every Wednesday
<b>Mohave County Tobacco Use Prevention Program</b>	453-0734	Stop smoking classes. Monday and Wednesdays 5:30-6:30 pm
<b>Parkinson's Disease Support Group</b>	680-0825	Wednesdays, Senior Center, 1:30 pm
<b><u>VICTIMS OF ABUSE - INFORMATION /HELP</u></b>		
<b>Adult Protective Services - DES</b>	680-6002 1-877-767-2385	232 London Bridge Rd
<b>Arizona Coalition Against Domestic Violence</b>	1-800-782-6400	Mon-Fri: 8:30-5:00 / <a href="http://www.acadv.org">www.acadv.org</a>
<b>Child Protective Services</b>	680-6001 1-877-767-2445	232 London Bridge Rd
<b>Child Abuse Hotline</b>	1-888-767-2445	
<b><u>PHYSICIANS</u></b>		

<b>Aguila, Nimfa</b>	505-5200 fax: 505-4699	1851 Mesquite Ave. Ste. 112
<b>Aliyar, Pareed</b>	505-4406 fax: 505-0483	1845 McCulloch Blvd. Ste. D3
<b>Anderson, Christian</b>	453-3332 fax: 453-1590	2061 Smoketree Ave.
<b>Anderson, Don</b>	453-3332 fax: 453-1590	2061 Smoketree Ave.
<b>Anderson, William</b>	453-3332 fax: 453-1590	2061 Smoketree Ave.
<b>Aramini, Alexis PNP</b>	680-1919 Fax: 680-0488	1980 Mesquite Ave. Ste. 101
<b>Arizona Heart Institute</b>	505-4442 fax: 505-7315	1845 McCulloch Blvd. Ste. B1
<b>Awad, Nick</b>	505-9729 fax: 505-9200	1944 Mesquite Ave.
<b>Balderrama, Dana</b>	680-7707 fax: 680-7773	2035 Mesquite Ave. St. A
<b>Barr, Jason</b>	453-3332 fax: 453-1590	2061 Smoketree Ave.
<b>Biehn, Marcia PA-C</b>	680-4233 fax: 680-8522	1851 Mesquite Ave. #216
<b>Binder, William</b>	855-1444 fax: 855-7452	1791 Mesquite Ave.
<b>Bongjovi, Joseph</b>	702-733-7070	FACS Chartered 2121 E. Flamingo Rd.
<b>Brown, Hosea</b>	505-2260 fax: 760-320-6244	1951 Mesquite Ave. Ste. E
<b>Byrd, Lorraine</b>	854-1800 fax: 854-1843	Lakeview Family Health Care - 2090 N Smoketree Ave
<b>Callerame, Mary Lou</b>	453-3007 fax: 680-9663	1955 McCulloch Blvd.
<b>Carls, Jeffrey</b>	855-1550 fax: 855-7229	FPS Medical Center - 1720 Mesquite Ave
<b>Campion, Michael</b>	505-3696	2005 Injo Dr. / 1948 Mesquite Ave.
<b>Charlie, Julius</b>	855-8625 fax: 855-7165	1851 Mesquite Ave. Ste. 204
<b>Chauhan, Hitendra</b>	855-1016 fax: 453-5556	1840 Mesquite Ave. Ste. F
<b>Chinikhanwala, Burhan</b>	505-5555 fax: 505-5557	25 Riviera Blvd.

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<b>Cunning, Devin</b>	854-5368 fax: 854-4462	1760 McCulloch Blvd. Ste. 100
<b>Daulat, Jaldeep</b>	453-8444 fax: 702-243-5012	1951 Mesquite Ave.
<b>Diehl, Craig</b>	855-7773 fax: 855-0532	Lake Havasu Pediatrics - 1945 Mesquite Ave Ste. B
<b>Dux, Peter</b>	855-1550 fax: 855-7229	FPS Medical Center - 1720 Mesquite Ave
<b>Fastrax Urgent Care</b>	854-3777 fax: 854-3787	1987 McCulloch Blvd. Ste. 101 Open 8-6, 7 days per week
<b>Gleason, Terrence</b>	855-8515 fax: 854-6206	1810 Mesquite Ave. Ste. B
<b>Grandell, Christian PA-C</b>	680-7707	2035 Mesquite Ave. St. A
<b>Graham, Scott</b>	855-1444 fax: 855-7452	1791 Mesquite Ave.
<b>Hade, Douglas</b>	680-4233 fax: 680-8522	1851 Mesquite Ave. #216
<b>Hankins, Tracy</b>	854-5400 fax: 854-5401	1951 Mesquite Ave. Ste. 1
<b>Havasu Medical Home Health</b>	680-1209 fax: 680-7914	1845 McCulloch Blvd. Ste. A13
<b>Havasu Physical Therapy</b>	854-7676 fax: 854-7675	2126 McCulloch Blvd. Ste. 18
<b>****Havasu Regional Medical Center</b>	855-8155	101 Civic Center Lane
<b>Emergency Room</b>	453-0174 fax: 453-0653	101 Civic Center Lane
<b>Radiation/Oncology</b>	505-5705 fax: 453-0846	
<b>In Patient Rehab</b>	505-5793 fax: 505-5799	
<b>Medical Records</b>	Fax: 453-0178	
<b>Havasu Surgery Center</b>	453-4200 fax: 453-8271	1775 McCulloch Blvd.
<b>Havasu Women's Health Center</b>	855-8176 / 453-2273	1840 Mesquite Ave. Suite H.
<b>Holletic Health Care &amp; Family - Paulette Wright, RN</b>	680-9800	2035 Mesquite Ave. Ste. C
<b>Hoover, Cathy RNP</b>	854-6249	2130 Mesquite Ave. Ste. 106
<b>Ibrahim, Wahid</b>	505-3295 fax: 505-4699	1810 Mesquite Ave. Ste. B
<b>Johnson, Wesley</b>	505-5555 fax: 505-5557	25 Riviera Blvd.
<b>Kalin, Gene</b>	855-1016	Midwest Internal Medicine - 1840 Mesquite Ave #F
<b>Kaperonis, Vasilios</b>	680-0604 fax: 680-0605	30 South Acoma Blvd.
<b>Kazmi, M.A.</b>	855-8979 fax: 855-3430	150 Riviera Blvd.
<b>Kazoski, Derek</b>	854-8100 fax: 854-8182	1851 Mesquite Ave. #210
<b>Kazoski, Shantha</b>	854-8100 fax: 854-8182	1851 Mesquite Ave. #210
<b>Kumar, Shantha</b>	505-3261 fax: 505-4699	1851 Mesquite Ave. #102
<b>Lin, John</b>	855-1050 fax: 855-3809	2091 N. Smoketree Ave. Ste. 102
<b>Lou, Frederick</b>	854-8720 fax: 854-8730	1801 Mesquite Ave. Ste. 102
<b>Malatesta, Daniel Ed. D</b>	453-1633	2156 McCulloch Blvd.
<b>Malik, Javed</b>	855-1550	FPS Medical Center - 1720 Mesquite Ave
<b>Markabawi, Bashar</b>	505-4442 fax: 505-7315	1845 McCulloch Blvd. Ste. B1
<b>McDonald, Harrison</b>	453-8500	Midwest Internal Medicine - 1840 Mesquite Ave #B
<b>Midwest Express Care</b>	505-1030 fax: 505-1036	45 Capri Lane
<b>Murray, Ann</b>	854-8448 fax: 854-7999	500 N. Lake Havasu Ave. #D 104
<b>Nasef, Sherif</b>	854-4400 fax: 854-8055	1830 Mesquite Ave. Ste. B

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<b>Nelson, Donald</b>	855-4128	1945 Mesquite Ave #A
<b>Nickolisen, Robert</b>	855-1050 fax: 855-3809	2091 N. Smoketree Ave. Ste. 102
<b>Novack, Robert</b>	855-7800 fax: 855-5392	90 Riviera Dr.
<b>Nudelman, Glenn</b>	453-8500	Midwest Internal Medicine - 1840 Mesquite Ave #B
<b>O'Brien, Kevin</b>		
<b>Ong Veloso, Angelo</b>	453-8500	Midwest Internal Medicine - 1840 Mesquite Ave #B
<b>Oyas, Vic</b>	680-1919	Havasus Rainbow Pediatrics - 1980 Mesquite Ave #101

<b>Register, Marc</b>	855-1550	FPS Medical Center - 1720 Mesquite Ave
<b>Rosen, Michael</b>	855-1550	FPS Medical Center - 1720 Mesquite Ave
<b>Sabowitz, Brian</b>	453-6963	Blue Water Internal Medicine 1948 Mesquite Ave #101
<b>Tibbetts, Teresa</b>	855-1550	FPS Medical Center - 1720 Mesquite Ave
<b>Tobin, Dianne</b>	680-9800	2035 Mesquite Ave #C
<b>Urso, Mary Jo</b>	680-2846	99 Riviera Blvd
<b>Ward, Kelli</b>	854-1800	Lakeview Family Health Care 2090 N Smoketree Ave
<b>Wiese, Megan</b>	854-6249	2130 Mesquite Ave #106
<b>Wrona, Thomas</b>	453-8500	Midwest Internal Medicine - 1840 Mesquite Ave #B

### **PHARMACIES**

<b>Albertson's</b>	854-5311	1980 McCulloch Blvd
<b>Apothecary Shop</b>	855-0106	1840 Mesquite Ave.
<b>Bashas</b>	854-9551	3200 Maricopa Ave.
<b>Food City</b>	855-2494	
<b>K-Mart</b>	453-8118	1870 McCulloch Blvd
<b>Safeway</b>	855-9200	1650 N. Acoma
<b>Smith's</b>	680-4449	80 N Acoma Blvd
<b>Walgreens</b>	453-2808	25 Lake Havasu Ave.

**LAKE HAVASU CITY COMMUNITY RESOURCES**

<b>Wal-Mart</b>	453-8515 453-5193	1795 Kiowa Ave 1 Hour Pharmacy

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