

Dispute Resolution

NACOG – Area Agency on Aging – Legal Advocacy Program

Legal Advocacy Coordinator

Toll Free

928-213-5246

877-521-3500

125 Grove Avenue, Prescott AZ 86301

Provides opportunity for resolution through mediation (except for real estate mediation).
Service is free of charge to anyone in the community.

Elder Abuse

Adult Protective Services

Adult Abuse Hotline

877-767-2385

TTY 877-815-8390

Investigates reports of abuse or neglect of adults and elderly individuals. If you suspect abuse or neglect, or are a victim of abuse, exploitation, abandonment or neglect, call the numbers above. **If you or another are in immediate danger, call 911.**

National Committee for the Prevention of Elder Abuse

202-682-4140

1612 K Street NW, Washington DC 20006

www.preventelderabuse.org

The mission of the NCPEA is to prevent abuse, neglect and exploitation of older adults through research, advocacy, public and professional awareness, interdisciplinary exchange and coalition building.

Emergency Response

Make sure you know how to reach help when you need it, or how to be contacted when a loved one needs help. For other resources, see your local yellow pages.

Fire/Police/Ambulance

911

Poison Control Center

800-222-1222

TTY 800-572-0638

Employment Services

Arizona Department of Economic Security (DES) – Rehabilitation Services Administration, Vocational Program

928-445-6432

1555 Iron Springs Road, Suite 11

Prescott AZ 86305

Serves people with a physical, emotional, or mental disability impairing employment.

**Arizona Women's
Education & Employment**

928-778-3010

202 North Granite Street, Suite 203
Prescott AZ 86301

Helps set a career path, teaches new skills and provides job coaching. Many resources are available to assist with finding employment. Welcomes older individuals.

**Arizona Workforce Connection
of Yavapai County**

928-778-1422

221 North Marina, Suite 201, Prescott AZ 86301
www.arizonaworkforceconnection.com

Provides services for anyone looking for a job including a database of jobs that can be accessed online or at the one-stop career center. Programs, classes, and training opportunities are available.

**Equal Employment Opportunity
Commission
Publications**

800-669-4000

800-669-3362

TTY 800-669-6820

928-708-0286

Goodwill

319 North Lee Boulevard, Prescott AZ 86301

Work opportunities for persons working with the Vocational Rehabilitation Program. Must be referred by the Arizona Department of Economic Security, Division of Vocational Rehabilitation.

Women Work!

202-467-6346

National Network for Women's Employment
www.womenwork.org

Yavapai Exceptional Industries

Prescott

928-445-0991

436 N. Washington Ave., Prescott AZ 86301

Prescott Valley

928-772-6235

2727 N. Lake Valley Rd., Prescott AZ 86314

Employment for adults of working age who have disabilities.

End-of-Life Care / Hospice

Bereavement

Compassionate Friends

877-969-0010



www.compassionatefriends.org

Dedicated to providing support for families who have lost children at any age.

End-Of-Life Care

Community Partnership for Comfort Care

928-541-7864

PO Box 536, Prescott AZ 86302

Community education on end-of-life care. Call for information on advance directives or any other end-of-life issues.

Hospice

Hospice helps the terminally ill patient and the patient's loved ones cope with the physical, emotional, psychological, and spiritual distress of life-threatening illness and the final stages of life.

Hospice care emphasizes the principles of death and dignity; palliative rather than curative care; an Individual's control over life; and elimination of isolation in dying. Services are usually provided in the home.

Medicare covers hospice care provided by a Medicare-approved hospice program if the patient is eligible for Medicare Part A, and has been certified as terminally ill with a life expectancy of six months or less.

Hospice Care

Hospice Family Care

928-541-1740

100 E. Sheldon, Suite 100
Prescott AZ 86301

Our experienced, compassionate Medical Director and nurses will visit wherever you are. We work with your physician. Because Your care is our primary concern, Hospice is the only thing we do. We serve the Tri-City area and most of Yavapai County. We are proud to announce the opening of the only Medicare Licensed Hospice Inpatient Care Center in Yavapai County opening spring 2007. "Family" is our middle name.

Hospice Information and Resources

National Hospice and Palliative Care Organization

800-658-8898

www.nhpco.org

Arizona Hospice and Palliative Care Organization

866-552-4726

PO Box 5189, Sun City West AZ 85376-5189
www.arizonahospice.org

Provides consumer information on hospice care. Offers assistance with palliative and local hospice care contacts.

Environmental Health

Arizona Department of Environmental Quality

1110 W. Washington St., Phoenix AZ 85007
www.azdeq.gov

800-234-5677

Oversees programs on air quality, water quality and waste programs in Arizona. Main functions include pollution control, monitoring and assessment of Arizona water, soil and air, public education on environmental issues and the removal and / or cleanup of environmental contaminants.

Environmental Protection Agency (EPA)

www.epa.gov

The EPA is the Federal government agency responsible for controlling environmental pollution.

National Pesticide Information Center

Oregon State University
333 Weniger Hall, Corvallis OR 97331
npic.orst.edu

800-858-7378

Objective, science-based information about pesticides, health affects information, toxicology, clean up and disposal resources, and the effect specific pesticides have on the environment.

Yavapai County Community Health Services (YCCHS) – Environmental Health Unit

Prescott
1090 Commerce Drive, Prescott AZ 86305

928-771-3149

Cottonwood
10 South Sixth Street, Cottonwood AZ 86326

928-639-8138

Equipment and Supplies

Goodwin Street Medical Supply

406 W. Goodwin Street, Suite 1
Prescott AZ 86303

www.goodwinmedical.com

Fax: 928-541-1823

928-541-1825



(Inside the Goodwin Street Pharmacy Building)

To assist people in returning to an optimal state of functional health, we provide home health/medical supplies and excellent customer service. Items such as walkers, wheelchairs, crutches, breast pumps, and SVN's are available for rent. We specialize in helping people with their wound care, ostomy, and diabetic supplies. Certified fitters are on staff for vascular stockings, mastectomy items, orthotics, and specialty pillows.

PLEASE SEE OUR AD

**Overlund Home Health
and Healthy Living**

928-775-2285

8154 Florentine Road, Suite C
Prescott Valley AZ 86314

The newest home health care business in the Tri-City area specializes in providing incontinence products, daily living aids, durable medical equipment, ostomy supplies, and organic/natural alternative supplements.

Food and Nutrition Resources

Congregate Meal Sites

Contact the meal site nearest you for the specific hours and days of operation and any cost associated with the meal.

C.A.S.A. Senior Center

928-772-3337

9360 East Manzanita Circle
Prescott Valley AZ 86314

Chino Valley Senior Center

928-636-9114

1021 W. Butterfield Rd., Chino Valley AZ 86323

Prescott Meals-on-Wheels

928-445-7630

Prescott Community Center
1280 Rosser Street, Prescott AZ 86301

Food Banks / Pantries

Call to find out eligibility requirements, areas served and hours of operation.

Catholic Charities –

Prescott Community Cupboard

928-778-2531

Free Methodist Church

928-445-4780

2797 Willow Creek Road, Prescott AZ 86301

Gospel of Grace

Food and Clothing Bank

928-775-2201

8169 Florentine Road, Prescott Valley AZ 86314

Open Door

505 West Gurley Street, Prescott AZ 86301

928-776-9294

St. Vincent de Paul Society

Prescott

Prescott Valley

928-778-4585

928-899- 8889

Salvation Army

231 South Montezuma, Prescott AZ 86303

928-778-0150

Food boxes available subject to eligibility guidelines. Breakfast served at 8 a.m. Monday through Friday, with sack lunches available to take out.

Yavapai Community Services –

Food Plus Program

Prescott Office

Cottonwood Office

928-771-3138

928-639-8134

Provides monthly food box as nutrition supplement to income-eligible county residents age 60+. A two-person household with gross monthly income of approximately \$1,430 qualifies.

Yavapai Food Bank

8400 East Spouse Drive, Prescott Valley 86314

928-775-5255

Food And Nutrition Education

**Food Safety and Applied Nutrition, Outreach
and Information Center**

www.cfsan.fda.gov/

888-723-3366

An automated 24-hour line giving information that can be faxed or mailed to you. For contact with an individual, call Monday through Friday from 10 am to 4 pm Eastern Standard Time.

Morris Family Chiropractic

8196 E. Florentine Road, Suite B

Prescott Valley AZ 86314

www.drTomcares.com

PLEASE SEE OUR AD

928-443-9394

**Yavapai County Community Health Services
(YCCHS) – Environmental Health Unit**

Prescott

1090 Commerce Drive, Prescott AZ 86305

Cottonwood 928-639-8138

10 South Sixth Street, Cottonwood AZ 86326

928-771-3149



Contact the environmental health unit by phone, or see food handler training information at www.co.yavapai.az.us/health.

Food Stamps

The Food Stamp program is a federally funded service that provides a supplemental food budget for low-income individuals. Call the Arizona Department of Economic Security – Family Assistance Communications Center at 800-352-8401 for more information on eligibility and the application process.

Home Delivered/Catered Meals

**Your Personal Chef –
Kathi Watt**

928-443-5771

1061 Grazer Lane, Prescott AZ 86301
Cell 928-925-3033
www.wattscooking.us

Custom menus prepared in your home according to your personal likes and needs. Any diet can be followed, all cuisines available. Catering too!

Home Delivered /Meals-on-Wheels Programs

Home delivered Meals-on-Wheels helps to maintain and/or improve the health status of older persons, support their independence, prevent premature institutionalization, and allow early discharge from hospitals, skilled nursing facilities or other residential care facilities.

Catholic Charities

**Prescott Tri-City Area
Cottonwood/Sedona Area**

928-778-2531

928-634-4254

Provides case management for Yavapai County home delivered meals. An assessment will determine if an individual is eligible to receive the home delivered meals.

Outreach Programs

Through telephone and face to face contact, homebound elders receive companionship and know that someone “out there” cares. Activities vary by program but may include having a listening ear, playing cards, receiving telephone calls, and more.

C.A.S.A. Senior Center

928-772-3337

Neighbor to Neighbor
P.O. Box 25450, Prescott AZ 86312

928-775-6145

Volunteers providing elders and the disabled with transportation, emergency pendants, business/ handyperson help.

Pharmacy

Often, medication becomes a medium by which you can sustain your quality of life as you age. Because of the increasing number of medications taken by older people, the statistics of prescription drug misuse are continuing to soar. Establishing a good relationship with your pharmacist will enable him/her to counsel you effectively. Make sure he or she has a record of all medications you are taking and be prepared to ask questions concerning prescriptions.

Medicare Part D Drug Coverage

Medicare Part D is part of the new Medicare Prescription and Drug Modernization Act of 2003. Medicare recipients are now able to enroll in Medicare Part D. Although it may be beneficial for Medicare recipients to enroll in the Medicare Prescription Drug Plan, IT IS NOT A REQUIREMENT. For seniors who choose not to enroll in Medicare Part D now, the premium increases 10% annually from their original eligibility date.

Some elder seniors may qualify for extra help to reduce their prescription costs with the Medicare Part D Plan and may contact SHIBA for further information. The Federal program set minimum guidelines that insurance companies must meet or exceed. Those guidelines are as follows:

Medicare recipients enrolled in Medicare Part D pay a premium and a deductible before Medicare will pay any prescription drug costs.

After the deductible is met you pay 25% of your drug costs up to an initial coverage limit of \$2400. Once this initial coverage limit is met, you pay 100% of your drug costs until your total out of pocket expenses on formulary drugs reach \$3,850 (including the costs of the deductibles and coinsurance). After you have reached this limit you pay either \$2.15 for generic or "preferred" drugs, and \$5.35 on other drugs, or 5% of your drug costs, **whichever is greater**, with no cap on the amount.

Individuals eligible for Medicaid and Medicare now receive prescription coverage through Medicare Part D instead of through Medicaid. For more information about Medicare Part D Drug Coverage, please call **Medicare Customer Service at 800-633-4227**.

Yavapai County Prescription Drug Discount Card

Program helps county residents, regardless of age, income or existing healthcare coverage, to save an average of 20% on prescription medications, including pet medications, any time prescriptions are not covered by insurance. Free cards are distributed throughout Yavapai County at Community Health Centers, county and city

offices, and several community organizations. Cardholders and their family members may use the card at any participating retail pharmacy throughout the country. The discount card is not insurance.

Access a list of county discount card distribution locations online at www.co.yavapai.az.us/health. To receive a card or replacement card by mail, call 1-877-321-2652.

Medication Information and Services

AARP Pharmacy Services **800-456-2277**

**Arizona CoppeRX Card
Prescription Program** **888-227-8315**
www.rxamerica.com

All Arizona state residents may take advantage of this prescription program. Savings of 10-55% and more is available. Enrollment is free.

MedWatch
Food & Drug Administration **888-463-6332**
www.fda.gov/medwatch

Reports safety warnings and recalls for products regulated by the FDA.

Physician and Medical Referral

Arizona Medical Board
(Toll Free) **877-255-2212**
9545 East Doubletree Ranch Road
Scottsdale AZ 85258
www.azmd.gov

Resource for checking on the license status of allopathic physicians (MDs) and filing a complaint against an MD. Complaints can be filed through an online form on the website.

Rehabilitation Services / Physical Therapy

Most rehabilitation therapy services help you recover a loss of function following a disease or injury. Licensed by the State of Arizona or certified by a national association, qualified therapists often work closely with highly-trained assistants.

Occupational therapists focus on the use of purposeful, real-life activity to restore independence in self-care, work and leisure. Many older clients requiring physical therapy have experienced serious disabling conditions, such as strokes or hip fractures.

The goal of therapy is to help patients regain strength, flexibility, balance, and as much independence as possible.

Physical therapists use special exercises and physical agents such as heat, cold, and ultrasound to build strength, restore lost physical abilities, control pain, and promote healing. Physical therapists often help people regain functional activities like the ability to walk.

Respiratory therapists specialize in helping people with problems affecting their breathing through assessment, communication with physicians, administration of medications, teaching breathing techniques, and assistance with ventilators when necessary. Respiratory therapists work with a health care team to restore patients to the fullest possible physical recovery.

Speech pathologists work with swallowing problems, as well as speech difficulties. Therapists can determine whether or not a person having trouble swallowing can eat safely, how to decrease the risk of choking, and the appropriate treatment to improve the afflicting condition. In addition, speech therapists help clients with aphasia (inability to use language), and dysarthria (inability to produce intelligible speech), problems commonly associated with strokes.

Physical Rehabilitation Services / Physical Therapy

Eric D. Brummel, PT

Physical Therapist

928-445-5639

3101 E. Clearwater Drive, Suite D
Prescott AZ 86305

PLEASE SEE OUR ARTICLE

Meadow Park Care Center

928-778-9667

864 Dougherty, Prescott AZ 86305

www.MeadowParkCare.com

Meadow Park Care Center is a 62-bed community offering inpatient rehabilitation six days a week to residents as well as community members in its Medicare/Medicaid certified center. Located close to Yavapai Regional Medical Center, Meadow Park provides short and long term care and has a dedicated Behavioral Care unit, a Respite Care program, and provides Hospice services to those in need. **PLEASE SEE OUR AD**

**Mountain Valley Regional
Rehabilitation Hospital**

928-759-8800

3700 N. Windsong Dr., Prescott Valley AZ 86314

MVRRH.ernesthealth.com

MVRRH treats patients who have functional deficits as a result of debilitating illnesses or injuries. We are a 40-bed inpatient and outpatient rehab hospital specializing in recovery from brain injuries, hip fractures, joint replacement, trauma, neurological disease and more.

Prescott Samaritan Village
1030 Scott Drive, Prescott AZ 86301

928-778-2450

Prescott Valley Samaritan Center
3380 North Windsong Drive
Prescott Valley AZ 86314

928-775-0045

Specializing in rehabilitation following surgery, strokes or other illnesses, the Samaritan Rehabilitation Clinics provide friendly, professional, physical, occupational and speech therapists to work with each patient to meet their individual goals. Our medicare/Medicaid certified clinics are located close to the hospital in both Prescott and Prescott Valley, and are part of the Samaritan Communities of Greater Arizona, a not-for-profit organization. **PLEASE SEE OUR AD**

Physical Rehabilitation Resources

**Arizona Department of Economic Security
(DES) – Rehabilitation Services Administration,
Vocational Program**
1555 Iron Springs Road, Suite 11
Prescott AZ 86305

928-445-6432

Serves people with a physical, emotional, or mental disability impairing employment.

**National Rehabilitation
Information Center**
www.naric.com

800-346-2742

Respite

Respite gives in-home assistance to caregivers, providing a much needed break. Some retirement homes, skilled nursing facilities, and other groups offer both day and night respite care on a private-pay basis.

**NACOG – Area Agency on Aging,
Family Caregiver Program**

**928-213-5245
Toll Free 877-521-3500**

Resource for family caregivers.

Shelters

Catholic Charities
434 West Gurley Street, Prescott AZ 86301
Emergency shelter assistance.

928-778-2531

Open Door
505 West Gurley Street, Prescott AZ 86301

928-776-9294

Project Aware Men's Shelter Inc.
215 1/2 West Leroux, Prescott AZ 86303

928-778-7744

Shelter for men. Must have picture ID and must be sober to stay. Contact the shelter for information on length of stay and other requirements.

St. Vincent de Paul

928-778-4585

Salvation Army
231 South Montezuma, Prescott AZ 86303

928-778-0150

Emergency vouchers for motels subject to eligibility guidelines and availability of funds.

US Vets –

United States Veterans Initiative
500 North Highway 89, Prescott AZ 86301
usvetsinc.org

928-717-7581

The mission of the initiative is to reintegrate the greatest number of homeless veterans to their highest level of independence as rapidly as possible.

Support Groups

Groups provide opportunities for emotional support, information-sharing, and problem-solving. If the topic for which you are seeking a support group is not listed below, call your local hospital (SEE CHAPTER 3). You may also find resources in CHAPTER 4, ILLNESSES, AILMENTS AND PREVENTION.

Al-Anon
al-anon-az.org

800-344-2666

Support groups for people who are affected by a loved one's drinking.

**Alcoholics Anonymous –
Prescott Area Intergroup**

928-445-8691

AA meetings available seven days a week. Call for a detailed list of meetings. AA literature available at the office including large print.

**Alzheimer's Caregiver
Support Groups**

928-771-9257

Brain Injury, Traumatic

928-772-2985

**Breast of Friends
Cancer Support Group**

928-776-2846

**Cancer Survivors
Support Group** 928-759-5900

**Chronic Fatigue Immune Dysfunction Syndrome
and Fibromyalgia Support Group** 928-772-1266

Compassionate Friends 877-969-0010

Offers support to families grieving the death of a child of any age from any cause. Nearly 600 chapters nationwide provide group support.

**Multiple Chemical Sensitivity
Support Group** 928-772-1266

**NACOG – Area Agency on Aging,
Family Caregiver Program** 928-213-5245
Toll Free 877-521-3500

**New Beginnings Foundation Outreach
Bereavement Meetings** 928-445-2221

Parkinson's Disease 928-778-2242

Prostate Cancer Support Group 928-778-2281
928-445-8499

Recovery Inc. 928-717-2045

Support group helps people struggling with stress, tension, depression, fatigue, anger fears, anxiety panic, sleep issues, and other problems.

Senior Friends Together 928-445-5211 Ext. 272

Senior Mens Group 928-445-5211 Ext. 272
For senior men who are experiencing life challenging events.

Spinal Injury Support Group 928-772-1266

**Women of Wisdom
Support Group** 928-445-5211 Ext. 272
For senior women in transition.

**Yavapai County Satellite
Ostomy Group** 928-541-1825
For information ask for Ann or Michelle.

Transportation and Escort

Today, one-fourth of senior citizens aged 75+ do not drive, and more than 50 million rides are provided to elders needing transportation. Services generally require pre-arrangements. Some churches and synagogues also sponsor volunteer transportation.

American Red Cross Reserve-A-Ride

928-776-1015

Transportation to doctor appointments for prescription pick-ups, grocery shopping and essential errands. Services are limited to seniors and disabled people. A small fee is charged. Rides must be reserved 48 hours in advance.

Neighbor to Neighbor

928-445-6145

Serves Areas Prescott Valley to Cordes Lakes

People Who Care

928-445-2480

Serves Prescott and Chino Valley

Volunteers provide transportation for enrolled seniors for essential appointments such as medical, shopping, social services and business.

New Horizons

Independent Living Center

928-775-8870

8085 East Manley Drive, Suite 1

Prescott Valley AZ 86314

<http://newhorizonsilc.org>

Transportation available for everyday activities of daily living including social activities and essential errands. Accepts NACOG transportation vouchers with an additional \$2.00 fee. Service area includes Spring Valley, Chino Valley, Prescott and all points between. Wheelchair transportation available. Please contact the center for rate information.

Prescott Transit Authority

928-776-7433

820 E. Sheldon, Prescott AZ 86301

Door-to-door, Dial-A-Ride sedan, van and limousine service throughout the state.

Shuttle "U"

928-442-1000

800-304-6114

650 Whipple Street, Prescott AZ 86301

www.shuttleu.com

Fifteen round trips daily from the Tri-City area to the Phoenix Sky Harbor Airport.

Long Distance Transportation

Angel Flight

888-426-2643

Volunteer private pilots provide medical transportation in 14 western states.

Corporate Angel Network

866-328-1313

Arranges free transportation to and/or from distant treatment centers for cancer patients, bone marrow recipients, and bone marrow donors via empty seats on corporate aircraft. Financial need is not a requirement.

Flights for Life Inc.

623-492-9213

www.flightsforlife.org

Flights available for people with a financial need for medical services within Arizona and bordering states. No emergency services, must be ambulatory and have a release from a physician to ride in non-pressurized cabin.

Websites – Health Care

HealthFinder

www.healthfinder.gov

Guides you to online publications, clearinghouses, data bases, other websites, and support and self-help groups. Government agencies and nonprofit organizations providing reliable information are also listed.

Medline Plus

medlineplus.gov

This service of the US National Library of Medicine and the National Institute of Health is a comprehensive site of health information.

MedicineNet

www.medicinenet.com

Information is available on over 550 diseases and conditions. A dictionary with medical terms can be accessed online.

RX List –

The Internet Drug Index

www.rxlist.com

Directory of medications and news relating to pharmaceuticals. Updates and news pertaining to new medications.

FOOD:

- Yavapai Food Bank - 8400 E. Spouse Dr., Prescott Valley, AZ -775-5255
- Gospel of Grace Food & Clothing - 8169 Florentine PV 775-2501
- Catholic Charities/Community Cupboard - 116 N. Summit, Prescott - 778-2531
- St. Vincent DePaul/Prescott Valley - 899-8889 - Prescott: 778-4585
- FoodPlus/Commodity - 771-3138
- Women, Children, Infants (WIC) -1090 Commerce, Prescott - 771-3138
- Prescott Head Start - 445-8534
- Chino Valley Food Bank - 636-8478

- Prescott Valley Head Start - 772-7726
- DES/FAA (Welfare, Food Stamps, AFDC, GA)-Prescott - 1519 W. Gurley, Suite #1, 277-2800 and 7875 Florentine Prescott Valley - 775-3140
- Prescott Meals on Wheels- 445-7630

HOUSING/SHELTER:

- US Vets- housing for homeless vets- 445-4860 #5911
- Stepping Stones/abused women & children help line - 445-4673
- Turning Point/youth - 1718 Willow Creek Rd. - Prescott 778-7900
- Salvation Army- food, shelter, clothing - 237 S. Montezuma, Prescott - 778-0150
- Prescott Area Habitat/Humanity -1230 Willow Creek Rd.- 445-8003
- Project Aware/Men's shelter -215 1/2 W. Leroux Prescott - 778-7744
- Common Ground - 236 S. Montezuma, Prescott - 443-1443
- Church on the Street - shelter, food 105 Carleton, Prescott - 771-8428
- Catholic Charities - food, shelter, counseling - 116 N. Summit, Prescott- 778-2531
- Child Haven - emergency shelter for children -772-3435
- Open Door - 505 W. Gurley, Prescott 776-9294 - Tues. 9-12. Thursday 12-3
- The Second Step - Housing for Men, 306 N Virginia- Prescott 445-2367

HEALTH CARE/COUNSELING:

- AHCCCS- 1519 W. Gurley Suite #1 Prescott 277-2800, Prescott Valley - 7875 Florentine - 775-3140
- Arizona Long Term Care System - 1570 Willow Cr. Rd., Pres. 778-3968
- Kids Care/Health Ins. for kids in low income families - 1-877-764-KIDS
- Community Health Center - 583-1000
- AA-Alateen-Alanon - 445-8691
- N. AZ VA Health Care (VAMC) - 500 Hwy 89 North, Prescott - 445-4860
- Yavapai Cnty Commtty Health Svs- 1090 Commerce - 771-3121
- West Yavapai Guidance Clinic - 642 Dameron St., Prescott - 445-7730
- Women in New Recovery - Prescott - 776-1828 or 717-0603
- Yavapai Regional Medical Center - 1003 Willow Ck. Rd., Prescott, 771-5651
- Shanti Wellness Project - Providing low cost holistic health care for women. 776-5940
- Yavapai Blind Center- Serving people with vision and hearing loss - 440 N. Washington Ave. Prescott - 778-0055
- TASC - 609 West Gurley - 445-6844
- Warmline - 6:30-11pm- non-crisis support line - 443-5800

- Mingus Mnt. Academy Treatment Center for Young Women - 772-6394

TRANSPORTATION:

- NACOG/ride vouchers - 221 N. Marina St., Prescott - 778-1422
- New Horizons ILC - 8085 E. Manly Dr. PV 775-8870 -Transportation, Employment, Training, Housing, Counseling 772-1266.

CHILDCARE:

- Childcare Resource & Referral Service - 1-800-308-9000
- DES Childcare - 1519 W. Gurley Prescott - 277-2850
- Headstart - 828 Rodeo Drive., Prescott - 445-8534 - Prescott Valley - 6955 Panther Path, 772-7726 - Chino Valley 1527 N. Rd 1 E. - 772-7726
- New Adventures CDC - 114 S. Marina St., Prescott - 778-1201
- Prescott Child Dev. Center - 1045 W. Whipple, Prescott - 778-1840
- God's World Childcare - 3950 N Valorie Dr., Prescott Valley - 772-0460

EMPLOYMENT & TRAINING:

- Yavapai Workforce Connection NACOG (Northern Arizona Council of

Governments) 221 N. Marina St, Prescott - 778-1422

- DES Employment Service - 8128 E. Hwy 69 #211 Prescott Valley - 445-5100 1519 W. Gurley - Prescott - 277-2703
 - AWEE (AZ Women Education & Employment) - 202 N. Granite St.#203, Prescott, 778-3010
 - DES Vocational Rehabilitation - 1519 W. Gurley., Prescott - 445-6432
 - Yavapai College - 1100 E. Sheldon St., Prescott - 445-7300
 - Victory Adult EdCenter -1988 N. Rd. 1 West, Chino Valley 636-5567
 - Veterans Upward Bound - VAMC, Yav. College - 717-7687
 - Career Skills Program, Yavapai College - 6955 Panther Path, PV 717-7920
 - Yav. Exceptional Industries - Prescott - 445-0991
 - US Vets—employment training for veterans. 445-4860 Ext. 5901
-
- Salvation Army Computer Class - Free Job Skills Training. 778-0150 x115