



# 2024 Lake Havasu City Resource Guide

FOR FAMILIES WITH CHILDREN BIRTH-5 YEARS

 FIRST THINGS FIRST

# # FIRST THINGS FIRST

## Mission

First Things First (FTF) is an essential leader and partner in creating a family-centered, equitable, high-quality early childhood system that supports the development, well-being, health and education of all Arizona's children, birth to age 5.

## Vision

All Arizona's children are ready to succeed in school and in life.



Scan here to view  
this guide online

**For updates call FTF Lake Havasu City office  
928-854-873**

**[www.FirstThingsFirst.org/Regions/La-Paz-Mohave](http://www.FirstThingsFirst.org/Regions/La-Paz-Mohave)**

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First Things First is Arizona's early childhood agency, with free programs, information and resources to support children's health and development.

**[www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)**

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# CHILDREN AND FAMILY SERVICES

## Assistance Programs

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### **APS Crisis Bill Assistance Program WACOG**

928-753-6247

Provides utility assistance. They offer other services ranging from weatherization of homes to cut energy cost to rental assistance on a case by case basis.

### **Arizona Department of Economic Security (AZDES)**

2031 Spawr Cir.

Lake Havasu City, AZ 86403

855-432-7587

<https://des.az.gov/>

[www.healtharizonaplus.gov](http://www.healtharizonaplus.gov)

Basic Needs: Adult Protections Services, Food Assistance, Medical Assistance, Refugee Resettlement, Shelter and Housing

Child and Family: Cash Assistance, Child Care, Child Support Services, Community Resources

Disabilities: Developmental Disabilities, Early Intervention, Achieving a better life experience

Older Adults: Home and Community Based Services, Healthy Living, Medicare Assistance, Legal Services Assistance, Family Caregiver Support, LongTerm Care Ombudsman, Aging Publications, World Elder Abuse Awareness Day Conference

Employment: Job Seekers, Reentry Services, Employer Resources, Apprenticeship, Unemployment-Employer, Senior Community Service Program, Veterans, Workforce Innovation and Opportunity Act, Eligible Training Provider List

### **Clothes Closet**

1968 Mesquite Ave.

LHC, AZ 86403

928-230-3113

[clothescloset@frontier.com](mailto:clothescloset@frontier.com)

The Clothes Closet helps anyone in need of clothing, food, or other necessities without charge. They help find community resources in a judgment free atmosphere.

### **HAVEN Family Resource Center**

2174 McCulloch Blvd. N

LHC, AZ 86403

928-505-3153

Administers services for victims of abuse and sexual assault. Provides a crisis hotline for families in crisis and for victims of child abuse, domestic violence, and sexual assault.

### **Community Legal Services**

2701 E. Andy Devine, Suite 400

Kingman, AZ 86401

Phone: (928) 681-1177

1+(800) 255-9031

TTY: Arizona Relay: 711

FAX: (928) 681-5998

Email: [infomoco@clsaz.org](mailto:infomoco@clsaz.org)

\* Applications for services in Mohave and La Paz Counties are completed via the Kingman office.

Community Legal Services (CLS) is dedicated to providing legal assistance, advice or representation, self-help materials and legal education so people can know their rights. We focus on helping survivors of domestic violence; assisting victims of consumer fraud and abuse, protecting tenants from unlawful/unfair practices by landlords, foreclosures, legal problems affecting agricultural workers, wage claims and other employment matters, and federal and state programs affecting peoples' health and economic stability.

### **Faith and Grace, Inc.**

24 hour Hotline 928-302-1358

Safe housing for women and children of domestic violence.

### **River Cities United Way**

Debi Pennington

[Debi@rcuw.org](mailto:Debi@rcuw.org)

145 N. Lake Havasu Ave.

LHC, AZ 86403

Main: 928-855-6333 Alt.: 928-683-4270

Helping Businesses and individuals with rent, utilities, and various needs.

### **Salvation Army-Lake Havasu**

2049 Swanson Ave

LHC, AZ 86403

928-680-3678

Provides rent payment assistance, electric and water utility bill payment assistance, food boxes, sack lunches and personal hygiene items.

### **Social Security Office**

1502 Bailey Ave.

Needles, CA. 92363

800-772-1213

Obtain social security cards, name change, social security benefits.

# CHILDREN AND FAMILY SERVICES

## Birth to Five Resources:

### Breastfeeding Resources

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#### Arizona 24/7 Breastfeeding Hotline

1-800-307-4231

#### La Leche League

1-877-452-5324

<https://llusa.org/>

#### Pregnancy and Breastfeeding Hotline

1-800-833-4642

## Birth to Five Resources:

### Child Care Resources

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#### Child Care Resource & Referral Child and Family Resources, Inc.

P. 1-800-308-9000

[www.azccrr.com](http://www.azccrr.com)

M-F 8:00 AM - 6:00 PM, Sat 8:00 AM - 12:00 PM

Child Care Information Line: P. 1-800-308-9000

Child Care Resource & Referral, CCR&R, is a statewide program of Child & Family Resources, Inc. Funding is provided by the Arizona Department of Economic Security's Child Care Administration through federal Child Care Development Block Grant funds. Staff provides referrals to families including but not limited to: child care, financial assistance, housing/utility assistance. Staff also provides consumer education on the different types of childcare options in the state & how to make the best option for your child and family.

## Birth to Five Resources: Home Visitation

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#### Health Start Program Mohave County Department of Public Health

2001 College Drive  
LHC, AZ 86403

JoBeth Giovanardi Giovaj@mohave.gov  
928-753-0714 ext. 4323

Community home visiting program that collaborates with pregnant women and their families. The goal of Health Start is to give your child and family the best chance of success with a strong support system through education, development, and referrals to community resources.

#### Healthy Families Program Child & Family Resources, Inc.

116 S. Lake Havasu Ave. Suite 104  
LHC, AZ 86403  
928-753-4410

Free Home visitation program. Families can enroll while pre-natal or before the baby turns 3 months old. The program also includes a car seat safety program, assistance with diapers and community based referrals as needed. Substance Exposed Newborn Safe Environment (SENSE) provider.

#### High Risk Perinatal and Occupation Program Mohave County Department of Public Health

2001 College Drive  
LHC, AZ 8640

JoBeth Giovanardi Giovaj@mohave.gov  
928-753-0714 ext. 4323

High Risk Perinatal Program: A Community Health Nurse (CHN) provides support to families during the transition of a NICU (five days or more) infant to home conducts developmental screenings. The CHN provides support to the family by providing education and connections to community resources.

Eligibility: Infants who have spent five or more days in the NICU.

# CHILDREN AND FAMILY SERVICES

## Birth to Five Resources: Other

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### Bright By Text - Arizona PBS

Text "ARIZONAPBS" to 274448

[www.azpbs.org/kidstext](http://www.azpbs.org/kidstext)

Bright by Text is a free program for parents and caregivers that sends tips and resources promoting child development, targeted to a child's age from prenatal to 5 years old, right to their cell phone.



### CASA Council of Mohave County

928-753-0790 x4229

The State CASA Program (Court Appointed Special Advocate) recruits and trains volunteers who advocate for foster children in Court and do monthly visits.

### CASA Council Helping Children of Mohave County

530-632-5567

Beverly Siemens

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

CASA Council is a 501(c)(3) non-profit organization, which is a Foundation that raises money to benefit the unmet needs of children in out-of-home care (foster care, relative placements, and fictive care) and In-Home Services.

### Family Support Coordination Parenting Arizona

602-684-1192

[familysupport@cplc.org](mailto:familysupport@cplc.org)

Chicanos Por La Causa/Parenting Arizona's Family Support Coordination program supports families with children age birth to 5. Our goal is to assist them in understanding, accessing, and navigating services that promote family well-being by engaging families and connecting them with community resources. Family Support Coordinators provide guidance, advocacy, and coordination throughout the process. Our aim is to refer families to timely and essential services, fostering family well-being and self-sufficiency.

### First Things First

1940 Mesquite Ave Suite E

Lake Havasu City, AZ 86403

928-854-8732

[www.FirstThingsFirst.org](http://www.FirstThingsFirst.org)

Local region covers Mohave and La Paz County

First Things First is Arizona's early childhood agency, with programs and resources to support great childhoods. By focusing on the first five years, we are making a difference in the lives of young children, their families and our communities. Quality early learning and child care are essential for stronger, healthier families and for the economic future of Arizona.

### Pregnancy Care, Inc

500 N. Lake Havasu Ave Suite B104

LHC, AZ 86403

Administers programs for pregnant women in La Paz and Mohave County.

# CHILDREN AND FAMILY SERVICES

## Disabilities & Special Needs Resources

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### Arizona Center for Disability Law, Inc

<https://www.azdisabilitylaw.org>

### Arizona Early Intervention Program (AZEIP) Contracted by Essential Therapy Solutions

480-677-3349

<https://www.etherapyaz.com/>

To make an online referral:

[https://bit.ly/FTF\\_AZEIP](https://bit.ly/FTF_AZEIP)

A statewide system of services and supports for families of infants and toddlers, birth to three years of age, with delays or disabilities. AzEIP provides eligible children and their families' access to services to support the child's development through in-home individualized parent education and support.

*See pages 8 and 9 for more information*

### Milemarkers

5601 Hwy 95 C-308

LHC, AZ 86404

928-854-5439

Milemarkers provides music, occupational, physical and speech therapy services, after school program, adult day program, employment opportunities for individuals with disabilities, transition to employment curriculum, individual habilitation support, and supervised visit, Connections Program and Nurturing Parent program.

### New Horizons Center for People with Special Needs

2045 Moyo Dr.

LHC, AZ 86403

928-855-9392

Offers in-home visits to assist parents of infants 0-3 and in-home services for adults.

### Raising Special Kids

5025 E. Washington St. Ste. 204

Phoenix, AZ 85034

(602)242-4366

[www.raisingpecialkids.org](http://www.raisingpecialkids.org)

Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.

### RISE Services

1979 McCulloch Blvd. Suite 101 and 103

LHC, AZ 86403

928-316-6520

Provides support services for seniors and children and adults with developmental and physical disabilities.

### Playful Beginnings

909-583-4040

Psychological testing for autism as well as in home ABA (social/behavior) intervention for children in Lake Havasu between the ages of 2-12 years. Accepting United Health Care, Blue Cross Blue Shield AZ, Anthem Blue Cross, and HealthChoice.

# CHILDREN AND FAMILY SERVICES

## Early Intervention Information

### What is Early Intervention?

Parents, guardians, foster parents and family members know their child best. They observe the health and development of their child daily through routines, play and interactions. Sometimes parents/caregivers may have concerns that their child is not meeting the milestones for his or her age. Other times home visitors, health care providers, child care providers or early education teachers may identify concerns for a child's development and share them with the parent/ caregiver.

These concerns may be observed by the way a child:

- Plays, sees, hears (physical development),
- Interacts with others (social-emotional development),
- Learns (cognitive development),
- and communicates (language/speech development).

### Why is Early Intervention important?

Addressing concerns early on in a child's life is important. If the parent, guardian or caregiver is interested in learning more about the additional support their child can receive, there are early intervention resources that can help them. Early intervention resources can have a maximum impact by enhancing the early growth and development in infants and toddlers, who may have or are at risk for developmental delays or disabilities, by providing individualized support and services to the child and their family.

- Children who receive early intervention have improved outcomes and increased success and independence in the long run.
- Early intervention can have a positive impact on a child's health, development and academic success.
- Early intervention therapies can alleviate the financial burden of therapy in the long run by reducing the need for continuing intensive therapy.

### What can I do if I have concerns about my child's development?

- Talk to your child's doctor and share your concerns. Don't wait. Acting early can make a real difference!
- Complete a milestone checklist for your child's age.
  - Center for Disease Control (CDC) Milestone checklist Search online: CDC Milestone Checklist. The CDC's Developmental Milestones link will provide checklists for age 2 months to 5 years.
  - CDC's Milestone Tracker App Download it free today on iOS and Android devices.
- Ask about a developmental screening.
  - Ask your child's doctor to conduct a developmental screening and/or if you are concerned about possible signs of autism, an autism screening (generally completed at 18 and 24 months).
  - Parents have FREE access to the Ages & Stages Questionnaires® (ASQ), one of many general developmental screening tools, by visiting **easterseals.com** and searching ASQ.
- Get an Evaluation for your child.
  - Call your local public school district to get information about their upcoming Child Find events. The Individuals with Disabilities Education Act (IDEA) includes the Child Find mandate. Child Find requires all Public Education Agencies (school districts) to identify, locate and evaluate ALL children birth through 21, who may have or are at risk for developmental delays or disabilities. Screening procedures include vision and hearing screenings along with developmental screenings.



# CHILDREN AND FAMILY SERVICES

## Early Intervention Services

### CHILD IDENTIFICATION

There is a concern about the child's growth, development and/or learning. These concerns can be identified by parents/caregivers, relatives, home visitors, child care providers, school teachers or health care providers based on:

- Observation – the way a child plays, sees, hears, interacts with others, learns and communicates and/or
- A milestone checklist or a developmental screening completed.

#### THE CHILD IS BIRTH TO AGE 3.

##### Referral & Intake

- The parent/guardian can start the online or phone referral process for their child; or,
- A home visitor, child care provider, early education teacher or health care provider obtains permission from the parent/guardian before referring and starting the online or phone referral process.

##### Who to contact:

**Arizona Early Intervention Program (AZEIP)  
Contracted by Essential Therapy Solutions**

To make an online referral:  
[https://bit.ly/FTF\\_AZEIP](https://bit.ly/FTF_AZEIP)

#### THE CHILD IS AGE 3 TO 21.

##### Referral & Intake

- The parent/guardian can contact their local school district (Public Education Agency) to get information on the next Child Find event, where the child can be evaluated; or,
- The parent/guardian can take the child to their local school district (Public Education Agency) to be evaluated; or,
- A home visitor, child care provider, early education teacher or health care provider obtains permission from the parent/guardian before referring the child to be evaluated by their local school district or Child Find event.

##### Evaluation & Assessment

The **school district** (for children age 3-21) conducts a comprehensive multidisciplinary developmental evaluation and assessment of the child's development and the family's needs and concerns within **45 calendar days** of the date they are notified about the child.

##### Evaluation & Assessment

The **Early Intervention program** (for children age 0-3) conducts a comprehensive multidisciplinary developmental evaluation and assessment of the child's development and the family's needs and concerns.

#### ELIGIBILITY DETERMINATION

##### Child is Found Eligible for Services

###### If the child is age 0-3:

**Individualized Family Service Plan (IFSP)** The family of an eligible child meets with the Early Intervention (EI) team to create an IFSP, usually in the home or in a community setting. The EI team provides services as outlined in the IFSP. The EI team reviews the child's IFSP as needed throughout the year. The IFSP is updated annually with the family.

**Transition:** As the child approaches their third (3rd) birthday, the family and local EI program prepare for transition to special education preschool, school district (K-12) and/or other community based services.

###### If the child is age 3-21:

When a concern is identified through evaluation procedures, the parent/guardian must be notified within 10 school days and informed of procedures to follow up on the child's needs. For example:

- The child may be referred to the school's study team for pre-intervention services; or,
- If the child may have a disability, a comprehensive evaluation will be necessary to determine the child's eligibility for special education and related services. A team, of which the parent/guardian will be a member of, will meet to begin the process.

##### Child is Found Ineligible for Services

###### If the child is age 0-3:

The child's family receives information on growth and development. Referrals are made to other community resources, if appropriate. The child may be reevaluated at a later date.

###### If the child is age 3-21:

The school system will notify the parent/guardian in writing and explain why the child has been found "not eligible." The parent/guardian will be given information about what they can do if they disagree with the decision.

# CHILDREN AND FAMILY SERVICES

## Education

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### Lake Havasu Unified School District

2200 Havasupai Blvd.

LHC, AZ 86403

928-505-6900

Provides academic instruction for students in pre-K through grade 12.

### Paw Prints Preschool Telesis Preparatory Academy

2598 Starlite Lane

LHC, AZ 86403

928-855-8661 ext. 122

Serving ages 3-5 years.

### Smoketree Developmental Preschool

2395 Smoketree Ave. N.

LHC, AZ 86403

928-505-6020

Developmental preschool program for children with special needs, ages 3-5, who qualify for services based on state and federal guidelines. Accepts DES subsidy

### WACOG Head Start Havasupai

880 Cashmere Dr.

LHC, AZ 86404

928-505-4046

Center based early childhood development program.

Eligibility Requirements: Income guidelines and age (3 & 4 years old by August 31). Priority to children with disabilities, homeless, foster children, lowest income.

### Wacog Head Start Lake Havasu City

2385 Pima Dr. N.

LHC, AZ 86403

928-680-6212

Center based early childhood development program.

Eligibility Requirements: Income guidelines and age (3 & 4 years old by August 31). Priority to children with disabilities, homeless, foster children, lowest income.

## Emergency/Non-Emergency

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### Arizona Department of Child Safety

1755 McCulloch Blvd. N. Ste 101

928-854-0315

Child Abuse Hotline 1-888-767-2445

### AZ Statewide Crisis Line

1-844-534-4673 or 1-844-534-HOPE

### Lake Havasu City Fire Department

928-855-1141

Emergency services.

### Lake Havasu City Police Department

2360 McCulloch Blvd. N

LHC, AZ 86403

Emergency: 911

Non-emergency: 928-855-1171

Provides emergency response law enforcement and crime prevention services for the city.

### Mohave County Sheriff's Department

3500 AZ-95

LHC, AZ 86404

928-453-0745

The Sheriff's office duty is to serve the Civil Processes and legal documents originating from Arizona Superior Courts, Justice Courts; attorneys, private individuals and out of state entities needing service in Mohave County. Seventy-five members of the Sheriff's office assist the Sheriff by carrying out search and rescue missions and other duties.

# CHILDREN AND FAMILY SERVICES

## Health Services

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### **Community Health Outreach Workers River Cities United Way**

145 N. Lake Havasu Ave.  
LHC, AZ 86403

Main: 928-855-6333  
Alt.: 928-683-4270

Debi Pennington  
Debi@rcuw.org

Community Health Outreach Workers will work closely with medical providers, primary care teams, and other agencies to improve patient care and outcomes.

### **Mohave County Health Department**

2001 College Drive  
LHC, AZ 86403

928-453-0703

Mohave.gov

Family Planning Clinics, Environmental Health Programs, Mental Health Services, Nutrition Programs, Vaccination Programs, Woman, Infant and Children Program (WIC), Women's Health Programs.

Birth & Death Certificates, Vital Records

Flu & Pneumonia Shots, HIV & STD testing, Laboratory Services.

## Health Services: Dental

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### **Cosmic Kids Dentistry**

80 Acoma Blvd. S,  
LHC, AZ 86403

928-855-7717

Pediatric dental provider.

### **Kids Little Smiles**

5601 Hwy. 95 Ste A116  
LHC, AZ 86406

928-505-5437

Pediatric dental provider.

# CHILDREN AND FAMILY SERVICES

## Health Services: Mental Health

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### **Mohave Mental Health-Children's Clinic**

151 Riviera Dr. Suite B  
LHC, AZ 86403  
928-855-3432  
[www.mmhc-inc.org](http://www.mmhc-inc.org)

Outpatient clinics offer a full array of behavioral health services to both children and adults. Services may include assessment, psychiatric interventions, therapy and counseling (provided in individual, family, and groups), medication, residential or inpatient programs, case management, vocational services, and living skills training. Other supportive services, such as peer support services, health promotion, and family support services are also offered, geared towards helping individuals and families develop additional self-awareness and specialized recovery skills to improve independent functioning and quality of life. All services are provided by qualified behavioral health staff and are driven by a service plan developed by the client and the client's child and family team or adult recovery team.

### **MiKID**

928-704-9111  
Services Lake Havasu

Provides support, education, and skill development to families and their children, youth, and young adults who are experiencing mental health and behavior changes.

Eligibility: AHCCCS, Mercy Care, Care First or other State insurance.

### **Southwest Behavioral Health Outpatient Clinic**

2215 Hualapai Mountain Rd. Ste H  
Kingman, AZ 86401

928-753-9387

[www.sbhservices.org](http://www.sbhservices.org)

Services provided: Individual, Group and Family Counseling, Medication Services, Psychiatric Care, Skills Training, Case Management, Vocational Services, DUI Education, and DV Education.

## Health Services: Pediatricians

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### **Havasu Medical Group-Primary Care and Diabetes**

1851 Mesquite Ave Ste #202  
LHC, AZ 86403  
928-854-0094  
Pediatric services.

### **Havasu Rainbow Pediatrics**

1980 Mesquite Ave., #101  
LHC, AZ 86403

Medical group practice located in LHC that specializes in Pediatrics.

## Health Services: FQHC

*(Federally Qualified Health Centers are outpatient clinics that serve rural areas)*

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### **Havasu Pediatric and Family Center- Regional Center for Border Health**

1940 Mesquite Ave. Ste A  
LHC, AZ 86403  
928-459-3512

Provides primary health care and integrated behavioral health services.

### **North Country Healthcare**

2090 N. Smoketree Ave  
LHC, AZ 86403  
928-854-1800

Provides family practice clinic, well-woman exams, well-baby checkups, immunizations and referrals to necessary specialists. Offer pediatric care.

# CHILDREN AND FAMILY SERVICES

## Nutrition and Food Resources

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### Christ Chapel Food Pantry

3450 Chemehuevi Blvd.

LHC, AZ 86403

928-855-7230

Open Monday-Friday 8:00 a.m. to 12:00 p.m.

Please call before coming in as food availability varies.

### HCHF Community Food Bank

1980 N Kiowa Blvd

LHC, AZ 86403

928-264-1177

Open M, T, TH, F from 10am-1pm

### Restoration Hope Church Food Pantry

3430 McCulloch Blvd. N.

LHC, AZ 86403

928-302-3264

Open Saturdays 9:00-12:00

### St. Vincent De Paul Food Distribution Center

1851 Commander Dr.

LHC, AZ 86403

928-680-2874

Food Distribution 9:30-2:00 Wednesday-Friday

### WIC Program Mohave County Department of Public Health

2001 College Drive

LHC, AZ 86403

928-453-0716

Supplemental healthy foods, nutrition education, referrals to other health services Prenatal-5 years of age qualify.

## Recreation

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### Mohave County Library - Lake Havasu City

1770 N. McCulloch Blvd.

LHC, AZ 86403

928-453-0718

<https://www.mohavecountylibrary.us/lake-havasu-city>

Library loans books, e-books, audio books, videotapes, CDs and DVDs.

Programs for all ages including Baby jamboree (ages 0-2) and Sunshine Hour (ages 2-5).

### Sunshine Indoor Play

[kate@sunshineindoorplay.com](mailto:kate@sunshineindoorplay.com)

[www.sunshineindoorplay.com](http://www.sunshineindoorplay.com)

Sunshine Indoor Play is more than just an indoor playground. We are a Mom-munity that is by your side through every step of your parenting journey. We offer lactation support, birth classes, car seat help, babywearing fit checks, postpartum support groups, and more. We also host mommy and me classes and events.

# CHILD CARE CENTERS

## **Guiding Light Christian Educational Center**

220 Mescal Ln  
LHC, AZ 86403  
928-855-1022  
Serving ages 1 through 1st grade. Accepts DES subsidy

## **Family Tree Daycare**

3415 Oro Grande Blvd.  
LHC, AZ  
928-505-8719  
Serving 3 months through age 5.

## **Hilltop Learning Center**

3180 McCulloch Blvd N  
LHC, AZ 86403  
928-855-3085  
Serving ages 2 ½ through 5 years. Accepts DES subsidy

## **Little Knights Preschool**

2675 Palo Verde Blvd. S  
LHC, AZ 86403  
928-854-5347  
Serving ages 3-5 years.

## **Little People's Day Care, Inc**

2419 Smoketree Ave N #102  
LHC, AZ 86403  
928-453-6348  
Serving ages 2-5 years. Accepts DES subsidy

## **New Day School**

2200 Sotol Lane  
LHC, AZ 86403  
Serving ages 1 through 5 years. Accepts DES subsidy

## **New Day School**

3438 Oro Grande Blvd.  
LHC, AZ 86406  
928-680-1002  
Serving ages 1 through 5 years. Accepts DES subsidy

## **New Day School**

2915 Havasupai Blvd.  
LHC 86404  
928-855-2227  
Serving ages 1 through 5 years. Accepts DES subsidy

## **Oro Grande Classical Academy Preschool**

1250 Pawnee Dr.  
LHC, AZ 86406  
928-505-6080  
Our goal is to incorporate virtues and values, good manners, and develop a social and educational foundation in an effort to become kindergarten ready.  
Serving 4 year olds.

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HAVEN Family Resource Center .....	4	Smoketree Developmental Preschool .....	10
HCHF Community Food Bank .....	13	Social Security Office .....	4
Health Start Program Mohave County Department of Public Health .....	5	Southwest Behavioral Health Outpatient Clinic .....	12
Healthy Families Program Child & Family Resources, Inc. ....	5	St. Vincent De Paul Food Distribution Center .....	13
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*“Nothing Out of the Question”  
“Toda Pregunta es Buena”*

**1-877-705-KIDS(5447)**

**Call the Helpline to speak with an early childhood specialist, on duty Mon-Fri. 8:00 a.m. to 8:00 p.m.**

The Birth to Five Helpline is a free service available to all Arizona families with young children, as well as parents-to-be, with questions about their infants, toddlers and preschoolers.

**Topics addressed include but not limited to:**

- Sleep
- Health and Nutrition
- Safety
- Challenging Behaviors
- Feeding and Eating
- General Child Development
- Potty Training/Learning
- Fussiness/Colic
- Parenting

An extension of the Birth to Five Helpline is the **Fussy Baby** program. This program provides telephone, home visiting and virtual video consultation and support to help families navigate challenges associated with hard-to-soothe infants, excessive crying, sleeping problems and feeding difficulties during their child’s first year of life.

**Download the Birth to Five Helpline app!**

