

 FIRST THINGS FIRST

Pima County Family Resource Guide



2025

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 the QR code
to view this guide
online

www.firstthingsfirst.org/regions/pima-south

www.firstthingsfirst.org/regions/pima-north

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

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This listing of resources is provided by First Things First (FTF) and was compiled by the First Things First Program coordination specialist for Pima north and Pima south FTF Regions. If any information needs to be updated, or if you would like to provide comments/questions/suggestions, please contact (623) 301-2756, scan the QR code at the bottom of this page or email: mvrvilo@FirstThingsFirst.org, thank you.

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***Scan a QR or click a link below
to share your feedback.***

For Families



For Providers



Early Childhood Care and Education

Programs designed to support children birth to age five in building social, emotional and cognitive skills that will help them prepare for school and become life-long learners. Settings include Head Start, preschools, child care centers and home care providers.

Learn more:

<https://myschoolstucson.org/early-childhood-education/>

Home Visitation

1-on-1 supports and services to parents or caregivers in the convenience of their own home, place of residence or community setting.

Learn more about home visitation:

<https://www.firstthingsfirst.org/tag/home-visit/>

Family

This guide is meant for anyone that plays a part in raising or taking care of young children. When 'family' is mentioned in this guide, this refers to a group of people, including young children, that consider themselves a family, biological or not. When 'parent' and/or 'caregiver' is mentioned, this refers to anyone who is responsible for a young child- whether that be a biological relative, adoptive or foster family member, or anyone that provides daily care for a child.

Quality First Child Care Programs

You may notice in this guide, and at agencies or organizations that focus on young children, quality early childhood education and quality child care is emphasized. Generally, this means that child care and early learning programs have gone beyond providing basic health and safety standards and made a commitment to meeting higher requirements than state minimums. Quality First is a free and voluntary program funded by FTF to help providers offer high-quality care.

Learn more about what to look for in high quality early learning settings:

<https://www.firstthingsfirst.org/resources/quality-first>



COUNSELING, BEHAVIORAL HEALTH & SUBSTANCE USE

Free & Low Cost Mental Health Services

Free and low cost mental health services across Pima County.

Website: <https://www.library.pima.gov/content/free-and-low-cost-mental-health-resources/>

Bilingual: Yes

National Alliance on Mental Illness Southern Arizona (NAMI)

A variety supports for people affected by mental illness and their families. All services are free.

6122 E. 22nd St., Tucson, AZ 85711

Website: <https://www.namisa.org/>

Phone Number: Office: (520) 622-5582

Crisis Line: 520-622-6000

Cost: Free

Bilingual: Yes

Tucson Postpartum Depression Coalition

Depression that occurs after birth is common, impacting about one in seven women. Tucson Postpartum Depression Coalition is a non-profit whose mission is to help new mothers navigate this often confusing and difficult time through education and support groups.

Website: tucsonpostpartum.com

Cost: Free- some affiliate links may be for paid services

Bilingual: Website in English only, providers or support groups listed may be offered in other languages

M.I.K.I.D.

M.I.K.I.D. exists to improve the behavioral health and wellness of children and youth through a family centered approach.

Website: <https://www.mikid.org/>

Pima County Community Mental Health & Addiction (CMHA)

Offers a calendar of free community mental health and addiction events and resources.

Website: <https://www.pima.gov/192/Community-Mental-Health-Addiction-CMHA>

Cost: Free

Bilingual: yes, however some events listed may only be offered in English



DOMESTIC & SEXUAL VIOLENCE RESOURCES

The Children's Advocacy Center of Southern Arizona

Investigative and advocacy services to child victims of abuse and their non-offending family members. Expert medical evaluations, videotaped forensic interviews, crisis intervention and case coordination are all provided in one place. Children who cannot return to their family home receive clothing, books, a blanket and teddy bear to take to temporary foster care. They are fed at the center, and comforted by trained staff and volunteers.

2329 East Ajo Way Tucson, AZ 85713

Website: <https://www.cacsoaz.org/>

Phone Number: 520-724-6600

Cost: Free

Bilingual: Yes

Emerge Center Against Domestic Abuse

If you or someone you know has encountered any form of domestic violence, EmERGE Center Against Domestic Violence will be available to provide support. They offer an array of support services including emergency housing, legal resources, support groups and services designed specifically for children and families.

2545 E Adams St, Tucson, AZ 85716

Website: <https://emergecenter.org/>

24/7 Crisis Line: (520) 795-4266

Main Phone Number: (520) 881-7201

Cost: Free

Bilingual: Yes, multilingual

DOMESTIC & SEXUAL VIOLENCE RESOURCES (continued)

Pima County Attorney's Office - Victim Services Division

The Victim Services Division supports, educates and empowers victims and survivors to seek justice. If you are a victim of a crime, or know someone who is, a trained advocate can help you.

32 N. Stone Ave, Tucson, AZ 85701

Hours: M-F 8 a.m. to 5 p.m.

Website: <https://www.pcao.pima.gov/pcao-divisions/victim-services/>

Phone Number: (520) 724-5525

Cost: Free

Bilingual: Yes

Southern Arizona Center Against Sexual Assault (SACASA)

If you or someone you know has encountered any form of sexual violence, SACASA will be available to provide support. They provide support services, therapy, advocacy and a 24/7 crisis line.

1600 N. Country Club Rd, Tucson, AZ 85716

Hours: 8 a.m. to 5 p.m.

Website: <https://www.sacasa.org/>

24/7 Crisis Line: (520) 327-7273

Main Phone Number: (520) 327-1171

Cost: Free

Bilingual: Yes

EARLY CHILDHOOD CARE & EDUCATION

Arizona Child Care Resource & Referral (AZCCRR)

Assists parents/caregivers with making an informed decision regarding child care. Helps find child care providers, resources and scholarships. Can help you apply for and understand various child care financial assistance programs such as, Arizona Department of Economic Security (DES) child care assistance, Quality First Scholarships and Pima Early Education Program Scholarships (PEEPS).

2800 E Broadway Blvd, Tucson, AZ 85716

Website: <https://www.azccrr.com/>

Phone Number: 1-800-308-9000

Cost: Free

Bilingual: Yes

My Schools Tucson

A free online resource that helps families better understand the Arizona educational landscape. Describes all the different options available, enrollment processes and links to additional resources.

Website: <https://myschoolstucson.org/early-childhood-education/>

Cost: Free

Bilingual: Yes

Head Start/Early Head Start (Child Parent Centers)

Comprehensive early childhood education services in center-based classrooms, home-based settings and family child care settings. Serving families with children birth to age 5, as well as pregnant women.

602 E 22nd St, Tucson, AZ 85713

Website: <https://childparentcenters.org/>

Phone Number: (520) 882-0100

Cost: Head Start and Early Head Start services are provided free-of-charge for the part-day, income eligible families can receive Extended Day classrooms and home based options for free as well

Bilingual: Yes

Quality Child Care Checklist

Knowing the key elements of quality can help you make an informed decision when choosing a child care or preschool setting for your family. Click the image below to learn more or go to: <https://www.firstthingsfirst.org/resources/quality-first/quality-checklist/>.



Arizona Early Intervention Program (AzEIP)*

Arizona's statewide interagency system of services and supports for families of infants and toddlers, birth through two years of age, with disabilities or delays. AzEIP is established by Part C of the Individuals with Disabilities Education Act (IDEA), which provides eligible children and their families access to services to enhance the capacity of families and caregivers to support the child's development.

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

Phone: (888) 592-0140

Pima County Providers:

Dynamite Therapy: 1-844-330-8600

<https://www.dynamitetherapy.com>

RISE Early Intervention: 520-485-8084

<https://www.riseei.org/early-intervention/>

Cost: Free

Bilingual: Yes

*More information about Early Intervention can be found in Appendix A (page 13)

Child Find

Child Find is a component of the Individuals with Disabilities Education Act (IDEA '04) that requires public education agencies (PEA) to locate, identify and evaluate all children with disabilities, aged birth through 21, located within their boundaries of responsibility who are in need of early intervention or special education services. Child Find services are available to all residents living within an Arizona public school attendance area. Screenings and evaluations are available to determine if a child has a disability and needs special education services. Contact your school district for more information.

To find your school district you can view the following website:

<https://myschoolstucson.org/find-my-assigned-public-school-district-maps/>

Caring Connections for Special Needs (CCSN)

Offers an array of behavioral health services for children in whichever setting is most convenient, including in-home, virtual, on-site or in the community.

921 S Prudence Rd, Tucson, AZ 85710

Website: <https://ccsneeds.com/>

Phone Number: (520) 639-9006

Cost: Services are billed to insurance, child must be eligible for AHCCCS

Bilingual: Yes

Center of Disease Control Milestone Tracker

CDC's milestones and parent tips have been updated and new checklist ages have been added (15 and 30 months). Skills such as taking a first step, smiling for the first time and waving "bye-bye" are called developmental milestones. Children reach milestones in how they play, learn, speak, act and move.

Website:

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

Cost: Free

Bilingual: Yes

Raising Special Kids

Offers a range of information and resources to help improve the well-being of children within the full range of disabilities, including online events and trainings, access to professional consultation, peer-to-peer support and more.

Website: <https://raisingspecialkids.org/>

Phone Number: 602-242-4366 or 800-237-3007

Cost: Services are offered free of charge, no eligibility determinations are required

Bilingual: Yes

Casa de Los Ninos

Funded in part by FTF, Casa de Los Ninos provides parenting classes, home visitation programs, behavioral health supports and more.

1120 N. 5th Ave. Tucson, AZ 85705

Website: <https://www.casadelosninos.org/>

Phone Number: (520) 624-5600

Cost: Free

Bilingual: Yes

Easterseals Blake Foundation

Funded in part by FTF, offers wide array of support services for children and families including home visitation, hearing/vision/developmental screenings, behavioral health, resource referrals and more.

7750 E. Broadway Blvd., Suite A200 Tucson, Arizona 85710

Website: <https://www.easterseals.com/blakefoundation/>

Phone Number: (520)-327-1529

Cost: Many free services available

Bilingual: Yes

Parent Aid

Funded in part by FTF, offers parenting classes including ones specifically designed for fathers, support groups and in-home visitation programs.

2580 E 22nd St, Tucson, AZ 85713

Website: <https://parentaid.org/>

Phone Number: (520) 798-3304

Cost: Free

Bilingual: Yes

Pima County Parenting Coalition (PCPC) & Family Support Referral System

Website for parents offers a calendar of free events, workshops and classes, as well as self-referrals to home visitation programs.

Website: <https://pimaparenting.org/>

Phone Number: (520) 903-3969

Email: FamilySupport@unitedwaytucson.org

Cost: Free

Bilingual: Yes

University of Arizona (UA) Cooperative Extension Pima Family Engagement

Funded in part by FTF, offers classes for families on brain development, child behavior management, financial literacy and more.

4210 N Campbell Ave. Tucson, AZ 85716

Website: <https://extension.arizona.edu/pima-family-engagement-upcoming-classes>

Phone Number: (520) 626-4793

Cost: Free

Bilingual: Yes

Child & Family Resources

Funded in part by FTF, offers a wide range of family support programs tailored to each family's specific needs, including in-home support.

2800 E Broadway Blvd, Tucson, AZ 85716

Website: <https://www.childfamilyresources.org/>

Phone Number: (520) 881-8940

Cost: Free

Bilingual: Yes

Family Resource Centers

Funded by FTF, family resource centers are community hubs designed to serve and support families with children birth through age 5, offering parenting classes, fun and engaging activities, information and resource referrals.

- Sahuarita Family Resource Center 17750 S. La Canada, Sahuarita, AZ 85629
Phone: (520) 771-2372
- Robles Family Resource Center
9875 S Sasabe Rd, Tucson, AZ, 86736
Phone: (520) 800-2002
- Los Ranchitos Family Resource Center
2238 East Ginter Rd, Tucson, AZ 85706
Phone: (520) 305-8205

Website: <https://unitedwaytucson.org/education/family-resource-center/>

For class information:

<https://pimaparenting.org/parent-education-classes/>

Cost: Free

Bilingual: Yes

Reach Well App

This app is designed to help you connect to your local schools, teachers, and community agencies- easily be notified of important events, access calendars, find resources, and more.

Website: <https://www.reachwellapp.com/app>

Cost: Free

Bilingual: Yes



Arizona Department of Health Services

Apply for state benefits, find state and county resources. Statewide WIC (women, infant and children) benefits website: <https://www.azdhs.gov/prevention/azwic/>
Searchable online map showing sliding scale clinics: <https://www.azdhs.gov/gis/sliding-fee-schedule/index.php>

Website: <https://azdhs.gov/>

Phone Number: (602) 542-1025

Cost: Services are offered free of charge, eligibility requirements for some benefits will apply

Bilingual: Yes

Commitment to Underserved Populations (CUP) Clinics- Shubitz Family Clinic & Kid's Clinic

Shubitz Family Clinic provides a wide variety of free healthcare services to uninsured patients and can assist with AHCCCS insurance enrollment. Kid's Clinic provides free healthcare services to children ages 0-18 regardless of insurance.

1501 N. Campbell Ave, Room 2304, Tucson, AZ

Hours:

Tuesdays from 6 to 9 p.m., Kid's Clinic is open every 1st Saturday of the month from 9 a.m. to 12 p.m. and every 3rd Thursday of the month from 6 to 9 p.m.

Website: <https://uacupclinics.medicine.arizona.edu/home>

Cost: Free

Bilingual: Yes

Pima County Health Department

Five clinics throughout Pima County providing a variety of health and wellness services including preventative healthcare, dental care and referrals to family support and home visitation programs. You can apply for WIC (women, infants and children) by calling the number below.

Website: <https://www.pima.gov/2031/Health>

Phone Number: (520) 724-7770

Cost: Many services offered free of charge

Bilingual: Yes



Clinica Amistad

Provides a wide-range of medical services to those that are uninsured, underinsured, are ineligible for AHCCCS, or otherwise have barriers to care.

El Pueblo Neighborhood Center
101 W Irvington Rd, Building 3-C, Tucson, AZ 85714

Hours: Every Wednesday and Thursday 5 to 9 p.m. and every first Saturday of the month 10 a.m. to 2 p.m. Closed holidays.

Website: <https://www.clinicaamistad.org/>

Phone Number: (520) 305-5107

Cost: Free

Bilingual: Yes

El Rio Community Health Center

Offers an array of health services including pediatrics, OB/GYN, adult medicine, family medicine and dental among others.

13 locations across Tucson: <https://elrio.org/locations/>

Website: <https://elrio.org/>

Phone Number: (520) 670-3909

Cost: Varies depending on services. Patients will not be turned away due to inability to pay. Offers an income-based sliding fee scale, for more information go to:

<https://elrio.org/for-patients/paying-for-services/sliding-fee-scale/>

Bilingual: Yes

Pima County Oral Health

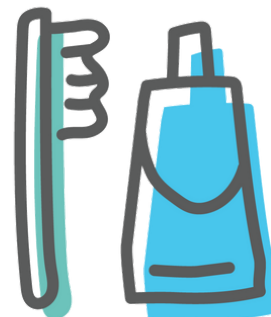
There are many free oral health options available in Pima County for families and children.

Website: <https://www.pima.gov/2143/Oral-Health>

Phone Number: 520-724-7902

Cost: Free

Bilingual: Yes



HEALTH/MEDICAL/DENTAL (continued)

Marana Health Center (MHC) Healthcare

Community health center with multiple locations around Tucson. Accepts most major insurance, including AHCCCS, and offers a sliding fee scale (SFS) option for income eligible patients.

Website: <https://mhchealthcare.org/>

Phone Number: (520) 682-4111

Bilingual: Yes

United Community Health Center

Community health center with multiple locations around Pima County. Accepts most major insurance, including AHCCCS and offers a sliding fee discount program for income eligible patients.

Website: <https://uchcaz.org/>

Bilingual: Yes

University of Arizona Mobile Health Program

Free mobile health clinic providing a variety of medical services to uninsured and underserved people across southern Arizona.

Website: <https://www.fcm.arizona.edu/outreach/mobile-health-program>

Phone Number: (520) 771-5570

Bilingual: Yes

HELPLINES & HOTLINES

Arizona 24-Hour Breastfeeding Hotline (DHS)

The Arizona Breastfeeding Hotline is ready to help with questions about technique, diet, milk supply, medications while breastfeeding, pumping and storing expressed breast milk, and sore nipples. Breastfeeding parents also call for support when they're going back to work and balancing the demands of breastfeeding. Additional information and resources for employers can be found in the Making it Work Toolkit. Lactation consultants can personalize their response to help with each situation.

Website:

<https://directorsblog.health.azdhs.gov/breastfeeding-support-were-here-to-help-24-hours-a-day/>

Phone Number: 800-833-4642

Cost: Free

Bilingual: Yes

Hope inc.

Warmline (not in crisis, just want someone to talk to) available 8 a.m. to 10 p.m. everyday.

Phone Number: (520) 770-9909

Bilingual: Yes

Birth to Five Helpline

A free service funded by FTF for any Arizona family with young children. Call to speak with an early childhood specialist with any and all questions related to your child.

Hours: M-F 8 a.m. to 8 p.m.

You may call and leave a voicemail outside of these hours and will receive a call back during normal hours.

Website: <https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

Phone Number: 877-705-KIDS (5437)

Cost: Free

Bilingual: Yes

24/7 Suicide and Crisis Lifeline

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week.

Website: <https://988lifeline.org/>

Phone Number: 988 (call or text)

Dolly Parton Imagination Library

United Way of Tucson and Southern Arizona’s partnership with Dolly Parton’s Imagination Library ensures children in southern Arizona can have a great selection of books at home. Since 2012 United Way of Tucson and Southern Arizona has served as a local affiliate for the Dolly Parton’s Imagination Library program, which sends a FREE BOOK in English every month to young children (newborn until they turn 5) to their home address.

Website: [https://unitedwaytucson.org/dolly-parton-
imagination-library/](https://unitedwaytucson.org/dolly-parton-
imagination-library/)

Phone number: (520)-903-9000

Cost: Free

Bilingual: Yes

Make Way for Books

Funded in part by FTF, this local non-profit whose mission is to “give all children the chance to read and succeed,” provides comprehensive early literacy programs to meet the diverse needs of young children, families and educators throughout the community.

The Make Way for Books App provides a simple way to bring books with you wherever you go:

<https://www.makewayforbooksapp.org/>

700 N. Stone Ave., Tucson, AZ 85705

Website: <https://makewayforbooks.org/>

Phone Number: (520) 398-6451

Cost: Free

Bilingual: Yes

Pima County Public Library

Your public library is an incredible resource for you and your family, offering an endless supply of books, movies, music, story time, classes, resource navigation and more. 27 locations throughout Pima County.

Hours: Most locations are open 9 a.m. to 5 p.m. Tuesday through Saturday, be sure to check your specific location as hours may vary.

Website: <https://www.library.pima.gov/>

Information line: (520) 791-4010

Cost: Free

Bilingual: Yes

Little Free Library

Little Free Libraries are book-sharing boxes hosted by volunteers and community members who want to spread the joy of reading across all communities. There are countless little free libraries scattered all around Pima County.

Website: <https://littlefreelibrary.org/map/>



Did you know?

You can get two free admissions twice per month to a variety of local museums, parks and other cultural and art institutions with your library card! It’s called a **Culture Pass** and you can receive one from the front desk at your local library. Enjoy!

Arizona Self-Help

Free online service to help families easily find out if they qualify for 40 different health and human service programs.

Fill out one form and the website will determine your eligibility for 40 different programs.

- Please note, some programs may require further documentation and may take up to 30 days to process.

Website: <https://arizonaselfhelp.org/>

Cost: Free

Bilingual: Yes

Just Ask Mia Family Support Chatbot

Just Ask Mia is an easy to use tool that will anonymously connect you to local providers and resources near you. Resources include food, clothing and cell phone assistance.

Website: <https://togetherforaz.org/chatbot/justaskmia.org>

Cost: Free

Bilingual: Yes

Pima County Community Assistance Division

The Community Assistance Division provides access to a variety of assistance services for low-income households such as eviction prevention, rent and utility assistance, emergency food boxes, and medical supplies among others.

Eligibility requirements apply, must be able to provide documentation such as state issued ID, social security card, proof of residency, etc.

Hours: Mon-Fri 8 a.m. to 5 p.m.

Website:

<https://www.pima.gov/887/Community-Assistance-Division>

Phone Number: (520) 724-2460

Cost: Free

Bilingual: Yes

Sahuarita Food Bank & Community Resource Center

Offers several different free food distribution programs, a variety of free classes such as job skills, cooking classes and language courses as well as the site of a new family resource center (refer to pg. 3 for additional info.)

Website: <https://www.sahuaritafoodbank.org/>

Community Food Bank of Southern Arizona

From providing emergency food boxes and community garden programs to offering culinary training classes and a farmers market, the Community Food Bank of Southern Arizona works to alleviate the root causes of food insecurity across our region.

View an interactive map showing available food pantry and hot meal sites in your area:

<https://www.communityfoodbank.org/get-help/>

Offers a free children's nutrition program May 30 through Aug. 4 while kids are out of school:

<https://www.communityfoodbank.org/child-nutrition/>

With sites in five counties across Southern Arizona, programs and hours vary by location:

<https://www.communityfoodbank.org/locations/>

Phone Number: (520) 622-0525

Cost: Free

Bilingual: Yes

Pima County Resource Navigators

Pima County has six resource navigators throughout the county to assist people in finding and accessing assistance such as job training programs, food, housing assistance, etc.

Website:

<https://www.pima.gov/3127/Resource-Navigators>

Cost: Free

Bilingual: Yes



*For resources specific to postpartum depression, please refer to the “counseling, behavioral health & substance use” section on page 2

Carondelet St. Joseph’s Hospital-Obstetrics

Offers free pregnancy, birthing and breastfeeding education classes and support groups. To learn more and view their calendar of events, visit the website below.

Website:

<https://www.carondelet.org/services/obstetrics/obstetrics-classes-events>

Cost: Free

Bilingual: No

Home Visitation Programs

In Pima County, new or expecting parents can take advantage of free home visitation programs funded in part by FTF and provided directly to you in the convenience of your own place of residence. Supports offered include information on breastfeeding, parenting, and healthy development, referrals to other community resources and supports such as healthcare and childcare, as well as additional supports such as education or job assistance.

Eligibility: Available to anyone that is pregnant and any parent with a child under the age of 2.

For more information go to: bit.ly/homevisitingprograms

To apply online, go to: bit.ly/homevisitingform *Please note, it may take up to seven business days to receive a response.

Phone Number: (520) 724-9721

Cost: Free

Bilingual: Yes

4th Trimester

Offers a range of in-person and virtual parenting support groups and classes designed to support new parents through all the variety of experiences of parenthood.

Website: <https://4thtrimesteraz.org/>

Phone Number: (480)-269-1639

Cost: Free

Bilingual: Yes

The Doula Network

If you are enrolled in MEDICAID (AHCCCS) with United Healthcare, you can get access to free doula support for your birth. Doula’s are trained professionals who provide educational, emotional and physical support during pregnancy, labor, delivery and postpartum.

Website: thedoulanetwork.com

Phone Number: (877) 436-8527

Cost: Free

Bilingual: Yes

Northwest Healthcare Virtual Classes

Offers free virtual classes on topics such as breastfeeding and birthing.

Website:

<https://www.healthiertucson.com/classes-events-programs>

Cost: Free

Bilingual: No

Arizona Coalition for Military Families

Arizona Coalition for Military Families focuses on building Arizona's capacity to care for, serve, support and employ service members, veterans and their families based on their needs.

Website: <https://arizonacoalition.org>

Phone Number: (602) 753-8802

Cost: Free

Bilingual: No

Military Assistance Mission

Military Assistance Mission provides financial assistance and morale aid to Arizona military and their families and our wounded heroes.

MAM strives to provide financial assistance each year to 120 Arizona active duty, guard & reserve military service members.

Website: <https://azmam.org/>

Phone Number: (520)-246-6429

Cost: Free

Bilingual: No

Military & Family Readiness Center

The Davis-Monthan Military & Family Readiness Center serves as a one-stop information and referral center for single, married, active-duty, Guard, Reserve and retired members, as well as their families. Linking and ensuring military personnel and their families are connected with the appropriate services both on and off-base. The Exceptional Family Member Program (EFMP) can provide resources pertaining to medical, assignments, respite care, education, legal assistance services and family support.

Website: <https://www.dmfss.com/military-family-readiness-center>

Phone Number: (520)-228-5690

Cost: Free

Bilingual: No

School Liaison Program Management Office

The School Liaison Program (SLP) at Davis Monthan Air Force Base is to help our youth meet their proper educational needs. We are committed to outreach, advocacy and partnership initiatives that generate real-time solutions for military-connected students. This includes children from pre-kindergarten to grade 12 as they face global educational challenges and transitions.

Website: <https://dmfss.com/school-liaison>

Phone number: (520)-228- 6040

Cost: Free

Bilingual: No

Armed Forces Exceptional Family Member Respite Care Program

Specially-designed quality respite care services are available for active duty Air Force and Navy families with children who have moderate to severe special needs. This program is implemented at no cost to the family.

Eligibility: Must be active duty military, child age is between birth to 18 years old.

Website:

<https://www.easterseals.com/blakefoundation/our-programs/military-veteran-services/>

Phone Number: (520) 207-7310

Cost: Free

Bilingual: No

Military Child Education Coalition (MCEC)

MCEC helps military children grow in military families by providing them, their parents, and professionals with programs, resources and guidance—helping the child stay on course academically, socially, and emotionally. This service is for all service members of all branches and their families as well as veterans, including families with special needs.

Website: <https://militarychild.org>

Phone Number: (254)-953-1923

Cost: Free

Bilingual: No

New Parent Support Program - Davis Monthan Air Force Base (DMAFB)

The New Parent Support Program is a free service that helps military parents, including expectant parents, transition successfully into parenthood and provide a nurturing environment for their children. Services vary, but may include home visits, parenting classes, playgroups or prenatal classes.

Phone Number: (520) 228-2104

Cost: Free

Bilingual: No

RURAL COMMUNITY RESOURCES

Arivaca Human Resource

Arivaca Human Resource is a non-profit organization in Arivaca that provides a variety of free services to the community including food boxes, hot meals, utility and emergency assistance, and more.

17252 West 5th St, PO Box 93 Arivaca, AZ 85601

Hours: Mon-Thurs 8 a.m. to 4 p.m.

Website: <https://www.arivacahr.com/>

Phone number: (520) 398-2771

Cost: Free

Bilingual: Yes

Rural Arizona Engagement (RAZE)

Rural Arizona Engagement's mission is to educate, advocate and coordinate in rural communities so they may gain access to civic education, engagement opportunities and voter registration.

Website: <https://www.raze.org/>

Phone number: (602) 878-8724

Cost: Free

Bilingual: No

Valley Assistance Services

Combining social services and community health, Valley Assistance Services guides seniors, individuals, and families to live healthy, resilient, and vibrant lives, while remaining safe and independent.

Website: <https://valleyassistanceservices.org/>

Phone number: (520) 625-5966

Cost: Free

Bilingual: No

Pima County One-Stop

Pima County community resource coordinator is able to connect you with housing assistance, jobs, training opportunities, possible scholarships, reentry support and more.

The resource coordinator will be available Tuesdays-Thursdays at the Sahuarita Food Bank & Community Resource Center, but to make sure, contact to make an appointment.

Sahuarita Food Bank & Community Resource Center is located at: 17750 S. La Cañada Dr, Sahuarita, AZ 85629

Website: <https://www.pima.gov/3127/Resource-Navigators>

Phone Number: (520) 345-2095 (call or text)

Cost: Free

Bilingual: Yes

Live near Arivaca or Ajo and need internet access in order to attend healthcare appointments or virtual classes?

Health Connect, a program of the Pima County library could be useful. You can reserve a private room with a computer and internet for virtual healthcare visits!

Available at the Caviglia-Arivaca Library and Salazar-Ajo Library.

<https://www.library.pima.gov/news/introducing-health-connect-at-two-libraries/>

TRIBAL COMMUNITY RESOURCES

Tucson Indian Center

The Tucson Indian Center is open to the public and serves all Native American and Alaska Native people regardless of tribal heritage. A variety of programs are offered across their three departments: Social Services, Health Services and Wellness Services.

160 N Stone Ave, Tucson, AZ 85701

Hours: Mon-Fri 8 a.m. to 5 p.m.

Website: <http://ticenter.org>

Phone number: (520) 884-7131

Cost: Free, however please note eligibility varies by type of program. Most services require proof of tribal enrollment and Tucson residency. Some Programs have income or other criteria.

Bilingual: No

Tohono O'odham Family Support Coordination

Provides short-term, individualized family-level referrals and connections to support families with young children (0-5) living on the Tohono O'odham Nation access and engage with timely and efficient services to meet their needs.

Phone number: (520) 383-6124

Cost: Free

Bilingual: No

Concerned about your child's development?*

You know your child best. Don't wait.

*All children develop differently, paying attention to your child's unique development can help identify if extra supports could be helpful



My child's caregiver or I am concerned about my child's development and growth.



My child's pediatrician or healthcare provider is concerned about my child's development.



My child's school, teacher or childcare provider is concerned about my child's development.

WHAT SHOULD I DO?

For ages birth to 33 months old

Contact: Arizona Early Intervention Program (AZEIP)

<https://azeip.azdes.gov/AzEIP/AzeipRef/Forms/Categories.aspx>

Call 1-888-592-0140 or

Email: AzEIP.Info@raisingspecialkids.org

For ages 34 months to 5 years old

Contact: Your local school district special education or Child Find

office by visiting:

www.azed.gov/specialeducation/az-find/

Or call: **AZ FIND Coordinator, Becky Raabe**
(928) 637-1871

Email: Becky.Raabe@azed.gov

MY CHILD HAS DIFFICULTY WITH:

- Speaking clearly:** I understand, but others do not.
- Hearing:** Does not respond to their name, or when others speak to them.
- Walking/Running:** Falls/Trips frequently.
- Feeding self:** Uses fingers/hands and does not use spoon.
- Toileting:** Not potty-trained, not interested in toileting, avoids toilet, or refuses to use it.
- Lack of Interest:** Is not interested in playing with toys, plays with toys in a different way than other children, does not play with other children.
- Does not follow parent's/adult's instructions or classroom agreements **(social skills)**
- Does not dress self, or use toilet **(self-help skills)**
- Difficult to calm down when upset or agitated **(self-regulation)**
- Does not scribble/draw, does not play with small blocks or small toys **(fine motor skills)**
- Does not jump, climb on playground equipment **(gross motor skills)**

CDC's Developmental Milestones:

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

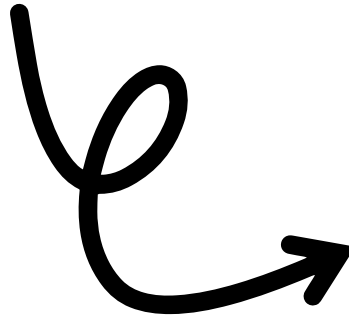
Pima County Family Resource Guide



Are you a parent or caregiver of a young child?

The Pima County Family Resource Guide lists many free resources available to you, your child and your family.

Scan this QR code to access the guide



Share this with others!

