



FIRST THINGS FIRST



South Pima Family Resource Guide

“Linking Southern Arizona to Family Support Resources”



First Things First (FTF), approved by Arizona voters, works to ensure that our youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed. Across the state, FTF regional partnership councils – in collaboration with local leaders – identify the educational and health needs of children from birth through age 5 in their communities and fund strategies to address those needs. ***The following is brought to you by the South Pima Coordination of Services strategy.***

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CHILD CARE RESOURCES FOR FAMILIES IN NEED OF CHILD CARE

1. **Child Care Resource & Referral:** Provides free information about available child care by zip code, resources, and referrals for families with children birth to five years of age. Call (800)308-9000, or visit www.azchildcare.org
2. **Quality First Scholarships:** The scholarships were designed to promote the continuity of care, which is one of the most important factors in the healthy development of young children. Scholarships support families who are employed, seeking employment or who are improving their skills by participating in training or education to better compete in the market place and who wish to give their children an educational boost. For assistance, contact Valley of the Sun United Way at (602)240-6325, or visit <http://qualityfirstaz.com/providers/scholarships/>
3. **Arizona Head Start Association:** Provides a wide range of services to enrolled children and their families under the general categories of education, health, nutrition, and social services. Call (520)882-0100 or visit <http://www.azheadstart.org/head-start-programs.php> or <http://www.childparentcenters.org/>
4. **Arizona Department of Economic Security:** Provides resources in Child Care, Child Safety, Elder Care, and Subsidy. Promotes the safety, well-being and self-sufficiency of children, adults and families. Call (520)638-2000 or visit <https://des.az.gov>
5. **Department of Health Services:** Promotes and protects the health of Arizona's children and adults. Its mission is to set the standard for personal and community health through direct care, science, public policy and leadership. To look up child care facility center or small group home call (520)628-6541, or visit <http://www.azdhs.gov>
6. **Arivaca Action Center:** A non-profit offering early child care and community programs for the greater Arivaca community. Call (520)591-0852 or visit: www.arivacaactioncenterinc.blogspot.com/

PROGRAMS FOR CHILD CARE PROVIDERS

1. **Child & Family Resources, Incorporated:** Offers different programs for child care professionals. Call (520)881-8940 or visit www.childfamilyresources.org/
2. **Easter Seals Blake Foundation:** Has been serving disabled and disadvantaged individuals and their families throughout Southern Arizona. Call (520)327-1529 or visit <http://www.easterseals.com/blakefoundation/our-programs/childrens-services/childcare-training.html>
3. **United Way's Early Childhood Partnership of Southern Pima County:** Offers regular networking/professional development for all early child care professionals in South Pima County. Call Kristian Quihuiz (520)392-8076 or email kquihuiz@unitedwaytucson.org
4. **Quality First:** Quality First partners with child care and preschool programs across Arizona to improve the quality of early learning for kids birth to 5. Quality First is a signature First Things First strategy to measure and improve the quality of early care and education settings in Arizona, as well as to provide information to assist families to select quality care for their young children. Contact Quality First at qualityfirst@azftf.gov or call (602)771-5000 or toll free at 1-877-803-7234. To apply visit: <http://www.azftf.gov/WhatWeDo/Programs/QualityFirst/Pages/WebMain.aspx?PageId=F835C6214FB64DEBB6FC63C459F6F660>
5. **United Way of Tucson and Southern Arizona Great Expectations for Teachers, Children, and Families:** Series of Professional Development classes offered monthly by various agencies focused on Early Childhood Education provided for early childhood professionals of children birth to five years of age not yet in kindergarten. For more information contact Silvia Salcido at ssalcido@unitedwaytucson.org or call (520) 903-3980

CHILD & PARENT PLAY PROGRAMS

1. **Active Kids:** Fun things to do with kids and family <http://www.activekids.com>
2. **The Parent Connection:** Offers various (FREE) stay & plays throughout the County, including Sahuarita, Three Points, Ajo, Arivaca, and Amado. Call (520)321-1500 or visit www.theparentconnectionaz.org
3. **Town of Sahuarita/Parks and Recs:** Sensory Playtime. The Sensory playground is available Monday through Friday 8:00 am – 5:00pm. All children must be accompanied by a parent or guardian. Located at Anamax Park 17501 S. Camino de las Quintas, Sahuarita, AZ. Call (520)445-7850 or visit <https://sahuaritaaz.gov/197/Parks-Recreation>

HEALTH CLINICS & ACCESS TO HEALTH PROGRAMS

1. **United Community Health Centers:** Serving Amado, Arivaca, Three Points, Vail and Green Valley. Services include Family Practice, Women’s Health, and Dental Services. Services vary by site. Contact (520)407-5600 for more details or visit <https://uchcaz.org/>

All sites have counselors to help persons apply for coverage under the Affordable Care Act.

2. **El Rio Health Center:** Call (520)792-9890 or visit: <http://www.elrio.org/for-patients/locations/>
3. **Pima County Health Department:** Clinics & Neighborhood Service listings are available. Call (520)724-7770 or visit <https://www.webcms.pima.gov/health>
4. **Pima County Health Department - Child Care Health Consultant Program:** Child Care Health Consultants (CCHC) are specially trained health professionals who work directly with child care providers in child care centers and homes. Call (520)724-2206 or visit <http://webcms.pima.gov/cms/one.aspx?portalId=169&pageId=839>
5. **Home watch Care Givers:** Offers an array of affordable services customized for people of all ages; they care for children, but also helps elderly parents, a mentally challenged young adult, or a spouse after surgery. Call (520)282-4088 (520)214-5929 (520)214-6271 or visit www.homewatchcaregivers.com/metro-tucson

6. **Care More:** The CareMore Care Center is a care model for pro-active, integrated health, which redefines the way senior health care is delivered. Call (520)791-7300 or visit www.caremore.com
7. **Pima County Access Program.** A not-for-profit organization that provides access to professional health care at discounted prices that the uninsured can afford. Call 520-309-2920 or visit www.mypcap.org
8. **Tucson Nurse Family Partnership:** A voluntary program for first time moms. A registered nurse will visit you in your home throughout your pregnancy and up until your baby is 2 years old at no cost to you. To qualify for the program, you must be pregnant with your first child, be less than 28 weeks pregnant, meet the low-income requirements, and live within the service area. Call (520)881-0001 or visit programs at www.casadelosninos.org
9. **Health Insurance Marketplace:** Get assistance regarding insurance options. Call (800)318-2596 or visit www.coveraz.org for the nearest location.
10. **Arizona 2-1-1, Get Connected, Get Answers:** Community information and referral services. Resources for all Arizonan's to be easily connected to available health and human services in their communities. Call (877)211-8661 or visit <https://211arizona.org/pima/>

OTHER HEALTH SERVICES: ORAL HEALTH, MENTAL HEALTH & NUTRITION PROGRAMS

1. **First Smiles Matter:** A prevention and early intervention program to address the oral health issues of young children and pregnant women. Call (520)724-7902 or visit: http://webcms.pima.gov/health/preventive_health/oral_health
2. **Women, Infants and Children Program (WIC):** Free nutrition and breastfeeding program that provides food and help the whole family learn about eating well and staying healthy. Call Arizona WIC helpline: 1(800)252-5942 (520)724-7777 or visit www.azwic.gov or http://webcms.pima.gov/health/preventive_health/women_infants_and_child_program/

3. **Community Food Bank of Southern Arizona:** For a complete listing of all food banks, call (520)622-0525. Food Box Distribution: www.communityfoodbank.org/Get-Help
4. **ReSources Vail:** Our focus is to provide food, clothing, school supplies and all the essentials necessary for the health and wellbeing of our Vail, Corona de Tucson, Rita Ranch, Civano and southeast Tucson neighborhoods, improving the ability of families to achieve self-sufficiency. Call (520)879-1240 or visit www.resourcesvail.org
5. **Healthy Families:** Offers individual and family centered services in your home for about an hour per week to discuss pre-natal and child development information; health & safety information; available to expectant or parenting families with children age birth to five years old. Call (520)321-3754.
6. **National Alliance on Mental Health (NAMI) of Southern Arizona:** a non-profit, grassroots organization providing no-cost advocacy, education, and support to all those affected by mental illnesses. Call (520)622-5582 or visit www.namisa.org
7. **Easter Seals Blake Foundation:** Programs provide support in the areas of health, parenting, child abuse and neglect, child development and early education, mental health & disabilities. Call (520)449-8555 or visit www.easterseals.com/blakefoundation/
8. **United Community Health Center, Dental for Children:** For details and coverage requirements call (520)407-5617 or visit <https://uchcdental.org/>
9. **Diaper Bank of Southern Arizona:** Parents without sufficient resources often allow children to wear diapers for too long during the day, or try to clean and reuse disposable diapers, putting children at risk for staph and other infections. For information call (520)325-1400 or visit www.diaperbank.org
10. **Postpartum Support International – AZ Chapter - Services for Postpartum Depression:** This is a volunteer supported phone line for mothers and families. Phone support related to pregnancy and postpartum emotional adjustments is provided 7 days/week between 9 a.m. and 8 p.m. This is not a hotline or emergency system. Call 1(888)434-6667 Website <http://www.psiarizona.org>
11. **Pregnancy & Breastfeeding Hotline/Baby Arizona:** Hotline for questions regarding pregnancy and breastfeeding. Call (800)833-4642

PARENTING & FAMILY SUPPORT PROGRAMS

1. **Birth to Five Helpline:** Operated by Southwest Human Development, is Arizona's FREE helpline for parents, families and caregivers of children ages birth to five. The Helpline is answered by early childhood development specialists. Callers are able to access support as needed from wide range of early childhood professionals including psychologists, registered nurses, early literacy specialists, and occupational, speech/language and physical therapists. Call (877)705-KIDS (5437) or (602) 266-5976 or visit <https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

The Fussy Baby Program provides telephone support for parents with babies who cry excessively during their first months of life. Helpline is staffed Monday through Friday 8am to 8pm. The Helpline is bilingual.

2. **Southern Arizona Family Support Alliance:** www.familysupportalliance.org or call (520)624-9290. For information on community based parent education classes, visit www.pimaparenting.org
3. **Parent Aid:** Child Abuse Prevention Center (520)798-3304, (877)211-8661 help line or visit www.parentaid.org
4. **Tu Nidito Children and Family Services:** Provides comfort, hope and support for children and families whose lives have been impacted by a serious medical condition or death. Call (520)322-9155 or visit www.tunidito.org/
5. **Teen Outreach Pregnancy Services (TOPS):** Provides teen specific pregnancy, childbirth, & parenting educational support, so teens and families can experience a positive outcome. Call (877)882-2881 or visit www.teenoutreachaz.org/
6. **Pima County Parenting Coalition (PCPC):** Are you looking for parenting information? Call (520)724-9721 or visit: www.pimaparenting.org
7. **Casa de los Niños:** Offers a variety of programs designed to prevent child abuse and to care for abused children. Call (520)624-5600 or visit www.casadelosninos.org/
8. **Parents as Teachers:** Through Strong Families Arizona, Parents as Teachers serves families with education resources that emphasize that parents are the first and most important teacher. Call (520)545-3650, or visit www.strongfamiliesaz.com/programs/parents-as-teachers

9. **Amphitheater Parents as Teachers:** Early childhood program within Amphitheater Public School District offering home-based parent enrichment to prepare their children for kindergarten and beyond. Call (520)696-4095, or visit <http://www.amphi.com/Page/6888>
10. **United Way of Tucson and Southern Arizona's Financial Stability Partnership (FSP):** Is working to increase the number of individuals and families in Southern Arizona to live financially stable. The FSP works on a number of strategies to help individuals and families increase their income, build savings, and gain and sustain assets. The FSP and UWTSA help individuals and families link to the resources they need to become more financially stable. For more information call (520)903-3914 or visit www.unitedwaytucson.org
11. **University of Arizona College of Agriculture and Life Sciences, Family Engagement Program:** Parenting Classes, Dinner and Daycare. Various classes offered and Coop Extension will travel to you. Contact Diane Manzini at (520)621-0921 or email at dianem1@email.arizona.edu
12. **Pilot Parents of Southern Arizona:** Committed to providing encouragement and support to families who have children with special needs. Call (520)324-3150, email at ppsa@pilotparents.org or visit <http://pilotparents.org/>

GRANDPARENTS RAISING YOUNG CHILDREN

1. **Kinship, Adoption Resource and Education (KARE) Family Center:** Provides services in foster and kinship care in Tucson for relatives and non-relatives caring for youth. Includes support groups for grandparents education forums on court processes and community resource referrals. Call (520)323-4476 or visit <https://www.casey.org>
2. **Pima Council on Aging:** Provides one-to-one consultation for caregivers. Caregiver Specialists are experienced master's level social workers who provide individuals and families with expert guidance and support. They assist in examining options, locating resources, and helping caregivers maintain their own health while providing care to their loved one. Call (520)790-7262 or visit www.pcoa.org

3. **Casa Community Services by Posada Life:** Provides care for older adults as well as an accredited child care program. Intergenerational programs bring these two groups together for everyone's pleasure and benefit. Call (520)648-8131 or visit: www.casagv.org/

LITERACY PROGRAMS

1. **Make Way for Books:** Promotes early literacy in limited resource areas of Tucson & Southern Arizona by providing young children an opportunity to fall in love with books & reading. Call (520)398-6451 or visit www.makewayforbooks.org
2. **Pima County Library Bookmobile:** Provides monthly library service to citizens of all ages who live in outlying areas of Pima County. The bookmobile carries over 2,500 materials/books and loans approximately 17,000 items annually. Call (520)594-5415, (520)791-4010 Info-line or visit www.pima.bibliocommons.com/events/
3. **Literacy Connects:** Is a Tucson nonprofit serving children and adults through literacy and arts programming that creates a solution. From reducing unemployment and poverty to increasing economic growth and opportunity. Call (520)882-8006 or visit www.literacyconnects.org
4. **Pima County Public Library:** Enriches lives and builds community through opportunities to learn, know, interact, and grow. Storytime is an opportunity for parents to introduce their children to reading and language in a fun way. At Storytime, children have an opportunity to do activities that promote development and learning. For hours and services provided call (520)791-4010 or visit www.library.pima.gov/locations
5. **Reach Out and Read Arizona Coalition (RORAZ):** Prepares America's youngest children to succeed in school by partnering with doctors to prescribe books and encourage families to read together. For more information call (602) 791-4010 ext. 407 with Morgan Anderson or email at morgan@azaap.org or visit, http://www.azaap.org/Reach_Out_and_Read

6. **Dolly Parton's Imagination Library:** Children 0 – 5 in eligible zip codes receive an age-appropriate book free in the mail each month. For more information about eligibility please call Fadila Castaneda (520)392-8201 fcastaneda@unitedwaytucson.org or visit www.imaginationlibrary.com
7. **READ ON Tucson & Sahuarita:** Join the Grade Level Reading Campaign to increase grade level reading by Third Grade in Arizona. For more information call Allison Titcomb at (520)903-3916 or visit www.unitedwaytucson.org
8. **Town of Sahuarita/Parks and Recs:** Free programs for children of all ages. Join us for stories, songs, arts, and crafts. Meeting dates: Mondays from 11:00 a.m. to 12:00 p.m. and Fridays from 11:00a.m. to 12:00 p.m.. 17501 S. Camino de las Quintas, Sahuarita, AZ. For information call: (520)445-7850 or visit http://sahuaritaaz.gov/197/Parks_Recreation

SERVICES FOR CHILDREN WITH SPECIAL NEEDS

1. **Easter Seals Blake Foundation:** The Children and Family Services Department of the Foundation provides many services to families and their children in seven Southern Arizona counties. Programs provide support in the areas of health, parenting, child abuse and neglect, child development and early education, mental health and children with a disability. Call (520)327-1529 or visit: www.easterseals.com/blakefoundation
2. **Arizona Early Intervention Program (AzEIP):** Is Arizona's statewide, interagency system of supports and services for infants and toddlers with developmental delays or disabilities and their families. It provides eligible children and their family access to services to enhance the capacity of families and caregivers to support the child's development. AzEIP Central Referral Line is toll-free (888)592-0140 or visit <https://des.az.gov/services/disabilities/developmental-infant>
3. **Child Find:** Identifies children with disabilities, aged birth through 21 who are in need of early intervention or special education services. Public schools and the Arizona Early Intervention Program (AzEIP) are responsible for finding eligible children. Call (928)637-1871 or your local school district's administration office.

4. **Sensory Playground:** available Monday through Friday 8:00 am to 5:00pm at Anamax Park in Sahuarita, AZ. All children must be accompanied by a parent or guardian. For information call (520)445-7850
5. **Pilot Parents of Southern Arizona:** Committed to providing encouragement and support to families who have children with special needs. All programs and services are offered free of charge without regard of the child's disability, age, family income, qualifying conditions or other eligibility factors. Call (877)365-7220 or (520)324-3150 or visit www.pilotparents.org
6. **Raising Special Kids:** Focuses on Parent to Parent Support, Parent Leadership and Advocacy, Partnership with Professionals, and Families of Diverse Language and Culture. Call (888)237-3007 or (520)441-4416 or visit www.raisingpecialkids.org

(Note: Phoenix based but, serves Pima County and Southern Arizona).

7. **Parent Outreach and Awareness-Building Blocks for Family Engagement Program:** A coalition of agencies providing family support services to families of young children, are implementing a comprehensive continuum of parenting education program to serve families and caregivers of children birth to five years of age in the southern region of Pima County. For more information contact Katy Gross kgross@unitedwaytucson.org or call (520)903-3908

OTHER RESOURCES: ADVOCACY AND EDUCATION

1. **United Way of Tucson & Southern Arizona:** Transforms individual lives and brings long-lasting, systemic change to our community by focusing on the key, underlying issues. We fight for quality education, financial stability and healthy communities for every person in Tucson and Southern Arizona. (520)903-9000, www.unitedwaytucson.org

Regional Connections Office: Located in Green Valley, works under state and local grants. Its goal is to build a better community for all by connecting people to information and resources. Call (520)392-8200 or visit www.unitedwaytucson.org/Greenvalley

2. **Children's Action Alliance (CAA):** Kids can't speak out for themselves but YOU can help make their voices heard through Children's Action Alliance! Children's Action Alliance is an independent voice for Arizona children at the state capitol and in the community. CAA works to improve children's health, education and security through information and action. For more information call (520)329-4930 or visit www.azchildren.org
3. **Southern Arizona Association for the Education of Young Children (SAzAEYC):** The purpose of SAzAEYC is to serve and act on behalf of the needs, rights and well-being of all young children. Standing for quality education or developmental experiences for children, teachers and family. Arizona Association for the Education of Young Children serves young children, their families and stakeholders in the community through: Advocacy and leadership; High quality early care and education; and professional development and collaboration. Call (520)777-0867 or visit www.sazaeyc.org
4. **Kaity's Way:** Was formed in honor of Kaitlyn Marie Sudberry and exists to promote the importance of safe, healthy teen dating relations and educate the community on issues related to bullying and youth dating violence. Call (602) 740-2734 or visit www.kaitysway.org.
5. **Pima Community College:** Center for Early Childhood Studies offers coursework for transfer, direct employment and certification. For more information call (520)206-5245, (520)206-4500 or visit <https://www.pima.edu>
6. **University of Arizona-College of Education:** Contact the College of Education at (520)621-1461 for information regarding earning a Bachelor's Degree in Early Education visit www.coe.arizona.edu
7. **Arizona Rural Human Services Network (ARHSN):** Network advocates for, and supports initiatives that will improve the social and economic life of people in need. Works to empower individuals with disabilities, low income persons, minority groups, and the elderly. For more information email arizonaruralhumanservicesnet@gmail.com
8. **First Things First:** Committed to supporting the healthy development and learning of Arizona's young children from birth to age 5. Their Vision is that all Arizona's children are ready to succeed in school and in life. For more information about programs, services, and 28 statewide Regional Partnership Councils, call (602)771-5100, (877)803-7234 or visit www.firstthingsfirst.org

9. **Arizona Department of Education:** Their goal is to support the work of administrators and teachers in their effort to make high-quality educational opportunities available to all students and to improve students' outcomes. Webinars and professional development available for educators and child care providers. Call (602)364-1530 or visit <http://www.azed.gov/ece/>
10. **Angels for Animals (aka: Dogpatch):** Tucson-based animal rescue in Summit, Arizona. Angels is a community outreach organization focused on immediate rescue and report of abandoned, abused, or deceased dogs. They assist animals in need and provide resident education. For more information call (520)490-5492, (520)461-9365 or visit: <http://www.angelsforanimalstucosm.com>
11. **Arizona Department of Child Safety:** Child abuse and neglect hotline. Call 1(888)767-2445 or visit <http://dcs.az.gov>
12. **Arizona Poison and Drug Information Center:** Helpline provides information on possible or medication ingestion, prevention as well as referral. Call 1(800)222-1222, 1(888)285-3410 <http://azpoison.com>
13. **Pueblo Community Clothing Bank:** Help those in need by supplying a free resource for clothes, household/hygiene products, and more. Visit 3500 S. 12th Ave, Tucson AZ, Call (520)225-4475
<https://www.facebook.com/PuebloClothingBank/>
14. **Amphi Foundation Clothing Bank:** Founded over 25 years ago by teachers to lend dignity to families in need by providing quality used clothing in a clean and caring environment. Visit 3335 N. Stone Avenue (behind Amphitheater High School) Call (520)696-5147 <http://www.amphifoundation.org/amphi-foundation-clothing-bank/>
15. **New Life Pregnancy Center:** Some of the assistance available includes children's and baby clothing, crisis pregnancy hotlines, counseling, pregnancy testing, free diapers and baby clothing. May have materials assistance for newborns. 1779 N. Alvernon Way, Tucson, AZ 85712. Call (520)795-7541 for hours.