University of Arizona
Women’s Center of Excellence
REACH
Resource List

Health Care:
Arizona Well Woman Health Check @
(St. Elizabeth’s, Theresa Lee, El Pueblo Clinic)

St. Elizabeth’s Health Center
140 W. Speedway Blvd., Ste. 100
Tucson, AZ 85705
Phone: 520-628-7871
Registration: Mon–Fri 8am–11am & 1 pm–4 pm
Documents required: Picture Identification, 30 days Income, Utility Receipt
Fees: are determine by a sliding scale based on the household’s income

Theresa Lee Health Center
332 S. Freeway Ave.
Tucson, AZ 85745
Phone: 520-628-3591
Hours: Mon–Fri 8am–5pm
Fees: Services to women over 40 years of age; no insurance or AHCCCS; Must meet 200% poverty guidelines

El Pueblo Clinic
101 W. Irvington Rd. Bldg. 3C
Tucson AZ, 85714
Phone: 520-573-0096
Fax: 520-741-8818
Hours: Mon Tue Thu 8am–5pm; Wed 8am-5pm; Fri 9am–5pm
Physician: Judy Duran, M.D. (Spanish speaking)
Fees: Sliding fee scale to income eligible; AHCCCS, KidsCare, PCAP, private insurance

Clinica Amistad - Centro del Sur
South 10th and 27th
Tucson, AZ 85706
Phone: 520-237-5434
Hours: Mon Evening 5pm–9pm – by appointment only
Fee: Free Services
Primary Health Care, Counseling, Alterative Medicine, Bio Touch, Acupuncture, Prescriptions (at low cost)
Contact Person - Elisa

St. Elizabeth’s Health Center
140 W. Speedway Blvd., Ste. 100
Tucson, AZ 85705
Phone: 520-628-7871
Registration: Mon–Fri 8am–11am & 1 pm–4 pm
Documents required: Picture Identification, 30 days Income, Utility Receipt
Fees: are determine by a sliding scale based on the household’s income

@ Three Sites:
St. Elizabeth’s Health Center
St. Elizabeth’s at Santa Rosa
St. Elizabeth’s at Flowing Wells

Hours: Mon–Fri 8am-5pm
Fees: are determine by a sliding scale based on the household’s income

Registration: Mon–Fri 8am–11am & 1pm–4pm
Eligibility: Picture Identification, 30 days Income, Utility Receipt

El Rio - Southwest (Midvale) Clinic
1500 W. Commerce Court
Tucson, AZ 85746
Phone: 520-670-3909
Fax: 520-884-9287
Phone(eligibility dept.): 520-806-2647
Hours: Mon-Thur 8am-4pm; Fri 9am-4pm
Fees: Sliding fee scale, AHCCCS, KidsCare & private insurance accepted

El Rio - Congress Clinic
839 W. Congress Street
Tucson, AZ 85745
Phone: 520-670-3909
Fax: 520-884-9287
Hours: Mon–Thu 8am–4pm; Fri 9am-4pm
Fees: Sliding fee scale, AHCCCS, KidsCare & private insurance accepted

El Rio OB/GYN Associates
225 W. Irvington RD.
Tucson, AZ 85714
Phone: 520-884-7304
Fax: 520-884-9287
Hours: Mon-Thu 8am-4pm, Fri 9am-4pm
Fees: Sliding fee scale to income eligible; AHCCCS, KidsCare, Medicare & private insurance
Physician: Annette Hernandez, M.D. (Spanish speaking)
Physician: Lily Jordan, M.D. (Nurse speaks Spanish)

El Rio OB/GYN Associates
Southwest Clinic
1500 Commerce Court
Tucson, AZ 85714
Phone: 520-806-2606
Fax: 520-884-9287
Hours: Mon-Thu 8am-4pm, Fri 9am-4pm
Fees: Sliding fee scale to income eligible; AHCCCS, KidsCare, Medicare & private insurance
Physician: Annette Hernandez, M.D. (Spanish speaking)
Physician: Lily Jordan, M.D. (Nurse speaks Spanish)
El Rio - Norwest Clinic
330 W. Prince Rd.
Tucson, AZ 85705
**Phone:** 520-670-3909
**Fax:** 520-884-9287
**Hours:** Mon-Thu 8am-4pm, Fri 9am-4pm
**Fees:** Sliding fee scale to income eligible; AHCCCS, KidsCare, Medicare & private insurance

El Rio – Pascua Yaqui Clinic
7490 S. Camino de Oeste
Tucson, AZ 85746
**Phone:** 520-670-3909
**Fax:** 520-884-9287
**Hours:** Mon-Thu 8am-4pm, Fri 9am-4pm
**Fees:** Sliding fee scale to income eligible; AHCCCS, KidsCare, Medicare & private insurance

**HEALTH CARE: IMMUNIZATIONS**

Pima County Health Dept. (immunizations)
South Office
175 W. Irvington Rd.
**Phone:** 520-889-9543
**Hours:** Tue 1pm–4pm, 4th Tuesday of each month 1-6 p.m.
-Free vaccines provided by the state for children ages birth to 18.
-A $15.00 fee is charged to administer vaccine, but if can’t pay fee, a cash donation of $5.00 or $10.00 is requested. If unable to pay either, fee can be waived.

Pima County Health Department
3950 S. Country Club Rd. #1340
Tucson, AZ 85714
**Phone:** 520-243-7772 / 520-294-9087
**Fax:** 520-791-0366
**Services:** Disease Control, Public Health Nursing, Mobile Health Services, Family Planning, Community Nutrition, Tobacco Free Ways, Consumer Health and Food Safety, Vital Records.

**HEALTH CARE – FAMILY PLANNING**

Pima County Health Department - Family Planning
3550 N. First Ave., #300
Tucson, Az 85719
**Phone:** 520-887-0715
**Hours:** Mon-Fri 8am-5pm
**Fees:** Fees are based on sliding scale fee
**Services:** For women and men and teens of childbearing age who need birth control

Family Planning -South Office
175 W. Irvington Rd.
Tucson, AZ 85714
**Phone:** 520-294-2026 / 520-889-9543

Family Planning – North Office
3550 N. 1st Ave.
Tucson, AZ 85719
**Phone:** 520-889-9543
Family Planning – East Office
6920 E. Broadway Blvd.
Tucson, AZ 85710
**Phone:** 520-298-3888

**PUBLIC ASSISTANCE:**

**Department of Economic Services**
South central office
195 W. Irvington
Tucson, AZ 85714
**Phone:** 520-741-9751

**Department of Economic Services**
Southwest office
3000 W. Valencia, Suite #218
**Phone:** 520-578-8456

**Arizona Health Care Cost Containment System (AHCCCS)**
801 E. Jefferson St.
Phoenix, Arizona 85034
**Phone:** 800-645-8713
**Email:** Application Help@azahcccs.gov
**Hours:** Mon-Fri 8am-5pm
**Website:** www.azahcccs.gov
**Fees:** Doctor visit co-payment: $0-5, prescriptions: 0-$10
**Eligibility:** Pregnant women and children ages 1-5 whose household income is below 133% of Federal Poverty Guidelines; ages 1 & younger with household income below 140%; Children 6-19 household income 100%; Parents living with eligible children with household income below 200% of federal poverty guidelines.

**AHCCCS – Baby Arizona**
700 E. Jefferson St., #100
Phoenix, AZ 85034
**Phone:** 800-833-4642
**Fees:** co-payments
**Eligibility:** Pregnant women with income below 133% of Federal Poverty Guidelines

**AHCCCS – KidsCare-Sate Children’s Health Insurance Program**
01 E. Jefferson St.
Phoenix, AZ 85034
**Phone:** 877-764-5437
**Fax:** 602-417-5472
**Hours:** Mon-Fri 8am-5pm
**Fees:** Monthly premiums range $10-$35

**AHCCCS - Medicare Programs**
110 S. Church Ave. #5132
Tucson, AZ 85701
**Phone:** 520- 805-8600 / 800-962-6690
**Fax:** 520-205-8709
**Hours:** Mon-Fri 8am-5pm
Arizona CoppeRX Card
Phone: 888-227-8315

Medicare and Medical Savings
Phone: 800-633-4273

Miscellaneous Resource
PCAP (Pima Community Access Program)
Phone: 520-694-0418
Provides access to professional health care at discounted prices the uninsured can afford.
www.pcap.cc

Ventanilla de Salud - Consulado de Mexico
Inputs information using Healthy Arizona Eligibility System for Health Care
553 S. Stone Avenue
Tucson, AZ 85701
Phone: 520-882-5595 ext. 122
Contact Person - Alma Casteldeoro

Substance Abuse/Behavioral Health
Phone: 520-622-6000

Food and Nutrition
Food Stamps
Phone: 800-352-8401

Women, Infants, and Children (WIC)
Phone: 800-252-5942
(call 800 number for closest location)

Emergency Food
Phone: 800-445-1914

AZ Dept. of Education Child Nutrition Program
Phone: 800-352-4558

Community Food Bank
Value Food Store (inside food bank)
Phone: 520-622-0525
30-50% less than grocery stores

Emergency food box
Need picture ID or utility bill/rent agreement
Hours: Food boxes are given only on Tuesday, Wednesday, & Thursday 9 a.m.-3 p.m.
Only 2 boxes can be received in a month and must be 4 days apart from first pick up
Store takes: cash, debit, or food stamps
Bonus – if you spend $1.00 in store you qualify for bonus food items (free food items ex: vegetables, sodas, drinks, bread) items vary by day
Closed Mondays (Tuesday - Friday 9:00 a.m. - 4:30 p.m.) (Saturday 9:00 a.m.-1:30 p.m.)
**Children and Family Resources**

**Temporary Assistance for Needy Families**
**Phone:** 202-401-9275

**Head Start**
**Phone:** 800-308-9000 (for nearest location)

**KARE** (grandparent raising grandkids)
**Phone:** 520-323-4476

**Richey Wellness Center**
**TUSD – Title I**
2209 N. 15th Ave.
Tucson, AZ 85705
**Phone:** 520-225-2800

**Rose Wellness Center**
**TUSD – Title I**
710 W. Michigan Rd.
Tucson, AZ 85714
**Phone:** 520-908-4431
**Hours:** Mon-Fri 8am-5pm
Family Ed. Opportunities for TUSD parents
Neighborhood Coordinator/Promotora del Barrio Training for TUSD
Clothing and food bank

**Southwest Family Center**
**TUSD – Title I**
**Phone:** 520-908-3980
Family Ed. Opportunities for TUSD parents
Neighborhood Coordinator/Promotora del Barrio Training for TUSD
Clothing & Food Bank
RESOURCES/SUPPORT For CANCER SURVIVORS

Breast Cancer Boot Camp
3482 E. River Rd.
Tucson, AZ 85718
Phone: 520-546-1601
A program involving physical activity to help cancer survivors stay active.

Bag it! Cancer Support Group
7090 N. Oracle Rd.
Tucson, AZ 85704
Phone: 520-575-9602
Hours: Mon–Fri 8am–5pm
Provides support to individuals with cancer and their families on how to check out written and audio supplies on cancer.

American Cancer Society
1636 N. Swan Rd., Ste. 151
Tucson, AZ 85712
Phone: 520-321-7989
Hours: Mon–Fri 8:30am–5pm
The American Society of Cancer offers presentations for adults and teenagers on topics in cancer such as, solar effects on the skin, effects of tobacco use, breast cancer, prostate cancer, nutrition, prevention and general knowledge.

Susan G. Komen for the Cure
4560 E. Broadway Blvd., Ste. 201
Tucson, AZ 85711
Phone: 520-319-0155
Hours: Mon–Fri 9am–4pm
Help line 7 days a week, 24 hours a day
The Komen foundation brings in funds for the investigation of cancer, informational and educational events. They offer resources on health and breast cancer in English and Spanish.
Commenci “A Specialty Boutique”
2860 W. Ina Rd.
Tucson, AZ 85741
Phone: 520-297-4537
Hours: Tues-Fri 9am-5pm
-Accessories for women who have lost their hair through chemotherapy

YWCA
525 N. Bonita Ave.
Tucson, AZ 85745
Phone: 520-884-7810
Hours: Mon–Fri 8am-5pm
YWCA provides education on health to aid in the detection of breast cancer. YWCA offers transportation services for support groups, appointments, treatment, wigs and/or prosthesis.

SUPPORT FOR DOMESTIC VIOLENCE/SEXUAL ASSAULT VICTIMS
Southern Arizona Center Against Sexual Assault/
Su Voz Vale
101 W. Irvington Rd.
Tucson, AZ 85714
Phone: 520-434-0195, 520-327-7273, 1-800-400-1001
Hours: Monday – Friday 8 a.m. – 5 p.m.
(7 days, 24 hrs Crisis Line)
Fee: Free Services
Appointments are preferred but walk-ins are available
Services for victims with history of sexual abuse
Free therapy for clients with no AHCCCS or private insurance
Crisis intervention
Sexual violence prevention program for schools 6-12 grade
Family Focus
Cafecitos: in Spanish for ages 18 and over; Wed 10:30am–12:30pm

EMERGE Center Against Domestic Abuse (Old Brewster Ctr.)
Tucson Centers for Women and Children, Inc.
2711 E. Broadway Blvd.
Tucson, AZ 85716
Phone: 520-881-7201
Hours: Mon–Fri 8am–5pm; outreach 7 days 24 hrs.
Fees: if any; non for shelter and advocacy services, sliding fee scale for counseling
Spanish available:
Phone: 520-746-1501

Our Town Family Center
3830 E. Bellevue, Tucson, AZ 85716
Phone: 520-323-1708
Hours: Mon–Fri 9am–5pm
(Crisis line 7 days, 24 hrs)
Provides crisis intervention, family counseling, programs on child assault, domestic violence and date rape. Also offers shelter and transitional independent living to youth.
Rape Crisis Services
Phone: 520-327-1171

FINANCIAL ASSISTANCE/HOUSING & UTILITIES

Low Income Home Energy Assistance (LIHEAP) 800-582-5706
Federal Housing Assistance 702-384-1744
Local Housing Assistance 520-791-4171
Utility Discounts 800-582-5706
Travelers Aid of Tucson 520-622-8900
Tucson Urban League 520-791-9522

Housing Assistance (Section 8)
1700 E. Fort Lowell Rd., Ste. 102
Tucson, AZ 85719
Phone: 520-318-0993
Hours: Mon–Fri 8am–5pm

Federal Earned Income Tax Credit
Phone: 800-829-3676

Debt/Credit Counseling
Phone: 800-362-3610

Catholic Community Services of Southern AZ
Phone: 520-388-9153

Pio Decimo
848 S. 7th Ave
Tucson, AZ 85706
Phone: 520-624-0551
Hours: 8am–5pm

Chicanos por la Causa
200 N. Stone
Tucson, AZ 85701
Phone: 520-882-0018
Offers bilingual services in the area of housing and community development;
Employment and training; education and youth leadership; economic development

Environmental Services - Low Income Assistance
Phone: 520-791-3171

Primavera Foundation
702 S. 6th Ave
Tucson, AZ 85701
**Phone:** 520-623-5111
**Hours:** Mon–Fri 8am–5pm Offers housing for homeless women. The program includes a drop-in Center for women only - In transitional housing for up to nine women.