

THE WHALE FOUNDATION

Community Resource Directory for Northern Arizona

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PO Box 855
Flagstaff, Arizona 86002
www.whalefoundation.org

Please contact the Whale Foundation (whale@whalefoundation.org) if there are additional resources that you would like us to include in this directory.

Northern Arizona Resources for Mental Healthcare and Alcohol and Substance Abuse Treatment

If you are experiencing a medical emergency please call 911 immediately.

The Whale Foundation

P.O. Box 855

Flagstaff, Arizona 86002-0855

Toll Free On Call Help Line: 1-877-44WHALE (1-877-449-4253)

Business: 928-774-9440

Web: www.whalefoundation.org

Email: info@whalefoundation.org

Please call the Help Line for a referral.

Flagstaff AA

Flagstaff Intergroup Central Office

P O Box 31205

Flagstaff, AZ 86003

Phone: 928-779-3569

Site: www.flagstaffaa.org

Email: webservant@flagstaffaa.org

Emergency Hotline: 928-779-3569 - 24 hours a day, 7 days a week

The Flagstaff Central Office phone number is 928-773-1080 and business hours are: Saturday, Tuesday, Wednesday from 11 pm to 2 pm, Thursday from 4 pm - 7 pm and Friday 11 pm - 2 pm & 4 pm - 7 pm. The office is located at 2102 E. Third Avenue between Main St. and First St. in East Flagstaff.

*See meeting schedule on page 6.

Flagstaff Al-Anon/ACA

PO Box 31167

Flagstaff, AZ 86003

928-214-6080 – leave a voice mail message and your call will be returned shortly

www.al-anon.az.org

*See meeting schedule on page 8.

Flagstaff Medical Center Behavioral Health Services

FMC's Behavioral Health Services provides inpatient and outpatient mental health and substance abuse services. The medical staff and a multidisciplinary team of mental health professionals provide 24-hour medical care and supervision. Confidential, comprehensive assessments and consultations are available 24 hours a day, seven days a week in the FMC Emergency Dept.

Outpatient Services: FMC's Behavioral Health Services offers a program known as an Intensive Outpatient Program, or IOP. The program is innovative, holistic and effective in treating persons with addictions problems. While in the program, individuals continue their daytime activities, such as work and school, while attending the program in the evening. IOP addresses the physiological,

psychological, social and familial aspects of addiction. It includes the components of assessment, counseling, education and aftercare. Family members are strongly encouraged to attend some treatment sessions. Additionally, the IOP program strongly encourages participants to attend 12 step or other support groups as part of their treatment. Intensive Phase: Monday, Tuesday, Thursday, 6 – 9 p.m. Aftercare Phase: Available for four sessions, up to six months.

- Individual, couples and family therapy for all ages
- Psychological testing
- Competency evaluations
- Intensive Outpatient Program for Chemical Dependency
- Problem gambling treatment
- DUI evaluations

Inpatient Services (Adult/Adolescent):

- Mental health/chemical dependency
- Alcohol/drug detox and referral
- Depression
- Suicidal/homicidal thoughts
- Medication stabilization and management
- Emotional/behavioral disorders
- Psychosis

Behavioral Health Services is located on the second floor of FMC's West Campus
1200 N. Beaver Street, Flagstaff 86001
To contact Behavioral Health Services, call 928-213-6300.

The Foundation House

A sober living house that helps men who want to recover from alcoholism. Limited space is available.
2410A E Route 66
Flagstaff, AZ 86004
Phone: 928-774-8845
Email: info@flagstafffoundationhouse.com

The Guidance Center

- Inpatient & Outpatient Services
- The Intensive Outpatient Program is offered to those adults aged 18 and over whose primary diagnosis is substance abuse or dependence.

Administration: Vickey Street Office - 2187 N Vickey St. Flagstaff, AZ 86004 Phone: 928-527-1899.
Toll Free 888-681-1899

Monday - Thursday 8:00AM to 8:00PM; Friday 8:00AM to 5:00PM

<http://www.tgcaz.org>

Outpatient Facility - 2695 E. Industrial Dr; Flagstaff, AZ 86004.

Phone: Adult 928-714-6450. Child 928-714-6452

Monday - Friday 7:00AM to 8:00PM

Narcotics Anonymous

Flagstaff Helpline Number 928-634-2119

<http://www.na.org/>

<http://www.arizona-na.org/>

*See meeting schedule on page 9.

NAMI

At the heart of NAMI's mission is our grassroots and the sharing of information with people with mental illness, their families, friends, mental health professionals, and the general public. NAMI strives to offer hope, reform and health to our American community through support, education, and advocacy efforts. Research is constantly providing new information about the brain and the nature of mental illnesses and, consequently, more effective treatments. Information is available about:

- Autism Spectrum Disorders
- Attention-Deficit/Hyperactivity Disorder
- Bipolar Disorder
- Borderline Personality Disorder
- Dissociative Disorders
- Dual Diagnosis and Integrated Treatment of Mental Illness and Substance Abuse Disorder
- Eating Disorders
- Major Depression
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder
- Schizoaffective Disorder
- Schizophrenia
- Seasonal Affective Disorder
- Suicide
- Tourette's Syndrome

Phone numbers: (928)214-2218 or (928)606-8328

Contact Barb Bartell at bbartell@tcusd.org or at (928)606-8328

Website: www.nami-flagstaff.org

Email: admin@nami-flagstaff.org

N.A.S.A.S.

The professionals at Northern Arizona Substance Abuse Services understand that people with substance abuse, addiction, domestic violence and other self-sabotaging problems are suffering on many levels. We believe that every client who comes to our agency is an individual with his or her own personal life experiences, strengths, problems and coping skills. We are dedicated to improving our clients' resources and skills, empowering them to choose life-affirming lifestyles and prioritize their own emotional and physical health and well-being. We welcome adults who seek out our services as well as those referred from other agencies. We provide supportive and informative individual and group services including:

- DUI/Substance Abuse Assessments
- Domestic Violence Screenings
- Substance Abuse/Danger of Drugs classes
- 16 hour DUI Classes
- Groups for people with Substance Abuse and Domestic Violence issues
- 6 week Anger, Self-Awareness, Accountability and Change (ASAAC) classes

2101 N. 4th Street - Suite #215

Flagstaff, AZ 86004

Toll Free: 888-552-0954. Phone: 928-773-9376

Fax: 928-773-1774

<http://www.nasasflagstaff.com>

Email: NASASFlag89@msn.com

Native Americans for Community Action Mental Health Program

This NACA Program strives to provide culturally appropriate opportunities to heal the mind, body and spirit. The goal of the program is to help individuals and families attain harmony and balance in their lives.

Outpatient services for youth and adults are offered both on an individual and group basis. Topics addressed in counseling include domestic violence, substance abuse, lifestyle management, self-esteem, coping skills, depression, grief, spiritual distress and many others.

Individual counseling: Clients are seen through individual appointments. After an initial assessment, a treatment plan is established with each client. Treatment goals and interventions are updated on an ongoing basis. Treatment continues as long as both counselor and client agree to it. There is no limit to the number of sessions.

Referrals: Clients who need services beyond the scope of the NACA Mental Health Program are referred to Indian Health Service psychiatrists, to other community agencies or to other mental health professionals as appropriate.

Fees: These services are \$30.00 for 1-3 session for Native Americans. Non-Native Americans can meet with the program director regarding fees.

1500 E Cedar #26
Flagstaff, AZ 86004
928-773-1245

Hours: M, W, and F: 8am-5pm; Tu and Th 8am-7pm

For more information, contact Martha Scranton, Mental Health Counselor/Director at mscranton@nacainc.org or call (928) 526-2968 ext. 16.

Please contact the Whale Foundation (whale@whalefoundation.org) if there are additional resources that you would like us to include in this directory.

AA MEETINGS

MEETING CODES

C = Closed meeting, alcoholics only
O = Open meeting, all are welcome
S = Spanish Speaking meeting
Sp. = Speaker Meeting
BB = Big Book study meeting
S/T = Step/Tradition study meeting

NOTE: Meetings at the Amtrak Station are not accessible to persons with disabilities. All other locations are accessible.

FLAGSTAFF

Monday

6:45 a.m. Early Birds Nativity Rectory (O)
10 a.m. Morning After Nativity Rectory (O)
12 p.m. Non-ers Nativity Rectory (O,S/T)
12 p.m. High Nooners Flagstaff Alano Club (O)
5:30 p.m. Happy Hour Amtrak Station (O)
5:30 p.m. Emotional Sobriety 1st Congregational Church (O)
6 p.m. Beginners/Sunset Flagstaff Alano Club (O)
7 p.m. Westside Smokeless* Federated Church (O)
8 p.m. Monday Night Blues Flagstaff Alano Club (O, Sp)
***every fourth Monday potluck @ 6 p.m. speaker @ 7 p.m.**

Tuesday

6:45 am Early Birds Nativity Rectory (O)
10:00 am Morning After Nativity Rectory (O)
12:00 pm Non-ers Nativity Rectory (O)
12:00 pm High Nooners Flagstaff Alano Club (O)
5:30 pm Happy Hour Amtrak Station (O)
5:30 pm Westside Beginners Federated Church (O)
6:00 pm Beginners/Sunset Flagstaff Alano Club (O)
6:00 pm BYOBB Freedom House (C, W, BB)
7:00 pm Grupo Serenidad NASAS (O, S)
7:00 pm 11th Step (Meditation) Info @928-699-0960
7:30 pm Central Group Epiphany Church (O)
8:00 pm Back to Basics Flagstaff Alano Club (O, BB)

Wednesday

6:45 am Early Birds Nativity Rectory (O)
10 am Morning After Nativity Rectory (O)
12 pm Non-ers Nativity Rectory (O, BB)
12 pm High Nooners Flagstaff Alano Club (O)

4/18/2010

5:30 pm Happy Hour Amtrak Station (O)
6 pm Sunset Group Flagstaff Alano Club (O, Sp.)
6:30 pm S. Intertribal Group Thorpe Adult Center (O)
7 pm Young People's Mtg. Amtrak Station (O)
7:30 pm Women's Solution Flagstaff Alano Club (O)
7:30 pm Do The Steps or Die Foundation House (O)

Thursday

6:45 am Early Birds Nativity Rectory (O)
10:00 am Morning After Nativity Rectory (O)
12:00 pm Non-ers Nativity Rectory (O)
12:00 pm High Nooners Flagstaff Alano Club (O)
5:30 pm Happy Hour Amtrak Station (O)
6:00 pm Sunset Group Flagstaff Alano Club (O)
7:00 pm 11th Step (Meditation) Amtrak Station (O)
8:00 pm Just for Today Flagstaff Alano Club (O)

Friday

6:45 am Early Birds Nativity Rectory (O)
10 am Morning After Nativity Rectory (O)
12 pm Non-ers Nativity Rectory (O)
12 pm High Nooners Flagstaff Alano Club (O)
5:30 pm Happy Hour Amtrak Station (O)
6 pm Beginners/Sunset Flagstaff Alano Club (O)
6 pm Women's BB Study Federated Church (O)
7:30 pm Winners' Podium Flagstaff Alano Club (O, Sp)
10:15 pm Young Peoples' Amtrak Station, (O, S/T)

Saturday

6:45 am Early Birds Nativity Rectory (O)
9:00 am Agape Beginners Friends Church (O)
9:00 am Agape Group Friends Church (O)
12:00 pm High Nooners Flagstaff Alano Club (O)
5:30 pm Happy Hour Amtrak Station (O)
6:00 pm Sunset Group Flagstaff Alano Club (O, BB)
7:00 pm In the Solution Epiphany Church (O)
7:30 pm Speaker Meeting Foundation House (O)
7:30 pm We Ain't Saints Freedom House (C, W Sp/D)
8:00 pm Saturday Night Live Flagstaff Alano Club (O)

Sunday

7:30 am Men's Big Book Study Amtrak Station (C, BB)
9 am Sunday Maintainers Flagstaff Alano Club (O)
9 am Happy Hour – Men's Amtrak Station (C)
10:15 am Flag Action Group Flagstaff Alano Club (O)
12 pm High Nooners Flagstaff Alano Club (O)
5:30 pm Sunday Dialogue Amtrak Station (C)
6 pm Step Study Friends Church (O)
6 pm Sunset Group Flagstaff Alano Club (O, BB)
7 pm Young People's Mtg Amtrak Station (O)
6:30 pm Caduceus Call 214-7191 (C)
8:00 pm Mixed Nuts Flagstaff Alano Club (O)

SURROUNDING AREAS

Monday

9 am Grand Canyon Serenity Rec Center, GG (O)

12 pm Serenity at Noon St. Paul's Winslow (O)
12 pm* DBHS Meeting DBHS Tuba City (O)
7:30 pm* Eubanks Trailer Tuba City Hospital (O)
6 pm Rural Detox Facility CBHS, Page (O)
6:30 pm Ladies' Choice St. Paul's Winslow (O)
7 pm H.O.W. Group Page #1 (C)
7 pm Grand Canyon Group Kachina Lodge (O)
8 pm Williams 12X12 Study Walker Hall (O)
8 pm Winslow SALSA Winslow (O)

Tuesday

9 am Grand Canyon Serenity Rec Center, GG (O)
12 pm* DBHS Meeting DBHS Tuba City (O)
12 pm Winslow SALSA Winslow (O, S/T)
6:30 pm Women's on the Move Walker Hall(O)
5:30 pm Ash Fork Group A.F. Community Center (O)
7:00 pm Campfire Mtg (byo chair) Gas Station,Greenhaven(O)
8 pm Winslow SALSA Winslow (O)

Wednesday

9 am Grand Canyon Serenity Rec Center, GG (O)
7:30 am Williams Breakfast Club Walker Hall (O)
12 pm Serenity at Noon St. Paul's Winslow (O)
12 pm* DBHS Meeting DBHS Tuba City (O)
7 pm H.O.W. Group Page #1 (O)
7 pm Beans Coffee Cafe Page (O)

7 pm Grand Canyon Group Kachina Lodge (O)
7pm Lukachukai Group Lukachukai, AZ (O)
7:30 pm Williams Group Walker Hall (O)
8 pm Winslow SALSA Winslow (O, S/T)

Thursday

9 am Grand Canyon Serenity Rec Center, GG (O)
12 pm* DBHS Meeting DBHS Tuba City (O)
12 pm Winslow SALSA Winslow (O, S/T)
5:30 pm Ash Fork Group A.F. Community Center (O)
7 pm Rainbow Bridge Trtmnt NNAB, Page (O)
7 pm Cowboys, Pat's place Parks (O, S)
7pm Lukachukai (Women's) Lukachukai, AZ (O)
8 pm Winslow SALSA Winslow (O)

Friday

9 am Grand Canyon Serenity Rec Center, GG (O)
12 pm Serenity at Noon St. Paul's Winslow (O)
12 pm* DBHS Meeting DBHS Tuba City (O)
7 pm H.O.W. Group Page #1 (O)
7 pm* Presbyterian Church Tuba City (O)
7 pm Grand Canyon Group Kachina Lodge (O)
7 pm Friday Night Group Leupp Ch. of Nazarene (O)
7:30 pm Williams Group Walker Hall (O)
8 pm Winslow SALSA Winslow (O, BB)

Saturday

9 am Grand Canyon Serenity Rec Center, GG (O)
12 pm Winslow SALSA Winslow (O, S/T)
7 pm H.O.W. Group Page #1 (C)
7:30 pm Williams Group Walker Hall (O)
8 pm Winslow SALSA Winslow (O, Sp. 2nd Sat)

Sunday

9 am Grand Canyon Serenity Rec Center, GG (O)
11 am Winslow SALSA Winslow (O)
5:30 pm H.O.W. Group Page #1 (O)

Flagstaff Al-Anon and ACA meeting schedule

Al-Anon Local Voice Message:
928-214-6080

Monday 5:30 pm
Listen and Learn AFG
Federated Church
Aspen & Sitgreaves Sts.
Aspen entrance/ Downstairs room #9

Tuesday NOON
Tuesday Noon Al-Anon
Adult Center
245 Thorpe St.

Tuesday 5:30 pm
Tuesday Night AFG
Episcopal Church of the Epiphany
423 N. Beaver St (at Elm) Downstairs

Wednesday 5:30 pm
Wednesday 12x12
Blessed Nativity Rectory
16 W. Cherry
*12x12 Book Study

Thursday NOON
Thursday Noon Newcomers
Church of Religious Science
2798 N. 4th St
Knolls Village Square
Children Welcome

Thursday 6:00 pm
Literature Meeting
Federated Church

Aspen & Sitgreaves Sts.
Aspen entrance/ Downstairs
*Literature Study

Friday 5:30 pm
Freedom Seekers
AZ NORTH Realty
2401 E. Route 66 (at North 4th St)
Saturday 8:00 am
Saturday Adult Children
Federated Church
Aspen & Sitgreaves Sts.
Aspen entrance/ Upstairs
*Adult Children of Alcoholics

Saturday 7:00 pm
Al-Anon Spoken Here
Men's Group
Episcopal Church of the Epiphany
423 N. Beaver St (at Elm) Downstairs

*3rd Saturday of the month no meeting... join AFGO
potluck/meeting
3rd SATURDAY of the Month *AFGO*
Another Fun Growth Opportunity
4:00 pm Potluck
5:00 pm Speaker/Meeting
Federated Church
Aspen & Sitgreaves Sts.- Sitgreaves entrance/ Upstairs

Sunday 7:00 pm
Sunday Night Gratitude Al-Anon
Trinity Heights United Methodist
3600 N. 4th St
4th St entrance/ Upstairs to the right in the Library

Narcotics Anonymous Northern Arizona Meetings (The Peaks Area)

Helpline Number (928) 634-2119

Meeting codes:

BL	Bilingual	R	Rotating Format
C	Closed (Addicts Only)	SM	Speaker Meeting
CL	Candle Light	SP	Spanish
G	Gay Oriented	SS	Step Study
H	Handicap Accessible	TD	Topic/Discussion
J	Just For Today	T	Ticket
L	Longer Than 1 Hour	TS	Tradition Study
LS	Literature Study	W	Women Oriented
M	Men Oriented	Y	Youth Oriented
N	Newcomer	O	Open

Sunday

5:00p AWAKENINGS GROUP (O S H) 202 W. Grant Ave., Williams

7:00p STEPS AND TRADITIONS, Church of the Nativity, 16 W. Cherry St., Flagstaff

Monday

6:00p AWAKENINGS GROUP (O J H) 202 W. Grant Ave., Williams

7:00p BLESSED GROUP (O LS H) Home Alternatives, 216 W. Phoenix Ave., Flagstaff

Tuesday

8:30a AWAKENINGS GROUP (O J TD H) 202 W. Grant Ave., Williams

Noon SUNDANCE GROUP (O) Federated Church, 400 W. Aspen St., Flagstaff

1:00p meeting not named, DBHS Building, Maloney Street, Tuba City

7:00p JUST FOR TUESDAY (C) Church of the Epiphany (Back entrance, basement), 423 N. Beaver St., Flagstaff

Wednesday

7:00p INNER SERENITY (O J H) Trinity Heights Methodist Church (park in upper lot), 3600 N. 4th St., Flagstaff

Thursday

7:00p AWAKENINGS GROUP (O LS TD H) 202 W. Grant Ave., Williams

7:00p T.N.T. (O) Church of the Nativity (between chapel and gift shop), 16 W. Cherry St., Flagstaff

Friday

8:30a AWAKENINGS GROUP (O J TD H) 202 W. Grant Ave., Williams

Noon SUNDANCE GROUP (O LS) Federated Church (behind public library), 400 W. Aspen St., Flagstaff

7:00p HIGHER GROUND (O TD LS H) Peace Church, 3430 N. 4th St., Flagstaff

Saturday

4:00p (New Group, not yet named) (O LS H) Alano Club, 2102 E 3rd Ave, Flagstaff

5:00p AWAKENINGS GROUP (O S H) 202 W. Grant Ave., Williams

Physical Healthcare Resources Available in Northern Arizona

If you are experiencing a medical emergency please call 911 immediately.

The Whale Foundation has physical healthcare providers that offer discounted rates. Please call our Help Line (1-877-44-WHALE) for a referral.

In conjunction with the Guides Training Seminar in March, the Whale Foundation hosts a **FREE Health Fair**. Our healthcare professionals will: 1) provide screenings for skin, colon, and breast cancer along with diabetes and cholesterol, 2) take your blood pressure, 3) do oral and eye examinations, 4) discuss family health histories and more. We strongly encourage members of the river community to take advantage of this opportunity.

P.O. Box 855
Flagstaff, Arizona 86002-0855
Business: 928-774-9440
Web: www.whalefoundation.org
Email: info@whalefoundation.org

AHCCCS

Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services. To apply go to: <http://www.azahcccs.gov/>

- Administration Office:
801 E. Jefferson Street, MD 4100
Phoenix, AZ 85034 Ph: 602-417-4000
FAX: 602-252-6536
Toll Free: 1-800-654-8713
- KidsCare Office:
801 E. Jefferson, MD 7500
Phoenix, AZ 85034
Ph: 602-417-5437
FAX: 602-257-7016
Toll Free: 1-877-764-5437
- Flagstaff ALTCS office:
2717 N 4th Street #130
Flagstaff, AZ 86004
Ph: 928-527-4140
Toll Free: 1-800-540-5042

COCONINO COUNTY HEALTH DEPARTMENT

The CCHD is committed to the health and well being of our communities. The mission of the CCHD is to:

- Provide services that prevent epidemics and the spread of disease,
- Protect against environmental hazards,
- Promote and encourage healthy behaviors, and
- Assure accessibility of health services.

The CCHD in Flagstaff offers a wide variety of programs to meet their mission including – but not limited to:

- Arizona Early Intervention Program
- Arizona Nutrition Network
- Commodity Supplemental Food Program
- Community Nutrition Program
- Dental Clinic
- Family Planning
- Healthy Families Program
- Heartbeat Program
- Home Health Program
- Immunizations / vaccinations
- Infectious diseases
- Injury Prevention Program
- Maternal, Child and Youth Health Programs
- Neonatal Intensive Care Program and Other Children with Special Health Care Needs
- Quit Tobacco Program
- Reproductive Health
- STD/HIV Testing
- Teen Clinics
- Tobacco Use Prevention Project
- Tuberculosis Control
- Well Child Clinics
- WIC

CCHD has offices in Flagstaff, Fredonia, Page and Williams. See their website for many detailed program descriptions, fees and specific contact information in your area.

Address: 2625 North King Street; Flagstaff, AZ 86004

Phones: (928) 679-7272; Toll-free 1-877-679-7272 Website: www.coconino.az.gov/health

Flagstaff Medical Center – Emergency Services

Emergency Services at Flagstaff Medical Center is a 29-bed unit which offers advanced emergency services, including medical, surgical, pediatric, cardiac, trauma and interdisciplinary care to patients in Northern Arizona.

Emergency Services includes the Emergency Department, Trauma Services, Observation Unit and the Pre-hospital Care Department. Flagstaff Medical Center is a state-designated as a Level I Trauma Center. Available emergency services include:

- Trauma Services include:
 - Level I Trauma Center
 - Dedicated trauma bays
 - Overhead X-ray
 - Computerized documentation
- 24-hour physician coverage and backup call coverage for most specialties
- Cardiac Services including dedicated private cardiac rooms
- Imaging Services including computerized tomography (CT), MRI, Cath Lab, Laboratory and toxicology services working around the clock
- Information systems for Micromedex

- Behavioral health assessments
- Helipad on roof with dedicated elevator
- Radio communication with Medical Control for 16 outlying agencies
- Pediatric Services
- 24-hour Observation Unit

Address: 1200 N. Beaver St.; Flagstaff, AZ 86001

Phone: 928-779-3366

Emergencies: 911

Native Americans for Community Action Family Health Center

Native Americans for Community Action, Inc. (NACA) is a non-profit, 501(c)(3) community-based agency located in Flagstaff, Arizona. One of 34 comprehensive, off-reservation Urban Indian Centers in the nation, NACA is the only one in northern Arizona. Services are provided primarily to Native Americans residing in Flagstaff and the surrounding areas of Coconino County.

Three physicians serve customers. They accept payments from AHCCS, Medicare, IHS and most insurance companies. They have been serving the Flagstaff and northern Arizona since 1991.

Medical services are provided by board-certified physicians, registered nurses, and health educator. All staff have extensive experience in working with Native Americans clients. Navajo is spoken.

Medical services include: acute and chronic illness care; nutrition and health education services; immunizations; laboratory and radiology services; on-site pharmacy; and adult, sports and well child physicals

Eligibility: Native Americans must present tribal census numbers (CIB) at the time of service. Native Americans without tribal census numbers and non-Native Americans are responsible for whatever fees are not reimbursed by their insurance. Most major insurance plans are accepted. No Native American patients will be denied services.

Health Education Program: Health education topics are presented on an individual or group basis. They include diet and exercise, maternal and child health, dental health, men's and women's health, sexually transmitted diseases including HIV, substance abuse and tobacco prevention, and information on medical conditions and tests

1500 E Cedar #26
Flagstaff, AZ 86004
928-773-1245

Hours: M, W, and F: 8am-5pm; Tu and Th 8am-7pm

North Country Health Care

North Country HealthCare provides extensive primary care services to low income, uninsured, or underinsured people in northern Arizona. As the only publicly supported community health center in the area, our charges are based on a sliding fee scale determined by income and household size. North Country offers full-scale outpatient primary healthcare in Flagstaff, Lake Havasu, Ash Fork, Seligman, Grand Canyon, Kingman, Winslow, Holbrook, St. Johns, Round Valley and Show Low.

These services include: Family Medicine; Preventive Health Services; Dental Care; OB/GYN & Pediatrics; Pharmacy including Prescription Discounts; Integrative Medicine; Disease Management; Mental Health Services; Radiology.

Outreach programs include: Behavioral Health; Colorectal Cancer Screening; Diabetes Education and Self-Management; Health Professionals Training; Health Start; HIV/AIDS; Maternal and Child Health; Pediatrics; Prenatal Care; Sexual Assault Prevention and Care; Radiation Exposure and Well Woman Health Check

Address: 2920 N. Fourth Street

Phone: 928-213-6100

To schedule an appointment call 928-522-2440

Hours are Monday -Thursday • 7am to 7pm; Friday • 7am to 6pm
and Saturday • 8am to 5pm

Planned Parenthood

Planned Parenthood provides up-to-date, clear, medically accurate information that helps clients better understand their sexual health.

Walk-in services include emergency contraception, pregnancy testing, birth control refills. If a client needs emergency contraception (morning after pill), that person can walk in any time the health center is open.

All other services require an appointment.

Services Offered:

- Abortion Services
- Birth Control Services
- Emergency Contraception
- General Health Care
- HIV Testing
- HPV & Hepatitis Vaccines
- Men's Health Services
- Patient Education
- Pregnancy Testing, Options & Services
- STD Testing & Treatment
- Women's Health

Hours of operation: Mon, Wed, and Thu 10:00am -5pm; Tues 11am-5pm; Fri 11am-4pm

Payment: PP accepts the following forms of payment: cash, major credit/debit cards, and money orders. Payment is expected at the time of service. Insurance may cover all or a portion of the charges. The client should bring in all insurance information at the time of the visit.

1304 S Plaza Way

Flagstaff, AZ 86001

Phone: 928-779-3653

Prescription Drug Plans

Arizona Copper Card

A partnership between the State of Arizona and RxAmerica to provide discounts on prescription drugs.

- Free of charge – Every Arizonan is entitled to a free CoppeRX® Card.
- Call (888) 227-8315 to sign up, use the attached brochure.

- Free of restrictions - It applies to all prescription drug purchases.
- Free of hassles - Just present it to any one of over 500 pharmacies throughout Arizona to receive a discount on your prescription purchase. Generally, CoppeRX® Card discounts range from 15 to 55 percent.

Access 2 Wellness

A program developed by Johnson & Johnson to help provide reasonably priced medications to people who need them.

<http://www.access2wellness.com/a2w/patient-welcome.html>

Myrxadvocate.com

Provides help with medications via several drug companies reduced price drug plans. Must fill out an application and meet certain income qualifications.

SelectCare Benefits Network

P.O. Box 500148

Austin, TX 78750

Toll-Free: 1-877-331-0362

Fax: (512) 996-9409

RxSavingsPlus.com

A program similar to the Arizona Copper Card, above, that provides discounts on prescriptions, including pet prescriptions. In conjunction with CVS Caremark..

Miscellaneous

Lions Club

Lions Clubs provide free eyeglasses and hearing aids to those who qualify.

National Website: www.lionsclub.org

- Local Chapters:

Flagstaff Chapter

Mr. JERRY REINHART Jr.

928 779-2249

JUNIOR86046@YAHOO.COM

Flagstaff Sunrise Chapter

Mr. Scott Overton

928 226-8932

Neweyesforthe needy.org

Provides glasses for those who qualify in the US, although they currently have a long wait list.

Please contact the Whale Foundation (whale@whalefoundation.org) if there are additional resources that you would like us to include in this directory.