



Congresswoman Gabrielle Giffords

Local Resources

- Arizona Department of Economic Security**..... (800) 352-8401
<http://www.azdes.gov>
Apply for services that promote the safety, well-being, and self sufficiency of children, adults, and families. Some programs include food stamps, child-care subsidies and cash assistance.
- Arizona Health Care Cost Containment System (AHCCCS)**..... (800) 645-8713
<http://www.azahcccs.gov/site/>
Medicaid program provides low or no-cost medical benefits to children, families, adults and people with disabilities.
- Cochise County One Stop Career Centers**..... (520) 458-9309
<http://www.cpic-cas.org/ccworkforce/OneStopSite/index2.htm>
Provides services and resources for adults seeking employment in Cochise County
- Community Food Bank**..... (520) 622-0525
<http://www.communityfoodbank.org>
Organization with the goal to anticipate and meet the food needs of the hungry in Pima County
- Military One Source**..... (800) 342-9647
<http://www.militaryonesource.com>
A 24/7 Resource for Military members, spouses and families
- Mortgage/Housing Counselors**..... (877) 448-1211
A number managed by the AZ Department of Housing that connects people to local housing counselors
- Pima County One Stop Centers**..... (520) 243-6700
<http://www.pima.gov/CED/CS/OneStop/index.html>
Provides services and resources for adults seeking employment in Pima County
- Southern Arizona Legal Aid, Inc**..... (520) 623-9461, (800) 248-6789
<http://www.sazlegalaid.org>
Provides a variety of free, civil legal services to qualified low-income persons.
- Unemployment Insurance**... (520) 791-2722 in Tucson, (877) 600-2722 outside Tucson
Benefit available to workers who have become unemployed through no fault of their own.