

RESOURCES FOR EXPECTANT MOTHERS

Women Resource Centers & Prenatal Care

First Way Pregnancy Center	602.261.7522 3501 N. 16 th St. Phoenix, 85016	<ul style="list-style-type: none"> Free Pregnancy Testing & Ultrasounds, Counseling, Education Classes, Diapers, Formula, & Baby Items/<i>Pruebas de Embarazo y Ultrasonidos Gratis, Terapia, Educación, Pañales, Formula, Artículos Para Bebés</i>
Fresh Start Women's Foundation	602.252.8494 1130 E. McDowell Rd. Phoenix, 85006	<ul style="list-style-type: none"> Employment Assistance, Family Law, Mentoring, Finance, ESL Classes/<i>Asistencia Para Empleo, Derechos de Familia, Tutoría, Manejo de Dinero, Clases de Ingles</i>
Hope Women's Center	Phoenix 602.715.0999 1640 E. McDowell Rd. Phoenix, 85006 West Phoenix 623.875.4549 12101 NW. Grand Ave. El Mirage, 85335	<ul style="list-style-type: none"> Free Pregnancy Testing, ESL Classes, Baby Items, Food, & Utility Assistance/<i>Pruebas de Embarazo Gratis, Clases de Inglés, Artículos Para Bebés, Comida, Asistencia de Servicios Públicos</i>
Choices Pregnancy Center	Phoenix 602.368.4922 10555 N. 58 th Drive Glendale, 85302	<ul style="list-style-type: none"> Free Pregnancy Testing & Ultrasound, Prenatal Care Parenting Classes, Baby Supplies/<i>Pruebas de Embarazo y Ultrasonidos Gratis, Cuidado Prenatal, Artículos Para Bebés</i>
Planned Parenthood	602.277.7526 Call For Nearest Location	<ul style="list-style-type: none"> Pregnancy Testing, Birth Control, STD Testing, Treatment & Vaccines/<i>Pruebas de Embarazo, Anticonceptivos, Pruebas de Transmisión Sexual, Tratamiento y Vacunas</i>
Starting Out Right	Glendale 623.334.1501 6610 N.47 th Ave. Glendale, 85301	<ul style="list-style-type: none"> Free Pregnancy Testing, Pregnancy Health Education & Life Skills Classes /<i>Pruebas de Embarazo y Clases de Salud Durante el Embarazo, Clases de Habilidades Para La Vida</i>
Nurse-Family Partnership	602.359.7083 www.NFPmaricopa.org	<ul style="list-style-type: none"> Family Support & Coaching/<i>Apoyo Familiar Y Entrenamiento</i> *For First Time Moms, 28 Weeks or Less Pregnant/<i>Para Madres Primerizas con Menos de 28 Semanas de Embarazo</i>
MOMobile St. Joseph's Hospital & Medical Center	602.406.4006 Golden Gate 1625 N. 39 th Ave. Glendale 10250 N. 59 th Ave. Goodyear 539 La Posada Blvd.	<ul style="list-style-type: none"> Prenatal Care & Services/<i>Atención y Servicios Prenatales</i>

Women Homeless Shelters

UMOM New Day Centers	602.275.7852 3333 E. Van Buren St. Phoenix, 85008	<ul style="list-style-type: none"> Emergency & Extended Shelter/<i>Refugio de Emergencia</i>
Maggie's Place	602.246.3724 4001 N. 30 th St. #6810 Phoenix, 85006	<ul style="list-style-type: none"> Shelter Available Only for Expectant Mothers/<i>Refugio Para Mujeres Embarazadas</i>
Gift of Mary	602.254.8424 1406 S.17 th Ave. Phoenix, 85007	<ul style="list-style-type: none"> Emergency Shelter For Single Women 18+ and Women With Children/<i>Refugio De Emergencia Para Mujeres Solteras y Mujeres Con Hijos</i>

Car Seat Safety Classes

Phoenix Children's Hospital	602.933.3350 Call for Nearest Location	<ul style="list-style-type: none"> Free Car Seat & Safety Class/<i>Asientos de Seguridad Gratis</i> *Registration is Required/<i>*Se Requiere Registrarse</i>
Maricopa Medical Center	602.344.5364 2601 Roosevelt St. Phoenix, 85008	<ul style="list-style-type: none"> Free Toddler Car Seat & Booster Program/<i>Asientos de Seguridad Gratis</i> *Registration is Required/<i>*Se Requiere Registrarse</i>
Safe Kids Arizona	602.364.1463 Call for Nearest Location	<ul style="list-style-type: none"> Car Seat Checkups & Safety Workshops/<i>Revisión de Asiento de Seguridad Para Niños</i>
City of PHX Fire Department Car Seat Safety for Kids	602.495.5437 Call for Nearest Locations	<ul style="list-style-type: none"> Car Seat Inspections & Installations/<i>Revisión de Asiento de Seguridad Para Niños</i>

Family Resource Centers		
Comprehensive Health Center (CHC) Family Learning Center	602.344.1352 2525 E. Roosevelt St. Phoenix, 85002	<ul style="list-style-type: none"> Parenting, Nutrition, Safety Classes, Early Literacy, Child Development/<i>Clases Para Padres, Nutrición, Etc.</i>
South Central Family Learning Center	602.344.6460 33 W. Tamarisk St. Phoenix, 85041	<ul style="list-style-type: none"> Car Seat Safety Classes, Mobile Pantry/<i>Comida Gratis Y Clases De Asientos De Seguridad</i> *Available Every 3rd Sat. of the Month, 11am/<i>Disponible Cada 3er Sábado del Mes</i>
Desert Palms Family Resource Center	623.773.6689 11441 N. 55 th Ave Glendale, 85304	<ul style="list-style-type: none"> Parenting Workshops, Child Development, Community Resources/<i>Talleres Para Padres, Desarrollo Infantil, Recursos</i>
Prendergast Family Resource Center	623.772.2339 10550 W. Mariposa St. Phoenix, 85037	<ul style="list-style-type: none"> Community Resources, Parent Workshops, Health & Nutrition Classes/<i>Recursos, Talleres Para Padres, Clases de Salud Y Nutrición</i>
Paradise Valley Family Resources Center (PVFRC)	602.449.7411 17835 N. 44 th St. Phoenix, 85032	<ul style="list-style-type: none"> Parenting Classes, Car Seat Safety Classes, Hearing & Vision Screening/<i>Talleres Para Padres, Asiento de Seguridad Para Niños, Exámenes de Audición Y Visión</i>
Buckeye Family Resource Center	623.925.3911 210 S. 6 th St Buckeye, 85326	<ul style="list-style-type: none"> Banner Children's Health Mobile/<i>Clinica Mobil</i> *Available every Monday of the Month, Appt. Only/<i>Cada Lunes Por Cita</i>
Visit First Things First Website www.firstthingsfirst.org for Nearest Resource Center Location & Additional Resources		
Food & Clothing		
Agua Fria Food & Clothing Bank	623.932.9135 405 E. Harrison Dr. Avondale, 85323	<ul style="list-style-type: none"> Walk-Ins Served, Referral Not Required/<i>No Se Requiere Cita o Referencia</i>
St. Mary's Food Bank	602.242.FOOD(3663) Call for Nearest Location	<ul style="list-style-type: none"> Food Distribution, Children's Feeding Programs, Community Kitchen/<i>Comida Gratis, Programa de Alimentación Para Niños, Cocina Comunitaria</i>
Cultural Cup Food Bank Inc.	602.266.8370 342 E. Thomas Rd. Phoenix, 85012	<ul style="list-style-type: none"> Emergency Food Assistance /<i>Asistencia Con Emergencias de Comida-Tues., Weds., & Thurs. 9am-1:45pm</i>
All Faith Community Services: Buckeye	623.386.3513 214 S. 5 th St. Buckeye, 85326	<ul style="list-style-type: none"> Emergency Food Box/<i>Caja de Comida de Emergencia</i>
Christ Evangelical Lutheran Church Outreach Program	623.932.2394 918 S. Litchfield Rd Goodyear, 85338	<ul style="list-style-type: none"> Food Box Walk-Ins Served/<i>Cajas de Comida</i>
Borderlands Produce Rescue PHX	www.borderlandsproduceresuce.org Visit the Website for Locations	<ul style="list-style-type: none"> Produce on Wheels Without Waste \$12 For 70 Lbs. of Fresh Produce/<i>70 Libras de Frutas Y Vegetales Por \$12</i>
ICM Food & Clothing Bank	602.254.7450 501 S. 9 th Ave. Phoenix, 85007	<ul style="list-style-type: none"> Emergency Food, Clothing, Holiday & Back to School Assistance/<i>Comida de Emergencia, Ropa, Asistencia en la Temporada de Regreso A Clases Y Días Festivos</i>
Additional Resources		
Keogh Health Connection	602.266.0397 Call For Nearest Location	<ul style="list-style-type: none"> Application Assistance: AHCCCS, SNAP, TANF, Kids Care, Marketplace/<i>Asistencia Para Solicitud</i>
Find Help Phoenix	FINDHELPPHX.ORG	<ul style="list-style-type: none"> Housing, Medical, Mental Health, Food, Legal, Parenting/<i>Descubra Servicios Gratis y Económicos</i>
Crisis Response Network	800.631.1314	<ul style="list-style-type: none"> Crisis Line Available 24/7/365 to Anyone Experiencing a Mental Health Crisis/<i>Ayuda Disponible Durante Crisis de Salud Mental</i>
Parents Partners Plus	602.633.0732 Call to For Assistance	<ul style="list-style-type: none"> Free In-Home Family Support For Expecting Parents or Families With Children Under 3 Years of Age/<i>Apoyo Familiar Gratuito en el Hogar Para Padres Que Esperan Un Bebé o Niños Menores de 3 Años</i>
Disability Help Center of Arizona	602.888.0602 1833 W. Main St. #101 Mesa, 85201	<ul style="list-style-type: none"> Disability Resources, SSD Attorney, Advocates AZ, Legal Representation/<i>Recursos Para Discapacitados</i>