



# COMMUNITY RESOURCE GUIDE

Project Safe Schools will have a better understanding of how schools and communities can help return students to in-person learning and what needs they have going forward as they emerge from the pandemic. Re-opening schools safely and understanding the socio-emotional and academic effects of the COVID pandemic on Native American children and adolescents will inform future programming and intervention efforts.



## TABLE OF CONTENTS

Child Care Resources.....	Page 3
Government, State and Tribal Services.....	Page 4
Social Services.....	Page 6
Medical / Dental / Mental Health Services.....	Page 13
Education / Job Training Resources.....	Page 15
Programs for Youth.....	Page 18
Recreation and Sports Facilities.....	Page 19
Churches.....	Page 20
Emergency / Legal Services.....	Page 22
Enterprise.....	Page 23
Additional Resources.....	Page 25

## CHILD CARE SERVICES

### NAVAJO NATION CHILD CARE & DEVELOPMENT FUND PROGRAM

PO BOX 6

TUBA CITY, AZ 86045

p: (928) 283-3470

Provides low-income families with the financial resources; provides parents with a broad range of options in addressing their childcare needs, including center-based care, group home care, family home care, in-home relative care, and sectarian care; strengthens the role of the family; increases the availability of early childhood development programs and before/after school care services.

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### CHILD CARE RESOURCE AND REFERRAL

p: 1-800-308-9000

[www.arizonachildcare.com](http://www.arizonachildcare.com)

Facebook: arizonachildcare

Instagram: azccrr

The Arizona Child Care Resource and Referral (CCR&R) is a community service which matches parents seeking childcare with childcare resources. CCR&R also provides training and technical assistance to childcare providers.

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## GOVERNMENT, STATE AND TRIBAL SERVICES

### **DINÉ HATAAŁII ASSOCIATION INC.**

**PO Box 4800**

**Window Rock Az 86515**

Established in the 1970s, the DHA is a 501(c)(3) non-profit organization, comprised of over 200 Diné (Navajo) medicine men and women from across the reservation, that exists to protect, preserve and promote the Diné cultural wisdom, spiritual practice, and ceremonial knowledge for present and future generations.

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### **MOTOR VEHICLE DEPARTMENT – TUBA CITY**

**300 Edgewater Dr**

**Tuba City Az 86045**

**p: (928) 283-6762**

Providing the following services:

- Licensing: Driver's license, Identification Cards, Written tests, Road tests and registration.
  - Registration: Titling, plates, renewal and disabled.
  - Disabled Parking: Wheelchair accessible
- 

### **NAVAJO LAND ADMINISTRATION – TUBA CITY**

**511 Tuba City Spur**

**Tuba City Az 86045**

**p: (928) 283-3194**

Assist clients in obtaining homesites leases, land titles, archeological surveys, to enable families to build homes on Navajo land.

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### **NAVAJO NATION ELECTION OFFICE – TUBA CITY**

**p: (928) 283-3220**

## **NAVAJO NATION VITAL RECORDS OFFICE – TUBA CITY**

407 Warrior Dr.  
Tuba City Az 86045  
(928) 283-3404

Issuing certified copies of vital records, including birth and death.

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## **TUBA CITY FAIR OFFICE**

PO Box 727  
Tuba City Az 86045  
p: (928) 283-5544

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## **UNITED STATES POSTAL SERVICE**

1 Warrior Dr  
Tuba City Az 86045  
p: 1-800-275-8777

## SOCIAL SERVICES

### DINE ELDER PROTECTION PROGRAM (DEPP)

p: (928) 283-3379 Tuba City Agency Office

p: (928) 674-2093 Chinle Agency Office

[https://newmexico.networkofcare.org/aging/services/agency.aspx?pid=DineElderProtectionProgramDEPPCrownpoint\\_1534\\_1\\_0](https://newmexico.networkofcare.org/aging/services/agency.aspx?pid=DineElderProtectionProgramDEPPCrownpoint_1534_1_0)

PURPOSE: To protect elders within the jurisdiction of the Navajo Nation from abuse, neglect, exploitation, and maltreatment, consistent with the provisions of the Dine Elderly Protection Act. Program Eligibility: Fifty-five (55) years of age or older. Resident within the Navajo Nation. Meet NAAA guidelines.

The prevention of elder abuse, neglect, exploitation, and maltreatment to elders. "To strengthen and enhance comprehensive, coordinated activities for the prevention and treatment of elder abuse, neglect, exploitation and maltreatment."

The (DEPP) Program has four (4) components: Elders Abusive Protection, Legal Services Assistance, Health Insurance Benefits Assistance Corp. and Ombudsman (Long Term Care).

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### DEPARTMENT FOR SELF-RELIANCE (TANF)

PO Box 3050

Tuba City Az 86045

p: (928) 283-6613

Department of Self-Reliance's message is to enhance the functional and productive lives of families by empowering them to achieve self-sufficiency based upon the values of Navajo Self-Sufficiency. Services offered: Time-limited cash assistance; monthly cash assistance for basic needs such as food, clothing, and housing to eligible families for a maximum of 6 months; search of educational and employment opportunities for clients; referrals for those who are job ready; substance abuse, mental health and domestic violence counseling.

## **NAVAJO NATION SOCIAL SERVICES**

**PO Box 280**

**Tuba City Az 86045**

**p: (928) 283-3266**

### **NAVAJO NATION SOCIAL SERVICES PROMOTES SAFE AND STABLE FAMILY PROGRAMS:**

**FAMILY PRESERVATION--** Services for families who have experienced out of the home placement through foster placement or a childcare institution; individual, group and family counseling; referrals to other departments for mental health services, domestic violence and inpatient, residential or outpatient substance abuse treatment services; in-home parenting; traditional teaching.

**TIME LIMITED REUNIFICATION--** Services for families with children who are at risk for experiencing out of the home placement or returned shortly (72 hours) after out of the home placement.

**BLOCK GRANTS AND SPECIAL PROJECTS DEPARTMENT--** Electricity assistance, propane and natural gas assistance, weatherization, basic needs, housing related, employment assistance, training, and education.

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## **NAVAJO TREATMENT CENTER FOR CHILDREN AND THEIR FAMILIES (NTCCF)**

**Tuba City Field Office**

**p: (928) 283-3261**

The mission of NTCCF is to help children heal from trauma and move forward on a path of wellness and well-being. Providing voluntary outpatient counseling and other mental health services to children from ages 4 to 17 years of age, unless otherwise specified from a referring agency.

- Outpatient Counseling and aftercare services are offered to individuals, couples, groups, and families.
- Sessions are offered either at school, home or at one of the NTCCF clinics.
- Prevention education & presentations are available for schools, communities, chapters, departments and programs.
- On-going support services for children and their families.
- Participation in case staffing, MDTs and resource partnerships to ensure best care provided to patients and their families.

## **NATIVE AMERICANS FOR COMMUNITY ACTION (NACA)**

### **MAIN**

2717 N Steves Blvd., Suite 11  
Flagstaff, AZ 86004  
p: (928) 526-2968  
[outreach@nacainc.org](mailto:outreach@nacainc.org)

### **FAMILY HEALTH CENTER**

1500 E Cedar Ave., Suite 26  
Flagstaff, AZ 86004  
p: (928) 773-1245  
[fhwc@nacainc.org](mailto:fhwc@nacainc.org)

### **WELLNESS CENTER**

1500 E Cedar Ave., Suite 52  
Flagstaff, AZ 86004  
p: (928) 773-1245 EXT. 221  
[fhwc@nacainc.org](mailto:fhwc@nacainc.org)

NACA Inc. (Native Americans for Community Action Incorporated) is the only comprehensive, holistic, urban Native American / Indigenous peoples center in Northern Arizona; providing complete care for the entire family. Native Americans for Community Action; Where Empowerment Happens.

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## **TUBA CITY SANE/SART/DVPI**

*(Sexual Assault Nurse Examiner)*

*(Sexual Assault Response Team)*

*(Domestic Violence project, Inc.)*

**p: (928) 283-2932/2900**

Tuba City Regional Health Care Corporation (TCRHCC) SANE/SART program serves sexual assault victims by providing a comprehensive medical treatment and confidential forensic evaluation by nurse experts through a coordinated community response.



## **VETERAN AFFAIRS (VA) CLINIC – TUBA CITY**

167 Main St  
Tuba City Az 86045  
p: (928) 283-4465

Provides the following services for veterans:

- Primary care using advancing telehealth technology
- Mental/PTSD
- Eligibility and enrollment
- Health maintenance/promotion/screening
- Laboratory
- Management of acute and chronic disorders
- Immunizations
- Women’s health
- Education

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## **NORTHERN ARIZONA VA HEALTH CARE SYSTEM (NAVAHCS)**

**Suicide Prevention Program for Veterans**

Lisa Lahaie  
p: (928) 445-4860 ext. 2705  
[lisa.lahaie@va.gov](mailto:lisa.lahaie@va.gov)

Jessie Smock  
p: (928) 445-4860 ext. 2715  
[jessie.smock@va.gov](mailto:jessie.smock@va.gov)

**Crisis Hotline: 1-800-273-8255**

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## **TUBA CITY WOMEN, INFANTS AND CHILDREN (WIC) PROGRAM**

p: (928) 283-3181

WIC provides services for low-income pregnant women, infants, and children (up to age 5) who are at nutritional risk. WIC services include nutrition education, breastfeeding education and support, referrals to other health and social services programs, and supplemental foods such as milk, cheese, and eggs.

## **NAVAJO HOUSING AUTHORITY**

**PO Box 338**  
**Tuba City, Az 86045**  
**p: (928) 283 5500**  
[www.hooghan.org](http://www.hooghan.org)

The mission is to meet the needs of the Navajo people by promoting and providing affordable quality homes, professional management services, and economic growth. The housing authority encourages the development of resident organizations and on-the-job training programs. It provides education and training through the Homebuyer Education Program. It helps people seek alternative housing funds and promotes economic growth.

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## **NAVAJO NATION DEPARTMENT OF CHILD SUPPORT SERVICES**

**PO Box 2988**  
**Tuba City, Az 86045**  
**p: (928) 283-3416**

Assists parents (custodial and non-custodial) in receiving the financial support they deserve. The department strives to help parents toward self-sufficiency by assisting with getting support from absent parents.

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## **ARIZONA DEPARTMENT OF ECONOMIC SERVICES**

**Family Assistance**  
**PO Box 130**  
**Tuba City, Az 86045**  
**p: (928) 283-4511**

Services include: Assist families in applying for and accessing food stamps and health insurance (AHCCS).

## **ST. JUDE'S FOOD BANK**

100 Aspen Dr / PO Box 1277

Tuba City, Az 86045

p: (928) 283-6886

**CONTACT:** Sister Elizabeth Riddell

Provides emergency food boxes, cooperative food buy-in program, free tax preparation for low-income individuals.

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## **TUBA CITY FOOD DISTRIBUTION**

p: (928) 283-3294, 3290, 3295

f: (928) 283-3297

Provides nutritional food package to eligible Navajo families.

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## **THE NATIONAL DOMESTIC VIOLENCE HOTLINE**

p: 1-800-799-7233 (SAFE)

[www.thehotline.org](http://www.thehotline.org)

This program provides domestic violence safety plans for protective orders.

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## **WOMEN'S SHELTER (CONFIDENTIAL)**

p: (928) 283-3111

Assists battered women with housing. Services are available 24 hours/day, 7 days/week. The location is confidential. Call the police department to access this service.

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## **AMERICAN RED CROSS DISASTER SERVICE**

p: 1-800-842-7349

Services include disaster relief (shelter, food, clothing, etc) for victims of natural disasters and other traumatic events.

## **OFFICE OF ENVIRONMENTAL HEALTH**

**PO Box 600**

**Tuba City, Az 86045**

**p: (928) 283-2843**

The mission is to reduce morbidity and mortality rates due to injuries and environmentally related diseases, such as motor vehicle crash related deaths.

Services include: Intervention education; car seat distribution on Thursdays.

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## **SOCIAL SECURITY ADMINISTRATION**

**PO Box 745 / 1010 Main St**

**Tuba City, Az 86045**

**p: 1-800 772-1213**

Assists with applying for and accessing social security cards and benefits.

## **MEDICAL/DENTAL/MENTAL HEALTH SERVICES**

### **ARIZONA TEEN SUICIDE HOTLINE: NATIVE YOUTH CRISIS HOTLINE**

**p: 1-877-209-1266**

A crisis hotline for Native teens at risk of suicide.

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### **ASHLINE**

**Call 24/7 to get started with Quit Coaching 1-800-55-66-222**

ASHLine takes calls from anyone who wants to quit tobacco. When you call in, they start the process of matching you with a Quit Coach. Quit Coaching is customized to each person individually so any special circumstances that might affect your ability to quit are considered. They also offer programs for women who are pregnant and those who use chewing tobacco.

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### **CELEBRATE RECOVERY**

**Tuba City Church of Christ**

**p: (928) 606-8143**

A Christ-Centered Recovery Program. Providing a safe place to experience freedom and overcoming hurts, habits and hang ups.

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### **NAVAJO NATION DEPARTMENT OF BEHAVIORAL HEALTH SERVICES**

**Main St Building 2316**

**Po Box 1350**

**Tuba City, Az 86045**

**p: (928) 283-3346 ext. 3041**

Committed to improving the level and quality of health, wellness and fitness of each Navajo individual affected by alcohol/substance abuse and mental health disorders. Services include: Prevention, alternative treatment services, clinical treatment services.

## **TERROS CRISIS RESPONSE LINE (NORTHERN ARIZONA)**

**24/7/365 Crisis Line**

**p: 1 877-756-4090**

Trained crisis intervention specialists are available around the clock, every day of the year, to help over the phone.

The Crisis Line is FREE, confidential, and open to anyone who needs help.

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## **TUBA CITY DIALYSIS**

**500 Edgewater Dr**

**Tuba City Az 86045**

**p: 1-866-544-6741**

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## **TUBA CITY REGIONAL HEALTH CARE CORPORATION**

**P.O. Box 600**

**167 North Main Street**

**Tuba City, AZ 86045**

**p: (928) 283-2501**

<i>Dental Clinic</i>	<i>(928) 283-2672</i>
<i>Diabetic/Internal Medicine Clinic</i>	<i>(928) 283-2689</i>
<i>Eye Clinic</i>	<i>(928) 283-2748</i>
<i>Family Medicine Clinic</i>	<i>(928) 283-2458</i>
<i>Nutrition</i>	<i>(928) 283-2609</i>
<i>Pediatric Clinic</i>	<i>(928) 283-2679</i>
<i>Pharmacy</i>	<i>(928) 283-2754</i>
<i>Physical Therapy</i>	<i>(928) 283-2659</i>
<i>Podiatry Clinic</i>	<i>(928) 283-2660</i>
<i>Office of Native and Spiritual Medicine</i>	<i>(928) 283-1372</i>

## EDUCATION / JOB TRAINING RESOURCES

### NAVAJO NATION DEPARTMENT OF WORKFORCE DEVELOPMENT

PO Box 915  
Tuba City, Az 86045  
p: (928) 283-3320

Services: Employment training and education; two parent employment program; Workforce Investment Act; vocational rehabilitation; one stop career centers; education remediation; referrals to DES Job Service Offices, community colleges and other services.

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### ARIZONA AT WORK RE-EMPLOMENT SERVICES

50 S Main Street Suite# 203  
Tuba City, Az 86045  
p: (928) 283-5201/283-3251

Assists people with finding jobs by posting new job listing (every Wednesday), referring people to employers, working with local employer to identify job applicants, assisting with resume preparation, and conducting typing tests. Internet access is available at the office.

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### NAVAJO NATION EMPLOYMENT LISTING

[www.dpm.navajo-nsn.gov](http://www.dpm.navajo-nsn.gov)

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### OFFICE OF NAVAJO NATION SCHOLARSHIP & FINANCIAL ASSISTANCE (ONNSFA)

PO Box 370  
Tuba City, AZ 86045  
p: 1-866-839-8151

Native college students may apply for scholarships and financial assistance for an accredited post-secondary institution. Application materials include, complete application, Certificate of Indian Blood, transcript, letter of admission, financial need analysis, and graduation/degree checklist.

## **NAVAJO NATION OFFICE OF SPECIAL EDUCATION & REHABILITATION SERVICES**

Dook'ooosliid Office/Retail Center

North of Highway 160

Tuba City, Arizona 86045

p: 928-283-3481

<http://www.nnosers.org/about-us.aspx>

Department of Diné Education, OSERS provides vocational rehabilitation services to eligible Navajo People with disabilities who are interested in going to work.

Vocational Rehabilitation is funded by a grant from the United States Department of Education, Rehabilitation Services Administration (RSA). The goal of Vocational Rehabilitation is to assist people with disabilities to obtain or maintain employment.

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## **TUBA CITY PUBLIC LIBRARY**

78 Main St.

Tuba City, Az 86045

p: (928) 283-5856

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## **DINE COLLEGE**

PO Box 1716

Tuba City, AZ 86045

p: (928) 283-5113/6861

[www.dinecollege.edu](http://www.dinecollege.edu)

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## **NORTHERN ARIZONA UNIVERSITY DISTANCE LEARNING**

p: (800) 426-8315 \*Press number 2 Option

[www.distance.nau.edu/campuses/campus\\_advisors.aspx?campus=Tuba](http://www.distance.nau.edu/campuses/campus_advisors.aspx?campus=Tuba)

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## **TUBA CITY UNIFIED SCHOOL DISTRICT # 15**

PO BOX 67

Tuba City, Az 86045

p: (928) 283-4211

[support@warrior.tubacity.k12.az.us](mailto:support@warrior.tubacity.k12.az.us)



## **GREYHILLS HIGH SCHOOL**

**Warrior Dr**

**Tuba City, AZ 86045**

**p: (928) 283-6271**

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## **TUBA CITY BOARDING SCHOOL**

**306 Main Street/ PO Box 187**

**Tuba City, AZ 86045**

**p: (928) 283-2330**

## PROGRAMS FOR YOUTH

### HOPI OPPORTUNITY YOUTH INITIATIVE

Kyle Knox: (928) 734-2380

Hannah Honani: (928) 734-2390

PO Box 301, Kykotsmovi, Az 86039

<https://www.hopifoundation.org/hoyi>

Focuses on our community's most at-risk youth between the ages of 14 to 26 who are not actively engaged in school or in the workforce. The goal of the Initiative is to bring together community members and organizations that will promote positive change and explore opportunities to help strengthen support for Hopi/Tewa youth.

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### NAVAJO NATION DEPARTMENT OF YOUTH/OFFICE OF DINE YOUTH

PO Box 2380

Tuba City, Az 86045

p: (928) 283-3021/3023

The Department of Youth advocates for youth through partnerships with community resources. The mission is to develop healthy generations of resilient and educated youth who will support the sovereignty of the Diné Nation. Programs include: Youth career incentive programs, recreation programs, youth counseling programs, intern programs, high school preparatory/enrichment programs, youth stipends and youth opportunities.

## RECREATION AND SPORT FACILITIES

### LOUISE YELLOWMAN COUNTY PARK – TUBA CITY

2446 Ft. Tuthill Loop

Flagstaff, AZ 86005

p: (928) 679-8000

f: (928) 774-2572

Features a state-of-the-art skate/bicycle park with a 13' vertical wall, basketball court, playground equipment, group pavilion, shade ramadas, picnic tables, barbeque grills, drinking fountains, restrooms and a mile paved walking trail. Facilities are available for private and public events.

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### HOPI WELLNESS CENTER

(928) 734-3443

<https://www.hopi-nsn.gov/tribal-services/department-of-community-health-services/hopi-wellness-center/>

#### MISSION

The Office of Health Services is a professional team offering services in promoting healthy lifestyles through Health Promotions and Disease Prevention.

#### VISION

To instill personal responsibility through learning about health promotion and disease prevention, to create healthy families and communities.

#### PHILOSOPHY

In order to sustain our Mission and Vision, it is our strong belief and commitment that we will support one another through collaboration, coordination and communication at all levels with respect to one another.

## CHURCHES

### FIRST PRESBYTERIAN CHURCH

Main Street  
Tuba City, Az 86045  
p: (928) 283-5527

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### FIRST SOUTHERN BAPTIST CHURCH

Peshlakai Ave  
Tuba City, AZ 86045  
p: (928) 283-4400

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### TUBA CITY CHURCH OF CHRIST

133 Peshlakai Ave  
Tuba City, AZ 86045  
p: (928) 645-2513

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### TUBA CITY DISCIPLESHIP CENTER

PO Box 4059  
Tuba City, AZ 86045  
p: (928) 606-0302

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### TUBA CITY FIRST BAPTIST CHURCH

3 Cul-De-Sac-3  
Tuba City, Az 86045

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### TUBA CITY ASSEMBLY OF GOD

Peshlakai Ave  
Tuba City, AZ  
p: (928) 283-4437

## **TUBA CITY POTTER'S HOUSE**

400 N Peshlakai Dr  
Tuba City, AZ 86045

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## **THE CHURCH OF JESUS CHRIST LATTER-DAY SAINTS**

p: (928) 645-2513

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## **SAINT JUDE CATHOLIC CHURCH**

p: (928) 283-5391

## **EMERGENCY/LEGAL SERVICES**

### **TUBA CITY POLICE DEPARTMENT**

p: (928) 283-3111

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### **TUBA CITY FIRE STATION #40**

p: (928) 283-3007

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### **NAVAJO DEPARTMENT OF CORRECTIONS**

p: (928) 871-7555

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### **TUBA CITY PROSECUTOR**

p: (928) 283-3160

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### **TUBA CITY PUBLIC DEFENDERS**

p: (928)-283-3087

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### **TUBA CITY PROBATION**

p: (928) 283-3159

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### **VICTIM WITNESS SERVICES BRANCH – TUBA CITY**

Laurelle Shepperd: 928-255-8823

<https://vwscoconino.org>

Offers compassionate support to victims, witnesses and survivors of crime and trauma through effective response and community outreach.

## **ENTERPRISE**

### **H&R BLOCK**

HWY 160

Tuba City Az 86045

p: (928) 283-5348

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### **FERRELL GAS**

105 S Main St

Tuba City Az 86045

p: (928) 283-5279

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### **TITAN PROPANE**

38 Moenave Rd

Tuba City Az 86045

p: (928) 283-4567

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### **EL GRAN TIRE**

US-160

Tuba City Az 86045

p: (928) 283-4622

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### **HUSKIE TAX SERVICES**

p: (928) 266-6499

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### **TUBA CITY AUTO INC.**

US-160

Tuba City Az 86045

p: (928) 283-5494

## **REZ VET**

**Dr. Adrian Ruby: (928) 521-6241**

Veterinarian based in Dilcon, Arizona and serving Western Navajo.

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## **WELLS FARGO BANK**

**97 Main St**

**Tuba City Az 86045**

**p: (928) 283-4552**

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## **CAL'S AUTO BODY SHOP**

**345 US-160**

**Tuba City Az 86045**

**p: (928) 283-5394**

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## **CELLULAR ONE**

**322 HWY 160**

**Tuba City Az 86045**

**p: 1-800-730-2351**

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## **FRONTIER COMMUNICATIONS**

**3 Maple St**

**Tuba City Az 86045**

**p: 1-800-921-8101**



## ADDITIONAL RESOURCES

### **Mental Health Resources**

**Crisis Text Line** (Text “NATIVE” or “INDIGENOUS” to 741741)

Texting this number will connect you with a crisis counselor.

**Doing What Matters in Times of Stress:** An illustrated guide to stress management and coping with adversity from the World Health Organization.

<https://www.who.int/publications/i/item/9789240003927>

**Indian Country Child Trauma Center at the University of Oklahoma The Indian Country Child Trauma Center (ICCTC)** offers trauma-related treatment protocols, outreach materials, and service delivery guidelines specifically designed for American Indian and Alaska Native (AI/AN) children and their families. <http://www.icctc.org/>

### **National Suicide Prevention Lifeline**

(1-800-273-8255)

Confidential, free support for people in distress and prevention and crisis resources, available 24/7.

### **SAMHSA Behavioral Health Treatment Locator**

A secure, anonymous list that helps locate mental health treatment centers and resources near you. <https://findtreatment.samhsa.gov>

### **SAMHSA LGBTQ2S Resources**

A list of resources to support two-spirit youth and adults. <https://www.samhsa.gov/sites/default/files/nclgbtq2s-resources.pdf>

## **Stress and Anxiety Management for Community Health Workers During Coronavirus**

[https://caih.jhu.edu/assets/documents/Stress\\_and\\_Anxiety\\_Management\\_for\\_Providers\\_During\\_COVID-19.pdf](https://caih.jhu.edu/assets/documents/Stress_and_Anxiety_Management_for_Providers_During_COVID-19.pdf)

## **Stress and Anxiety Management for Providers During COVID-19**

[https://caih.jhu.edu/assets/documents/Stress\\_and\\_Anxiety\\_Management\\_for\\_Providers\\_During\\_COVID-19.pdf](https://caih.jhu.edu/assets/documents/Stress_and_Anxiety_Management_for_Providers_During_COVID-19.pdf)

## **StrongHearts Native Helpline**

(1-844-762-8483)

A confidential, anonymous, and culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

## **We R Native**

A comprehensive mental health resource for Native youth, including resources specifically for two-spirit youth.

<https://www.wernative.org/>

<https://www.wernative.org/my-relationships/sexual-health/lgbt-two-spirit>

