



FEELING THE ECONOMIC CRUNCH? FIND THE ASSISTANCE YOU NEED.



BEHIND ON YOUR MORTGAGE PAYMENT OR FACING FORECLOSURE?

- Free counseling service is available. Call Arizona Foreclosure Prevention Hotline: 877-448-1211, or go online to housingaz.gov.
- Community Information and Referral Service 2-1-1 within AZ, or 877-211-8661 from anywhere, or visit 211arizona.org.
- For legal services contact Community Legal Services of Arizona at 602-258-3434 or visit clsaz.org.



RECENTLY LOSE YOUR JOB OR WORRIED ABOUT LAYOFFS?

- For unemployment insurance and employment or training resources go to azjobconnection.gov.



EXPERIENCING MORE FAMILY STRESS THAN USUAL?

- Find information about health care, wellness and counseling at Arizona Department of Health Services (azdhs.gov) or call 602-542-1025.
- Birth to Five helpline for infants and toddlers birth-to-five-helpline.org or call 1-877-705-KIDS (5437).



HAVING TROUBLE PAYING BILLS?

- Check out arizonaselfhelp.org to see if you qualify for government assistance. To apply visit healtharizonaplus.gov for medical, nutrition assistance benefits and cash assistance. Call 1-855-432-7587.
- For a complete list of services, money management resources and ideas for stretching your dollar further call Community Information and Referral Service 2-1-1 within AZ, or 877-211-8661 from anywhere, or visit 211arizona.org.

602.631.4800 | information@vsuw.org

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UNITE AGAINST THE CYCLE.





COULD YOU BE SAVING MONEY ON HOUSEHOLD BILLS?

- Reduce your energy costs this summer – contact your utility company.
- To find summer meal locations for children under 18, visit azsummerfood.gov or call 602 542-8700.
- For help covering prescription costs for people with or without health insurance visit arizonarxcard.com or coast2coastrx.com, or call 1-800-931-8872 and choose your location
- Seeing your food costs go up? You're not alone. Ways to save: reduce the amount you eat out, use coupons, make a grocery list and shop around planned menus. To find a local food bank or pantry visit azfoodbanks.org or 800-445-1914.
- Talk to your employer about childcare savings accounts to learn how you can save up to 33% on childcare expenses.
- For assistance in locating affordable childcare go to azchildcare.org or 800-308-9000.
- Are you feeding a baby? Have a picky toddler? Want to get your preschooler more involved in meal time? Get free tips from nutrition experts at azwic.gov. or call 602 542-1025.



HOW MUCH MONEY IS YOUR DEBT COSTING YOU?

- Consumer Credit Counseling provides free services including debt-management plans. Visit moneymangement.org or call 866-889-9347.
- Green Path Debt Solutions provides free financial counseling to regain control of your debt and help you prioritize your payments: greenpath.com or call 800-550-1961.
- Take Charge America is a nonprofit financial education and credit counseling organization: takechargeamerica.org or call 1-866-528-0588.
- Financial Planning Association encourages professional development through a community of financial experts ready to help you: fpanet.org or call 1-800-322-4237.
- The Arizona Assets Alliance provides valuable links to a number of financial/asset- building services: plannersearch.org or call 1-800-322-4237.