



## Tucson Pregnancy Resources



### Immediate Support

24/7 Tucson Life Hotline  
 Youth line:..... 1-877-968-8491  
 Text Teen2teen: .....839863  
 Text.....988  
 Tucson Crisis Line.....520.622.6000  
 Arizona Community Resources.....2-1-1  
 .....<https://211arizona.org/>

[Abortion Pill Reversal](#)..... **877.588.0333**  
[Hands of Hope](#).....520.622.5774

### Pregnancy Centers

[Aid to Women’s Center\(Tempe\)](#)...480.966.1902  
[Answers for Life](#).....520.308.8990  
 .....520.900.3103  
 .....520.901.0756  
[Hands of Hope](#)..... 520.622.5774  
[New Life Pregnancy Center](#).....520.795.7541  
[Reachout Womens Center](#).....520.321.4300

### Pregnancy Mentoring

[With You Tucson](#).....520.500.7738  
[Pro-Love Tucson](#).....520.329.3020

### Counseling Services/Mental Health

**Suicide Prevention Hotline**.....**800.273.8255**  
 Text .....988  
[Catholic Counselors](#).....800-274-4658  
[Renewal Centers, INC](#).....520.791.9974  
[New Life Counseling Center](#).....800.678.0648  
[Crisis Response Center 24/7](#).....520.622.6000  
[Child and Family Resources](#).....520.783.2943

### Mobile Ultrasounds

[Hands of Hope](#).....520.622.5774

### Adoption Resources

[Hand in Hand Pregnancy and Adoption](#)  
 .....520.200.2066  
[Adoption Solutions AZ](#).....520.240.4208  
[Christian Family Care](#).....520.296.8255  
 Springs of Love....[kimberly@springsoflove.org](mailto:kimberly@springsoflove.org)

### Material Support

**Layette:**[Christ Child Society](#).....585.309.9064  
**Diapers:**[Diaper Bank](#).....520.325.1400  
**Clothes:**[Reachout Womens Ctr](#)...520.321.4300

### Financial Support

Let Them Live.....260.200.3789

### Birthing Centers

[Babymoon Inn of Tucson](#).....520.827.8150

### Catholic Hospitals and Clinics

Carondelet St. Joseph.....520.873.3000  
 Carondelet St. Mary.....520.872.3000

### Housing Programs

[TMM Family Services](#).....520.322.9557  
[Gospel Rescue Mission](#).....520.740.1501  
[Sister Jose Women’s Center](#).....520.909.3905

**Catholic Diocese of Tucson**  
**192 S. Stone Ave.**  
**520.838.2500**



## Tucson Parenting Resources



### Immediate Emergency Housing

Arizona Community Resources.....2-1-1  
<https://211arizona.org/>

### Lactation Resources

La Leche League.....520.789.6455  
 Tucson Medical Center..... 520.324.5730  
 breastfeedingssupportprogram@tmcaz.com  
 Carondelet St Joseph’s Hospital....520.873.1609

### Home Health Services

Nurse Family Partnership.....520.881.0001  
 .....520.207.7310  
 MECSH Nurse Home Visits.....520.293.1136

### Family and Parenting Education

Child and Family Resources.....520.783.2943  
 Casa de los Ninos.....520.624.5600  
 Our Family Services.....520.323.1708  
 Parentaid.....520.337.3252

### General Help-Related Resources

[Interfaith ICS Reset Program](#).....520.297.6049  
[Pio Decimo Center](#).....520.622.4704

### Housing Programs

Homelessness Intervention & Prevention Drop-In  
 Center.....520.623.5111  
 Casa Paloma Women’s Hospitality  
 Center.....520.882.0820  
 Gospel Rescue Mission Women’s Recovery  
 Center.....520.740.1501 x7101  
 The Salvation Army Hospitality  
 House.....520.622.5411  
 Family Pathways Emergency Shelter  
 Program.....520.623.5111  
 Sheepfold.....520.882.0522  
 Primavera Foundation.....520.882.5383

### Local Food Assistance Programs

Produce on Wheels.....520.287.2627  
 Community Food Bank of Southern Arizona  
 .....520.622.0525

### Special Needs/Prenatal Diagnosis

Southern Arizona Network for Down Syndrome  
 (SANDS) .....520.312.2030  
 Pilot Parents of Southern Arizona. 520.324.3150  
 Caring Connections for Special Needs, LLC  
 .....520.639.9006  
 Tucson Alliance for Autism(TAFA). 520.319.5857  
 Blake Foundation.....520.207.7310

### Natural Family Planning(NFP)/Infertility

Fertility Care Center of Tucson  
 Kimberly Chapman.....520.906.0192  
 .....creightonmodelnfp@gmail.com  
 Michele Grantham.....520.235.1400  
 Kelly Copeland.....520.903.4099

### State/Local Social Services

Teenage Parent High School (TAP)  
 .....520.225.3250 or 3256  
 MECSH .Nurse Home Visits.....520.293.1136  
 Nurse Family Partnership.....520.207.7310  
 Young Lives Interfaith Community Services  
 .....520.297.6049  
 First Smiles Matter.....520.724.7902

### Drug/Alcohol/Abuse Hotlines

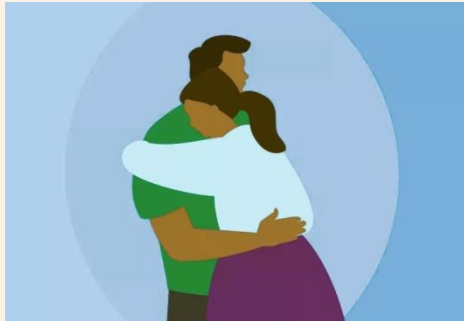
Emerge Center Against Domestic  
 Abuse.....520.795.4266

### Sex Trafficking Hotline

.....888.373.7888  
 .....Text..... 233733



## Tucson Grief & Infertility Resources



### Pregnancy and Infant Loss

[The P.A.T. Ministry](#) (Providing A Treasure)  
 .....704.841.1320  
 Caleb’s Ministry.....  
 .....<https://www.calebministries.org>  
 Hannah’s  
 Tears.....<http://www.hannahstears.org>  
 The Fruitful Hollow.....  
 .....<http://www.thefruitfulhollow.com>  
 Share Pregnancy and Infant Loss Support.....  
 .....<https://nationalshare.org/online-support/>

### Infertility

Fertility Care Centers of America  
 .....[www.fertilitycare.org](http://www.fertilitycare.org)  
 Kimberly Chapman.....520.906.0192  
 NaPro Technology  
 .....[www.naprotechnology.com](http://www.naprotechnology.com)  
 Families of the Americas...[www.nfptucson.org](http://www.nfptucson.org)  
 Kelly Copeland.....520.9034099  
 St Paul VI Institute.....[www.popepaulvi.com](http://www.popepaulvi.com)  
 USCCB Infertility Resources.....  
<https://www.usccb.org/topics/natural-family-planning/infertility>  
 USCCB Reproductive Technology Information  
<https://www.usccb.org/committees/pro-life-activities/reproductive-technology>

### Post Abortion Healing

Rachel’s Vineyard...[rachelsvineyardtucson.org](http://rachelsvineyardtucson.org)  
 .....877-467-3463  
 Project Rachel.....[hopeafterabortion.com](http://hopeafterabortion.com)  
 .....888-456-4673  
 Abbey’s  
 Place.....<http://www.abbeyspplace.org>  
 Surrendering Secret  
 .....[surrenderingthesecret.com](http://surrenderingthesecret.com)  
 Save One.....[saveone.org](http://saveone.org)  
 Support After Abortion.  
 .....[supportafterabortion.com](http://supportafterabortion.com)  
[Hands of Hope](http://HandsofHope).....520.622.5774

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## Yuma Pregnancy Resources



**Pregnancy Centers: Pre-Natal**  
[New Life Pregnancy Center](#).....928.726.5566  
[A.M.E.N.](#)(Abortion Must End Now)928.782.3430

**Community Hospitals and Clinics**  
[Yuma Regional Medical Center](#).....928.336.1085  
[The Midwife’s Kitchen](#).....928.2764998

**Parenting Education**  
[UofA Co-op Extension Classes](#).....928.726.3904  
[First Things First](https://firstthingsfirst.org).....https://firstthingsfirst.org  
 Strong Families.....www.strongfamiliesaz.com  
 Positive Parenting Program  
<https://positiveparentingaz.org/Yuma-county-triple-p-directory>.....

[Catholic Community Services](#).....928.341.9400  
 Child and Family Resources.....928.783.4003  
[Easter Seals Blake Foundation](#).....  
 Parents As Teachers.....928.248.5112  
**Car Seat Safety**.....**928.317.4631**

**Special Needs**  
[Blake Foundation](#).....928.248.5112x5112  
 Children With Special Needs  
<https://www.easterseals.com/blakefoundation/our-programs> .....  
[Raising Special Kids](#).....928.444.8803  
[Arizona Early Intervention Program](#) (AzEIP).....  
 .....1.888.439.5609

**Diapers**  
[Diaper Bank](#).....https://diaperbank.org  
[A.M.E.N.](#).....928.782.3430 or 928.580.8021  
[New Life Pregnancy Center](#).....928.726.5566

**Lactation Support and Help**  
[La Leche League](#).....602.234.1956  
[Yuma Regional Medical Center \(YRMC\)](#).....  
 Breastfeeding Support & Lactation Classes.....  
 .....928.336.1228  
 AZ Dept.Health Services.....602.542.1025  
 Breastfeeding Hotline.....602.542.1025

**Post Abortion Healing**  
[Rachels Vineyard](#).....928.580.6175  
[Sisters of Life](#) (National).....866.575.0075  
[New Life Pregnancy Ctr](#).....928.726.5568  
 .....800.878.4574

## Casa Grande Resources

[Family and Life Ministry](#).....520.836.0601  
 St Anthony of Padua Catholic Church

## Sierra Vista Resources

[Care Net Pregnancy Center](#).....520.459.5683