

 **FIRST THINGS FIRST**

Navajo Nation Region

NAVAJO NATION KINSHIP SERVICES GUIDE



2024

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This listing of resources was compiled by the First Things First Navajo Nation Region office. If any information needs to be updated, contact (928) 810-4306.



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ONLINE NAVAJO NATION KINSHIP SERVICES GUIDE



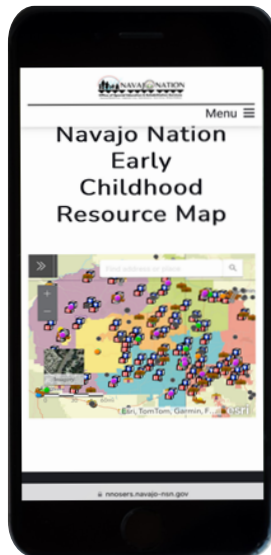
To access this Kinship Guide online through your mobile device, scan the QR code or visit the website.


<https://bit.ly/3uqD7hG>

ONLINE RESOURCE MAP

The online Navajo Nation Early Childhood Resource Map is an interactive map that contains the location, contact information and details of resources on the Navajo Nation for families to access. To access the map, scan the QR Code or visit the site.

<https://bit.ly/EC-ResourceMap>



Click on  at the left hand corner of the map to view the menu of resources.

FAMILY SUPPORT COORDINATION



Are you a parent/caregiver who is looking for specific resources for yourself, your family or child/children? The Family Support Coordinator is a person who can assist by connecting you to Navajo Nation resources and services for yourself, your family or child/children.



Phone: (928) 551-7624

Referral Form:

<https://bit.ly/3NwSYBv>

EARLY INTERVENTION

Growing in Beauty Early Intervention Program

The Navajo Nation Growing In Beauty program (GIB) meets the needs of Navajo children with delays or disabilities from birth to five years of age while honoring the unique culture and language of the Navajo people. GIB is the Navajo Nation's (Arizona and New Mexico portion) early intervention provider.

P.O. Box 1420, Window Rock, AZ 86515

Phone: (928) 871-6338

Toll-Free: 1(866) 341-9918

Referral Website:

<http://www.nnosers.org/referral.aspx>

San Juan Early Intervention Program

This program is the Utah (Navajo Nation) Early Intervention Provider.

200 North Main Street, Blanding, UT 84511

Phone: (435) 678-1222

EARLY EDUCATION

Navajo Head Start/Early Head Start

Head Start/Early Head Start (NHS/EHS) is a unique, flexible program designed to address the needs of expectant mothers, fathers, and children in the center of the home. NHS/EHS provides the following: early childhood development and education for young children, dental, medical home, immunizations, vision, nutrition, family-style meal settings, nutritional meals, behavior development, mental wellness, social and emotional competence and a safe environment. Call the Toll-Free number or visit their website for registration information or to contact your local Head Start/Early Head Start's Eligibility, Recruitment, Selection, Enrollment, and Attendance (ERSEA) District Contact.

Headquarters Administration

P.O. Box 3479, Window Rock, AZ 86515

Phone: (928) 871-6902

Toll-Free: 1(877) 506-1863

Fax: (928) 871-7866

Website: <https://www.navajohs.com/>

ERSEA District Contacts

District 1: Shiprock (505) 368-1200 / (928) 206-3929

District 2: Crownpoint (928) 206-3271 / (928) 797-1779

District 3: Fort Defiance (928) 810-8520 / (928) 206-3067

District 4: Chinle (928) 206-2877 / (928) 206-3259

District 5: Tuba City/Kayenta (505) 567-0327 / (928) 206-2961

Quality First

Quality First (Arizona) child care programs and preschools are committed to quality improvement, going beyond regulatory requirements to help the infants, toddlers and preschoolers in their care be ready for success in school and beyond. To find local Quality First child care programs and preschools:

1. Visit <https://www.firstthingsfirst.org/resources/quality-first/>
2. Type your address or one of the community names near you that is listed below into the "Find Quality Child Care" section. Note: Make sure to set the distance parameters to 200 or 500 to see all Quality First locations on the Navajo Nation (AZ). These communities will have a Quality First child care and/or a Quality First preschool program.
 - o Chinle
 - o Ganado
 - o Leupp
 - o Kayenta
 - o Kykotsmovi Village
 - o Many Farms
 - o Navajo (NM)
 - o Pinon
 - o Red Mesa
 - o Sanders
 - o Tsaile
 - o Window Rock
 - o Tuba City
 - o Off-Reservation: Page, Flagstaff, Winslow, Joseph City, Holbrook

EARLY EDUCATION (continued)

Bureau of Indian Education - Family and Child Education (FACE) Programs

FACE Programs services integrate language and culture in two settings: home and school. The goals of the FACE Program are to:

- support parents/primary caregivers in their role as their child's first and most influential teacher;
- increase family literacy;
- to strengthen family-school-community connections;
- promote the early identification and services to children with special needs;
- increase parent participation in their child's learning;
- support and celebrate the unique cultural and linguistic diversity of each American Indian community served by the program;
- and to promote lifelong learning.

FACE Programs are available at the schools listed below:

CENTRAL AGENCY - BIE FACE PROGRAMS

- Many Farms Community School
(928) 781-6221
- Nazlini Community School
(928) 755-6125
- Rough Rock Community School
(928) 728-3701

EASTERN AGENCY - BIE FACE PROGRAMS

- Alamo Navajo Community School
(575) 854-2543
- Baca/Dlo' Ay Azhi Community School
(505) 972-2769
- Bread Springs Day School
(505) 778-5411
- Chi Ch'il Tah/Jones Ranch Community School
(505) 778-5574
- Mariano Lake Community School
(505) 786-5265
- Pueblo Pintado Community School
(505) 655-3341
- Ramah Navajo FACE Pine Hill Schools
(505) 775-3242
- T'iis Ts'ozí Bi'Olta Community School
(505) 786-6159
- To'Hajiilee Community School
(505) 908-2174
- Tse'ii'ahi' Community School
(505) 786-5389
- Wingate Elementary School
(505) 488-6312

FORT DEFIANCE AGENCY - BIE FACE PROGRAMS

- Greasewood Springs Community School, Inc.
(928) 654-3384
- Kin Dah Lichi'i Olta, Inc.
(928) 755-3430

NORTHERN AGENCY - BIE FACE PROGRAMS

- Aneth Community School
(435) 651-3271
- Atsá Biyáázh Community School
(505) 368-2100
- Beclabito Day School
(928) 656-3556
- Cove Day School
(928) 653-4457
- Dzilth-Na-O-Dith-Hle Community School
(505) 960-0356
- Hanáá'dli Community School
(505) 960-3411
- Na'Neelzhiin Ji'Olta (Torreon)
(505) 731-2272
- T'iis Nazbas Community School
(928) 656-3252

WESTERN AGENCY - BIE FACE PROGRAMS

- Kayenta Community School
(928) 679-3490
- Leupp School Inc.
(928) 686-6211
- Little Singer Community School
(928) 686-6108
- NaaTsis'Aan Community School
(928) 672-2335

HOME VISITATION PROGRAMS

Growing in Beauty Home Visiting Program

The Navajo Nation Growing in Beauty (GIB) Home Visiting Program provides support for parents to better understand their child's developmental skills through daily home activities. There is no cost to participate in the program. Families will receive personal visits, developmental screenings for their children age birth to 5 years old, parenting class opportunities, referral to resources and children's books. To be connected to your local home visitor, contact:

Phone: (928) 871-6338

Facebook: Growing in Beauty Home Visitation

Northwest New Mexico First Born Home Visiting Program

Avenues Early Childhood Services provides home based education, referral services and case management services for families living in McKinley County, New Mexico. Families living in McKinley County may enroll anytime during pregnancy and until the baby turns five years old. There is no income or other eligibility requirements.

114 N. Behrend Ave., Farmington, NM 87401

Phone: (505) 325-9187

Website: <https://firstbornprogram.org/>

Health Start Program

The Health Start Program is a free program that works with pregnant women, new mothers and their families in Coconino County, Arizona. The goal of the program is to give your child and family the best chance of success through education and referrals to community resources. Service areas: LeChee, Kaibeto, Inscription House, Gap/Bodaway, Coppermine, Bittersprings, Tuba City and Page.

467 Vista Ave., Page, AZ 86040

Phone: (928) 679-7292 or (928) 209-2323

Avenues Early Childhood Services

Avenues Early Childhood Services provides home based education, referral services and case management services for families living in McKinley County, New Mexico. Families living in McKinley County may enroll anytime during pregnancy and until the baby turns five years old. There is no income or other eligibility requirements.

126 W. Coal Avenue, Gallup, NM 87301

Phone: (505) 862-1026

Fax: (505) 297-3986

Email: info@avenues-ecs.org

Website: <https://www.avenues-ecs.org/>

Healthy Families

Healthy Families (Tuba City & Surrounding Communities) is a voluntary, free support program serving families during pregnancy and up to age five of the child, when vital early brain development occurs. There is no cost to participate in the program. Healthy Families is dedicated to supporting families in their quest to be the best parents they can be. The Healthy Families Arizona program will help you be prepared for your baby's birth, be a successful parent, communicate with and understand your baby and help your child learn about the world through play.

Tuba City and Surrounding Communities

This program is offered to parents-to-be and those with babies (newborn to three months old) in Tuba City and surrounding communities.

Website:

<https://www.ChildFamilyResources.org/Healthy-Families>

Phone: (928) 753-4410

Flagstaff and Surrounding Communities

This program is offered to parents-to-be and those with babies (newborn to three months old) living within 50 miles of Flagstaff (e.g. Cameron, Leupp, etc.).

Website:

<https://www.coconino.az.gov/239/Healthy-Families>

Phone: (928) 679-7216

CHILD CARE RESOURCES

Navajo Nation Department of Child Care and Development (DCCD)

Parents/caregivers may call the Administration Office to be transferred to their local Casework Unit. The local Casework Unit will help the parent/caregiver apply for child care services for children 4 months to 13 years of age; the ages vary by tribal child care centers. Based upon qualification, the child care options given are 1) tribal child care centers, 2) private child care centers on/near the Navajo Nation and 3) home based child care (in the family home or at a provider's home).

Administration Office
P.O. Box 2425, Window Rock, AZ
Phone: (928) 871-6629
Fax: (928) 871-7077

Arizona Kith and Kin Project

Join the Arizona Kith and Kin Project for weekly gatherings with others who care for children in their homes. Training support, school readiness materials and safety equipment are available at no cost.

Phone: (928) 871-6629

DISABILITIES AND SPECIAL NEEDS RESOURCES

Division of Developmental Disabilities (DDD) – Arizona Department of Economic Security

The Division of Developmental Disabilities (DDD) empowers individuals with developmental disabilities to lead self-directed, healthy and meaningful lives. DDD provides supports and services to eligible Arizonans.

- Window Rock Main Office
(Office is being relocated)
P.O. Box 4739
Window Rock, AZ 86515
Toll-Free: 1(844) 770-9500
Phone: (928) 871-3696
Fax: (928) 871-2400
- Chinle Office
North HWY 191, Building 7395A
P.O. Box 2150
Chinle, AZ 86503
Toll-Free: 1(844) 770-9500
Phone: (928) 674-8325
Fax: (928) 674-3757
- Tuba City Office
50 South Main Street
P.O. Box 1199
Tuba City, AZ 86045
Phone: (928) 283-4520
Fax: (928) 283-5586

Developmental Disabilities Supports Division (DDSD) – New Mexico Department of Health

The Developmental Disabilities Supports Division (DDSD) oversees three home and community based Medicaid waiver programs. These include the Developmental Disabilities Waiver (Traditional Waiver), the Medically Fragile Waiver (Traditional Waiver), Mi Via Self-Directed Waiver and the Supports Waiver. Our Intake and Eligibility Bureau manages the Central Registry for individuals waiting for services. DDSD also provides several State General Funded Services.

Website: <https://www.nmhealth.org/about/ddsd/>

Division of Services for People with Disabilities (DSPD) – Utah Department of Health & Human Services

The Division of Services for People with Disabilities (DSPD) promotes opportunities and provides supports for people with disabilities to lead self-determined lives by overseeing home and community-based services for more than 5,000 people who have disabilities. Support includes community living, day services, supported employment services, and many more.

Website: <https://dhhs.utah.gov/>

Navajo Nation Office of Special Education and Rehabilitation Services - Vocational Rehabilitation

The Office of Special Education and Rehabilitation Services (OSERS) provides Vocational Rehabilitation services to eligible American Indians with disabilities who are interested in going to work. Please call the Administration Office for your local office's number.

Website: <http://nnosers.org/>
Toll-Free: 1(866) 341-9918
Phone: (928) 871-6338

DISABILITIES AND SPECIAL NEEDS RESOURCES (continued)

Raising Special Kids Arizona

Raising Special Kids exists to improve the lives of children with the full range of disabilities, from birth to age 26, by providing support, training, information and individual assistance so families can become effective advocates for their children.

Website: <https://www.raisingpecialkids.org>

Phone: (602) 242-4366

Education for Parents of Indian Children with Special Needs (EPICS)

EPICS is a Community Parent Resource Center serving New Mexico families who have Native American children birth to 26 years old with disabilities or developmental delays special healthcare needs and deaf or hard of hearing. EPICS provides resources and training to educate parents/caregivers on rights, responsibilities and protections as they develop the skills necessary to effectively participate in the planning and decision making relating to Early Intervention, Educational and Transitional Services to meet their child's specific and unique needs.

2201 Buena Vista Dr. SE, Suite 201

Albuquerque, NM 87106

Website: <https://www.epicsnm.org/>

Toll-Free: 1(888) 499-2070

Phone: (505) 767-6630

Disability Law and Rights Organizations

- Arizona Center for Disability Law, Inc.
Website: <https://www.azdisabilitylaw.org>
Toll-Free: 1(800) 927-2260
- Native American Disability Law Center
Toll-Free: 1(800) 862-7271
- Disability Rights New Mexico, Inc.
Website: <https://www.drnrm.org>
Toll-Free: 1(800) 432-4682
- Utah Disability Law Center, Inc.
Toll-Free: 1(800) 662-9080

ASSISTANCE PROGRAMS

Navajo Nation Department of Self-Reliance

The Department of Self-Reliance (DSR) assists eligible families in obtaining the knowledge, skills and experience while providing necessary resources to become self-reliant. DSR was created to help families in need.

48 West HWY 264, Quality Inn Office Complex -
Suite 108

P.O. Box 2279

Window Rock, AZ 86515

Phone: (928) 810-8592

Toll-Free: 1(866) 347-2403

Fax: (928) 810-8557

Family Assistance Services - Navajo Nation Department of Family Services

The Family Assistance Services comprises of the Navajo School Clothing & Supplies Program, the Low Income Home Energy Assistance Program (LIHEAP), General Assistance (GA), Community Service Block Grant and burial assistance. Call the listed number to be transferred to your local office's line.

Phone: (928) 871-7635

Fax: (928) 871-7372

ASSISTANCE PROGRAMS (continued)

Navajo Nation Department of Child Support Services

The Department of Child Support Services assures that all children have paternity established and have the resources of both of their parents by providing financial and medical support.

Administration Office: (928) 871-7194
Fort Defiance Agency: (928) 871-6895
Chinle Agency: (928) 674-2300
Tuba City Agency: (928) 283-3416
Crownpoint Agency: (505) 786-2207
Shiprock Agency: (505) 368-1006

Coconino County Health & Human Services – Social Services

Servicing those experiencing difficulties within Coconino County by helping them pay for essentials, access free items and connect with community resources. Services/resources/referrals for: utility/water bill assistance and deposits, rent/mortgage assistance, medical prescriptions not covered by insurance, firewood, repair or replacement of home appliances, clothing vouchers, bus passes, bikes and helmets, financial education classes and coaching, prepaid cellphones, fuel cards, diapers, food boxes, WIC, career services, unemployment advocates, enrollment assistance in Social Security and AHCCCS (Arizona medical insurance).

2625 N. King Street
Flagstaff, AZ 86004
Phone: (928) 679-7453

Arizona Department of Economic Security

DES works with families, community organizations, advocates and state and federal partners to realize our collective vision that every child, adult, and family in Arizona will be safe and economically secure.

Services: cash assistance, developmental disability services, medical assistance, nutrition assistance (food stamps), vocational rehabilitation.

To apply for assistance, visit:

<https://www.hsd.state.nm.us/>

Toll-Free: 1(855) 432-7587

- Chinle Office
10 yds, S. of NTUA
P.O. Box 157
Chinle, AZ 86503
Toll-Free: 1(855) 432-7587
- Kayenta Office
50 yds, W. of NHA Housing
½ mi. N. of 160/163 HWY Jct
Kayenta, AZ 86033
Toll-Free: 1(855) 432-7587
- Tuba City Office
50 S. Main St.
Tuba City, AZ 86045
Toll-Free: 1(855) 432-7587

New Mexico Human Services Department

The NM Human Services Department works with partners to design and deliver innovative, high quality health and human services that improve the security and promote independence for New Mexicans in their communities. Services: health coverage, food assistance, income support, and child support.

To apply for assistance, visit:

<https://www.hsd.state.nm.us/>

Utah Department of Health & Human Services

DHHS ensures all individuals and communities in Utah have access to a system of services. Their services promote fair and equitable opportunities to live safe and healthy lives. Services: child support, disability services, caregiver support, mental health resources, health coverage, early intervention, Baby Your Baby home visiting support, health clinic networks and substance abuse resources.

For more information on how to access services, visit: <https://dhhs.utah.gov/>

EDUCATION & EMPLOYMENT PROGRAMS

Adult Basic Education Programs

Adult Basic Education Programs offer classes and tutoring to help adult learners to build basic academic skills to prepare to take the GED test to attain a high school equivalency diploma. These programs also provide students evidence of readiness to enter job training programs or college.

- **Diné College**
(Shiprock, Crownpoint, Yat-ta-hey and Zuni)
Phone: (505) 368-3529 or 3563
- **Navajo Technical University**
Phone: (505) 786-4365

Vocational Rehabilitation – Navajo Nation Office of Special Education and Rehabilitation Services

The Office of Special Education and Rehabilitation Services (OSERS) provides Vocational Rehabilitation services to eligible American Indians with disabilities who are interested in going to work. Please call the Administration Office for your local office's number.

Website: <http://nnosers.org/>
Toll-Free: 1(866) 341-9918
Phone: (928) 871-6338

Navajo Department of Workforce Development

Please call the Administration Office for your local office's number.

Website: <https://www.ndwd.org/>
Administration Office: (928) 871-7707 or 7724

Career Services – Coconino Health & Human Services

In demand Occupational Training, job search assistance, career planning, employment related support services.

Website:
<https://coconino.az.gov/124/Career-Center>
Phone: (928) 679-7400

Job Corps

Job Corps provides career training for individuals age 16-24, high school diploma and GED attainment assistance and basic needs and housing while in training.

Northern Arizona Representative
Phone: (602) 377-4352
Toll-Free: 1(800) 733-5627

Phoenix Indian Center – Flagstaff Office

Employment and training services; career counseling, support services, resume development and assistance.

Website: <https://phxindcenter.org/>
Phone: (602) 264-6768 ext. 201

ABUSE/NEGLECT REPORTING

Children and Families Well Being Program - Navajo Nation Department of Family Services

The Children and Families Well Being Program receives intake/reporting of child neglect and abuse and conducts Child Protective Services/Investigations. They also provide Child Case Management and Family Conferencing.

2296 Administrative Building #2, 2nd Floor
P.O. Box 704
Window Rock, AZ 86515
Phone: (928) 871-6556

Diné Elderly Protection Program - Navajo Nation Department of Family Services

Adult Protective Services/Investigations, Elderly Protective Services/Investigations, Elder and Adult Case Management, Adult and Elderly Permanency Services, Crisis Intervention and Support Services for victims of elderly abuse.

2296 Administrative Building #2, 2nd Floor
P.O. Box 704
Window Rock, AZ 86515
Phone: (928) 871-6556

LEGAL

The Peacemaking Program of the Navajo Nation

The Peacemaking Program is an alternative to Anglo-American judicial court procedures. The goal of Peacemaking is returning to Hózhó. When there is disharmony or Anáhóót'í with our children and families, among adults, or in our community, it is our personal responsibility to restore harmony and balance. Requests for services by individuals must be made in person. Telephone inquiries are allowed.

Website: <https://courts.navajo-nsn.gov/indexpeacemaking.htm>
Phone: (928) 871-6388

Navajo Nation Judicial Branch

Call the Administration Office for your local Judicial Court information.

Administration: (928) 871-6762/7018
Probation Services: (928) 871-6625
Peacemaking Program: (928) 871-6388

Navajo Nation DNA - People's Legal Services

DNA People's Legal Services is a 501(c)(3) nonprofit legal aid organization that provides free civil legal services to low-income people who otherwise could not afford to hire an attorney.

Administration Office: (928) 871-4151
Intake: 1(833) 362-1102

Vital Records - Birth Certificate Information

Birth Certificates & other vital records are processed directly with the issuing government agency.

- ARIZONA
 - Apache County Public Health Services District
Phone: (928) 337-7525
 - Navajo County Public Health Services District
Phone: (928) 524-4750
 - Coconino County Public Health Services District
Toll-Free: 1(877) 679-7272
- NEW MEXICO
 - San Juan County Public Health Office
Phone: (505) 327-4461
 - McKinley County Public Health Office
Phone: (505) 722-4391
- UTAH
 - San Juan County Public Health
Phone: (435) 587-3838

Navajo Nation Office of Vital Records and Identification

Navajo Nation Office of Vital Records and Identification issues a Certificate of Indian Blood (CIB) to individuals eligible for tribal enrollment. Check website for regular updates and office hours.

Phone: (928) 871-6884

Website: <https://novri.navajo-nsn.gov/>

- Fort Defiance Office
Phone: (928) 871-6386
email: novri_ftdefiance@navajo-nsn.gov
- Tuba City Office
Phone (928) 283-3404
Email: novri_tubacity@navajo-nsn.gov
- Chinle Office
Phone: (928) 674-2279
Email: novri_chinle@navajo-nsn.gov
- Crownpoint Office
Phone: (505) 786-2034
Email: novri_crownpoint@navajo-nsn.gov
- Shiprock Office
Phone: (505) 368-1371
Email: novri_shiprock@navajo-nsn.gov

FOSTER CARE/ADOPTION

Adoption Promotion & Support Services - Navajo Nation Department of Family Services

APSS protects the best interest of Navajo children by promoting stability and security of Navajo children in homes that will maintain the unique values of the Navajo culture and heritage. If you are interested in providing a permanent home for children in the child welfare system, APSS is a Navajo Nation resource for you.

Phone: (928) 871-6175 or 6829

NUTRITION & FOOD

Arizona Nutrition Assistance Program - Arizona Department of Economic Security

The Arizona Nutrition Assistance Program (formerly the Food Stamp Program) is Arizona's program for the Food and Nutrition Service (FNS) Supplemental Nutrition Assistance Program (SNAP). Nutrition Assistance provides eligible households with monthly benefits they can use to purchase nutritious food.

For office locations, see Assistance Programs à Arizona Department of Economic Security in this guide

To apply for Nutrition Assistance, visit: <https://des.az.gov/>

Toll-Free: 1(855) 432-7587

New Mexico Food Assistance (SNAP) - New Mexico Human Services Department

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, provides financial assistance to eligible New Mexicans with low income and limited resources to purchase food products. SNAP benefits are simple to use to purchase qualifying food products at participating grocery stores.

To apply for Food Assistance, visit: <https://www.hsd.state.nm.us/>

Toll-Free: 1(800) 283-4465

Utah SNAP - Utah Department of Workforce Services

Utah's Supplemental Nutrition Assistance Program (SNAP). SNAP offers nutrition assistance to buy healthy food.

To apply for SNAP food benefits, visit: <https://jobs.utah.gov/mycase>

Toll-Free: 1(866) 526-3663

Navajo Nation Food Distribution Program

Food Distribution Program is designed to promote nutritional awareness for a healthy lifestyle to eligible Navajo families and other Indian Tribe residing on or near the Navajo Reservation. The program provides nutritional food packages to eligible families across the Navajo Nation.

- Administration Office
Phone: (928) 871-6429
- Fort Defiance
Phone: (928) 729-4212 or 4022
- Leupp
Phone: (928) 686-3220 or 3221
- Tuba City
Phone: (928) 283-3290 or 3294/3295
- Teec Nos Pos
Phone: (928) 656-3650 or 3651/3652
- Crownpoint
Phone: (505) 786-2361 or 2280/2320
- Mexican Springs
Phone: (505) 733-2853 or 2852/2854
- Kirkland
Phone: (505) 589-9736 or 1027

Women, Infant and Children (WIC) Nutrition Program

WIC provides nutrition education and breastfeeding support services, supplemental nutritious foods and referrals to health and social services. WIC serves pregnant, breastfeeding, and postpartum women; infants; and children under the age of five.

- Chinle WIC
Phone: (928) 674-2184
- Crownpoint WIC
Phone: (505) 786-2185
- Farmington WIC
Phone: (505) 327-9951
- Fort Defiance WIC
Phone: (928) 871-7894
- Gallup WIC
Phone: (505) 722-4767
- Ganado WIC
Phone: (928) 755-5940
- Kayenta WIC
Phone: (928) 697-5507
- Pinon WIC
Phone: (928) 725-3755
- Shiprock WIC
Phone: (505) 368-1135
- Tsaile WIC
Phone: (928) 724-2200
- Tuba City
Phone: (928) 283-3181
- Winslow WIC
Phone: (928) 289-3219

NUTRITION & FOOD (continued)

Navajo Fruit & Vegetable Prescription (FVRX) Program - Community Outreach and Patient Empowerment (COPE) Program

The Fruit and Vegetable Prescription Program (FVRx) is an innovative program that partners with healthcare providers and local retailers to promote healthy eating. Families meet with a community outreach worker each month to learn about healthy habits. They get a monthly prescription (voucher) to buy fruits and vegetables at local stores on Navajo Nation.

Please call the COPE Program Office to enroll in the program in order to redeem/spend vouchers.
Phone: (505) 722-2185

St. Jude Food Bank - Western Navajo Region

The mission of St. Jude Food Bank is to gather and make food available for those living with food insecurity on Western Navajo, Western Hopi and Southern Paiute reservations. St. Jude Food Bank works to encourage self-sufficiency through education, advocacy and coalition building. They welcome each client with respect and genuine service from the heart.

100 Aspen Dr., Tuba City, AZ 86045
Phone: (928) 283-6886

St. Mary's Food Bank - Arizona

The St. Mary's Food Bank serves to alleviate hunger through the gathering and distribution of food while encouraging self-sufficiency, collaboration, advocacy and education. St. Mary's distributes food to hundreds of nonprofit partners on the Navajo Nation. These include some chapter houses, schools, churches and community centers. To find your local food distribution site, visit the website and click on "Find Food Partners" to view the interactive map.

Phone: (602) 344-4124
Website: <https://azfoodhelp.org/>

Bluff Food Pantry - Bluff, Utah

630 Black Locust Avenue
Bluff, UT 84512
Phone: (810) 718-8007
Facebook: Bluff Food Pantry

Gallup Community Pantry - McKinley County, NM

1130 Hasler Valley Road
Gallup, NM 87301
Phone: (505) 726-8068
Website: <https://thecommunitypantry.org/>
Facebook: The Community Pantry

Blanding Food Bank (San Juan Foundation) Blanding, Utah

558 South 200 East
Blanding, UT 84511
Phone: (435) 678-4000
Website:
<https://www.sanjuanfoundationutah.org/foodbank>
Facebook: San Juan Foundation

ECHO Food Bank - San Juan County, NM

401 South Commercial Avenue
Farmington, NM 87401
Phone: (505) 326-3770
Website: <https://echoinc.org/echo-food-bank/>
Facebook: Economic Council Helping Others, ECHO Inc.

PREGNANCY & BIRTH RESOURCES

Changing Woman Initiative

Services: prenatal care, birth services, nutrition consultation & access to healthy produce with visits, lactation assessment/support/education, postpartum care up to 6 weeks for mom and baby, and traditional medicine referral. Target area and population: serving Native American, Alaska Native, and Indigenous women living in or around Santa Fe, NM, Albuquerque, NM and the Navajo Nation.

4133 Montgomery Blvd. NE
Albuquerque, NM 87109
Phone: (505) 930-5641
Fax: (505) 393-5165
Email: info@changingwomaninitiative.com

Birthright Crisis Pregnancy Center

Crisis pregnancy counseling, free pregnancy tests, baby clothing, baby diapers, formula, referrals to medical assistance. Service area: New Mexico Four Corners area.

609 N. Butler, Farmington, NM 87401
Phone: (505) 327-9000
Toll-Free: 1(800) 550-4900

Navajo Birth Cohort Study

By joining this study, parents/caregivers will:

- learn about potential contamination from the home environmental assessment,
- learn about their child's development through study assessments,
- receive early referral for intervention services should any concerns be identified,
- help provide information that can inform policies to improve child development on the Navajo Nation and
- help clinical care providers, obstetricians and pediatricians to understand any unique needs for services on the Navajo Nation.

If you are interested in joining this study or if you would like more information, please contact your Local NBCS Representative.

- Chinle - (928) 674-7782
- Shiprock/Northern - (505) 368-7397
- Fort Defiance - (928) 871-6782
- Tuba City - (928) 283-3091
- Kayenta - (505) 608-1206
- Gallup - (505) 863-6484
- Central Office (ABQ) - 1 (877) 545-6775

BREASTFEEDING RESOURCES

- | | |
|--|--|
| • Navajo Nation WIC Breastfeeding Peer Counselor | Toll-Free: 1(800) 833-4642 |
| • Arizona 24/7 Breastfeeding Hotline | Toll-Free: 1(800) 307-4231 |
| • Navajo Breastfeeding Coalition | Phone: (928) 309-7558
Facebook: Navajo Breastfeeding Coalition
Email: dinationbreastfeeding@gmail.com |
| • Flagstaff Medical Center Breastfeeding Center | Phone: (928) 773-2605 |
| • Pregnancy and Breastfeeding Hotline | Toll-Free: 1(800) 833-4642 |
| • La Leche League | Toll-Free: 1(877) 452-5324
Website: https://llusa.org/ |

YOUTH & LITERACY PROGRAMS

The Office of Diné Youth

The Office of Dine Youth (ODY) exists to advocate, educate and develop resilient healthy generations of youth through partnerships to balance and live in a diverse society. Services: Youth Career Incentive Program, Recreation Program, Youth Counseling Program, high school preparatory and enrichment programs.

Website: <https://www.dineyouth.com/>

- Chinle Agency - (928) 674-2064/2066
- Crownpoint Agency - (505) 786-2000/2001
- Fort Defiance Agency - (928) 729-4336/4338
- Shiprock Agency - (505) 368-1125/1127/1126
- Tuba City Agency - (928) 283-3021/3023

4-H Program (Navajo Nation) - University of Arizona Cooperative Extension

The 4-H Program is available through local in-person 4-H clubs and 4-H camps. With the support of adult mentors, youth select from a wide variety of hands-on project ideas to complete. 4-H programs are available for youth and teens ages 8-18. 4-H Cloverbud programs are available for youth ages 5-7.

Phone: (928) 206-0763

Email: kristyldennison@arizona.edu

Facebook: 4-H Programming-Navajo Nation

Baby College 101: Courses for Áłchíní Yázhí - University of Arizona Cooperative Extension

The Baby College 101: Courses for Áłchíní Yázhí Program is hosted virtually and in-person in the communities of Houck, Sanders and Window Rock. These are free weekly early literacy events for families with young children ages 0-6. Books and snacks are provided.

Phone: (928) 245-8845

Email: benally3@arizona.edu

Virtual Literacy Resources

- With a **Navajo Nation Library** card, individuals have free online access to eBooks, eAudiobooks, eMagazines and video tutorials (computer/internet basics, nutrition, resume and interview advice, home maintenance, auto maintenance, crafts, library digital resources, etc.).

Website: <https://library.navajo-nsn.gov/digital-library>

- **Shimá Storytelling** is a grassroots reading program for youth of all ages featuring storytelling, singing and activities in Diné Bizaad. The Shimá Storytelling reinforces four key strategies to convey the fundamentals of Diné lifeways in each storytelling session: Nitsáhákees (Thought Process), Nahat'á (Planning Process), liná (Life) and Siihasin (Hope and Resilience). All presentations include gender-based violence and mental health resources.

Facebook: Shimá Storytelling

NDN Girls Book Club

NDN Girls Book Club is a 501(c)3 literary nonprofit that hosts free community workshops for Native people, especially Native youth & girls, in poetry, zine-making, editing, fiction, nonfiction, and Native literature talks. They aim to make accessibility to quality Indigenous literature a reality for all ages by sending out free books and literary care packages.

Email: kinsalehues@gmail.com

Facebook: NDN Girls Book Club

Instagram: [ndngirlsbookclub](https://www.instagram.com/ndngirlsbookclub)

LIBRARIES

Libraries on the Navajo Nation

- Navajo Nation Library Phone:(928) 871-6376
- Kayenta Community Library Phone:(928) 697-5563 Website: <https://library.navajo-nsn.gov/>
- Torreon Community Library Phone:(505) 910-0929

- Tuba City Public Library Phone:(928) 283-5856 Website: <https://www.tubacitypubliclibrary.org/>
- Sanders Public Library Phone:(928) 688-2677 Website: <https://www.apachecountylibraries.com/sanders-public-library>

Diné College Libraries

Website: <https://lib.dinecollege.edu/home>

- Kinyaa'áanii Charlie Benally Library - Tsaile, AZ Phone:(928) 724-6757
- Senator John D. Pinto Library - Shiprock, NM Phone:(505) 368-3646
- Diné College Library - Crownpoint, NM Phone:(505) 786-7391

Little Free Libraries

- Window Rock, AZ - Located between Cocina de Dominguez and Mikasa II
- Fort Defiance, AZ - Located in front of the Tséhootsooí Medical Center and at Rez Refuge (Rio Puerco)
- Navajo, NM - Located at the D.E.A.P School
- Black Mesa, AZ - Located at the Black Mesa Community School

Libraries near the Navajo Nation

- Hopi Public Library Phone:(928) 734-4500
Kykotsmovi, AZ Website: <https://www.flagstaffpubliclibrary.org/>

- Holbrook Public Library Phone:(928) 524-4748
Holbrook, AZ Toll-Free: 1(866) 524-3732
Website: <https://www.holbrookaz.gov/departments/holbrook-city-library>

- Winslow Public Library Phone:(928) 289-4982
Winslow, AZ Website: <https://www.winslowaz.gov/departments/library/index.php>

- Coconino County Public Library Phone:(928) 213-2391
Flagstaff, AZ Website: <https://www.flagstaffpubliclibrary.org/>

- Octavia Fellin Public Library Phone:(505) 863-1291
Gallup, NM Website: <https://ofpl.online/>

- Children & Youth Library Phone:(505) 726-6120
Gallup, NM Website: <https://ofpl.online/>

- Farmington Public Library Phone:(505) 599-1270
Farmington, NM Website: https://farm.ent.sirsi.net/client/en_US/default

HOUSING, UTILITIES, INTERNET, CELLPHONE & TRANSPORTATION

Navajo Housing Authority (NHA)

The Navajo Housing Authority offers programs such as the Public Rental Program and the Homeownership Program.

Website:

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

Main Office: (928) 871-2600

Navajo Nation Land Department

Navajo Land Department has Five Agency Offices on the Navajo Nation who assist clients in obtaining a one-acre residential lease for 75 years that provides an opportunity for families to build or mortgage a home.

Website: <http://nnld.org/>

Chinle: (928) 674-2056 or 2058

Crownpoint: (505) 786-2376 or 2379

Tuba City: (928) 283-3194 or 3195

Shiprock: (505) 368-1120 or 1122

Ft. Defiance: (928) 871-6523 or 7229/6528

Navajo Tribal Utility Authority (NTUA)

Website: <https://www.ntua.com/>

Toll-Free: 1(800) 528-5011

- Senior Discount Programs - NTUA offers a 10% discount to our Senior Citizen customers. This program is for the elderly who are 60 years or older and have an annual household income of \$21,000 or less.
- Life Support Program - This program is for customers who require utility services to be maintained because of a serious health condition. The qualification guideline requires a customer be certified by his or her attending licensed physician citing the need for continuous utility service due to a serious health condition which could be life-threatening if utility service is disconnected.

Coconino County Health & Human Services - Social Services

Servicing those experiencing difficulties within Coconino County, Arizona, by helping them pay for essentials and connect with community resources such as utility/water bill assistance and deposits.

2625 N. King Street

Flagstaff, AZ 86004

Phone: (928) 679-7453

Choice Wireless

Phone: (928) 730-2273

- Affordable Connectivity Program (ACP) - ACP is a government program that reduces your internet bill if your household is eligible for the program. Only one benefit per household is allowed.
- Choice Lifeline and Choice Tribal Lifeline - Discounted wireless (cellular) services to qualified low income residents.

Frontier Communications

Phone: (928) 871-3814

Toll-Free: 1-877-980-3498

- Affordable Connectivity Program (ACP) - ACP is a government program that reduces your internet bill if your household is eligible for the program. Only one benefit per household is allowed.

Navajo Transit System

Facebook: Navajo Transit System

(*Live Rider Alerts and updates)

Website: <https://navajotransit.navajo-nsn.gov/>

Phone: (928) 729-4002

DOMESTIC & SEXUAL VIOLENCE RESOURCES

CALL 911 FOR EMERGENCIES

Navajo Nation Family Harmony Program CRISIS LINE

The Family Harmony Program will provide all domestic violence victims within the Navajo Nation culturally holistic advocacy, supportive services, prevention education and a safe shelter for immediate safety that will promote healing. All services will be provided in a supportive, safe and healing environment that will foster the ability to self-advocate with confidence.

Phone: (928) 871-7629

Battered Families Services, Inc. – Gallup, NM

24 Emergency Shelters; 24 Hour Crisis Line; Safety Planning; Transportation, Survivor Services; Domestic Violence Offender Treatment Intervention Program

207 S. Strong Dr., Gallup, NM

Phone: (505) 722-7483 – For immediate assistance

Phone: (505) 722-6389 – Office

Gallup Indian Medical Center – Sexual Assault Nurse Examiner (SANE)

Sexual assault services for patients on a 24/7 basis.

Phone: (505) 722-1171 or 1000

Tuba City Regional Health Care Corporation – Sexual Assault Nurse Examiner/Sexual Assault Response Team (SANE/SART)

The SANE/SART program serves sexual assault victims by providing comprehensive medical treatment and confidential forensic evaluation by nurse experts through a coordinated community response. Services are available on a 24 hours, 7 days a week.

Phone: (928) 283-2934 or 2900

StrongHearts Native Helpline

The helpline is a safe domestic, dating and sexual violence helpline for American Indian and Alaska Natives, offering culturally-appropriate support and advocacy daily from 7AM-10PM Central Time. It is anonymous and confidential. Caller reaching our after-hours may connect with The National Domestic Violence Hotline by selecting number option one.

Toll-Free: 1(844) 762-8483

Tsehootsoi Medical Center – Family Advocacy

Medical services for children, teenagers and adults who are victims of sexual assault and/or sexual abuse.

Phone: (928) 729-3705 or 8000

Northern Navajo Medical Center – Domestic Violence Prevention Initiative (DVPI)

The DVPI Program promotes evidence-based, culturally-informed care for survivors of sexual assault through a community-based interdisciplinary approach. This project provides community education to prevent sexual assault and promotes support and healing for survivors of sexual assault.

Phone: (505) 368-6304 or 6001

Sexual Assault Services of Northwest New Mexico

Sexual Assault Nurse Exams, victim/survivor advocacy, counseling, outreach, community education, prevention programs, community justice. Serving Farmington, Gallup and local Navajo communities.

Gallup, NM Office: (505) 906-8687

Farmington, NM Office: (505) 325-2805

COUNSELING, BEHAVIORAL HEALTH, SUBSTANCE ABUSE

CALL 911 FOR EMERGENCIES

Navajo Treatment Center for Children and their Families (NTCCF)

NTCCF provides voluntary outpatient counseling and other services. Please contact the Administration Office for your nearest office's contact information.

Phone: (928) 871-7679

Navajo Nation Division of Behavioral and Mental Health Services (DBMHS)

Provides comprehensive behavioral health services to Native families.

	M-F (8AM-5PM)	After Hours
Chinle	(928) 674-2190	(928) 551-0247
Crownpoint	(505) 786-2111	(928) 797-3413
Dilkon	(928) 657-8000	(928) 551-0624
Fort Defiance	(928) 729-4012	(928) 551-0247
Gallup	(505) 722-9470	(928) 551-0566
Kaibeto	(928) 673-3267	(928) 551-0624
Kayenta	(928) 697-3766	(928) 551-0247
Newlands	(928) 688-3475	(928) 551-0247
Red Mesa	(505) 368-1438	(928) 551-0508
Shiprock	(505) 368-1438	(928) 551-0508
Tuba City	(928) 283-3346	(928) 551-0624

Alcoholics Anonymous Resources

Alcoholics Anonymous is a fellowship of people who share their experiences, strengths and hopes with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Day at A Time Club, Inc. - Fort Defiance, AZ

Phone: (928) 729-5931

- Monday - Friday, 12:00-1:00 PM - AA Meetings
- Mondays, 6:00-8:00 PM - Well-Briety Native Talking Circle
- Fridays, 6:00-7:00 PM - Candle Light Meeting
- Sundays, 9:00-10:30 AM - Diné Bizaad AA Meeting

Good Shepherd Mission - Fort Defiance, AZ

Phone: (928) 729-2322

Website : <http://www.goodshepherdmission.org>

- Thursdays, 6:00 PM - "R" for Thursday AA Meeting
- First Friday of each month, Speaker Night and Potluck for AA Meeting

POLICE DISPATCH

CALL 911 FOR EMERGENCIES

Chinle	(928) 674-2111 or 2112
Crownpoint	(505) 786-2050 or 2051
Dilkon	(928) 657-8075
Farmington	911 or (651) 322-2323
Gallup Metro	911 or (505) 722-2231
Kayenta	(928) 697-5600
Tuba City	(928) 283-3111 or 3112
Window Rock	(928) 871-6111 or 6112
Shiprock	(505) 368-1350 or 135

CRISIS LINES, HELPLINES & HOTLINES

Suicide & Crisis Lifeline

Anxiety, depression, suicide, grief.
Call, text or chat 988

Crisis Text Line

Text HOME to 741741

Veterans Crisis Line

Dial 988 - Press 1
Text 838255
Chat: <https://www.veteranscrisisline.net/>

National Suicide Lifeline

1(800) 273-TALK (8255)

National Runaway Safeline

1(800) RUNAWAY (786-2929)

Teen Line

1(800) 852-8336
Text TEEN to 839863

The Trevor Project (LGBTQ) Crisis Line

1(800) 273-TALK (8255)

Gay & Lesbian National Hotline

1(888) 843-4564

Northern Arizona Crisis Line

1(877) 756-4090

Teen Lifeline Statewide Arizona

1(800) 248-TEEN (8336)
Text (602) 248-8336

Agora Crisis Center New Mexico

1(855) 505-4505
or (505) 277-3013

New Mexico Crisis Line

1(855) NMCISIS (662-7474)

New Mexico Peer to Peer Warm Line

1(855) 4NM-7100 (466-7100)
Call 3:30PM-11:30PM
Text 6PM-11PM, 7 days per week.

San Juan Counseling Center - Utah

(435) 678-2992
Toll-free: 1(888) 833-2992
After hours crisis line:
1(800) 273-8255

OTHER HELPLINES & HOTLINES

CALL 911 FOR EMERGENCIES

Poison Control

1(800) 222-1222

Birth to Five Helpline

1(877) 705-KIDS (5437)

Pregnancy and Breastfeeding Hotline

1(800) 833-4642

Postpartum Support International Helpline

Call or Text 24/7

1(833) 852-6262

Website: <https://psiarizona.org/>

Arizona Well Women Health Check—Cancer Screening

1(888) 257-8502

Center for Disease Control (CDC) Information Line—National AIDS and STD

1(800) 852-8336

Text TEEN to 839863

American Diabetes Association

1(800) 342-2382

Website: <https://diabetes.org/>

American Cancer Society

Can provide general AZ referral information.

1(800) 227-2345

American Heart Association and American Stroke Association

Can provide general Arizona referral information.

1(800) 227-8721

Arizona Smoker's Helpline (Ashline)

1(800) 556-6222

Allergy and Asthma Network/Mothers of Asthmatics (AAN/MA) - National

1(800) 878-4403

American Liver Foundation National Helpline

1(800) 465-4837

The Skin Cancer Foundation

1(800)754-6490

Website: <https://www.skincancer.org/>

NAVIGATING HEALTH CARE

CENTRAL AGENCY

Chinle Comprehensive Health Care

HWY 191 & Hospital Dr., Chinle, AZ 86503

Phone: (928) 674-7001

Tsaile Health Center

Navajo Rte. 64, Tsaile, AZ 86556

Phone: (928) 724-3600

Rock Point Field Clinic

Rock Point, AZ 86545

Phone: (928) 659-4282

Pinon Health Center

Navajo Rte. 41, Pinon, AZ 86510

Phone: (928) 725-9500

FORT DEFIANCE AGENCY

Tséhootsoóí Medical Center

Corner of Navajo Rte. 12 & Navajo Rte. 7

Fort Defiance, AZ 86504

Phone: (928) 729-8000

Sage Memorial Hospital—Navajo Health Foundation

HWY 191 & SR 264, Ganado, AZ 86505

Phone: (928) 755-4500

Nahata' Dził Health Center

Chiih'toh Blvd. Industrial Bldg., Sanders, AZ 86512

Phone: (928) 688-5600

Greasewood Clinic

Open Friday 9AM-3PM for outpatient and dental services.

Navajo Rte. 15, Greasewood, AZ 86505

Phone: (928) 654-3208

Dilkon Medical Center

SWC of Navajo Rte. 15 & 60, Dilkon, AZ 86047

Phone: (928) 657-1000

Toll-Free: 1(800) 786-8907

Tohatchi Health Center

07 Choos Gai Dr., Tohatchi, NM 87325

Phone: (505) 733-8100

NAVIGATING HEALTH CARE (continued)

CALL 911 FOR EMERGENCIES

EASTERN AGENCY

Gallup Indian Medical Center

516 East Nizhoni Blvd.
Gallup, NM 87301
Phone: (505) 722-1000

Crownpoint Health Care Facility

Junction Rd. 371 and Navajo Rte. 9
Crownpoint, NM 87313
(505) 786-5291

Dzilth-Na-O-Dith-Hle Health Center

6 Rd. 7586, Bloomfield, NM 87413
Toll-Free: 1(855) 687-3942
Phone: (505) 960-1801

NORTHERN AGENCY

Northern Navajo Medical Center

HWY 491 North
Shiprock, NM 87420
Phone: (505) 368-6001

Toadlena Field Clinic

Currently closed until further notice.
Phone: (505) 789-3281

Sanostee Field Clinic

Currently closed until further notice.
Phone: (505) 723-2484

Four Corners Regional Health Center

HWY 160 & Navajo Rte. 35
Teec Nos Pos, AZ 86514
Phone: (928) 656-5000

Blanding Family Practice Community Health Center—Utah Navajo Health System

Dental, chiropractic, vision clinic,
Gentle Ironhawk Shelter.
910 South 300 West
Blanding, UT 84511
Phone: (435) 678-0500

Monument Valley Community Health Center—Utah Navajo Health System

30 West Medical Dr.
Monument Valley, UT 84536
Phone: (435) 727-3000

Montezuma Creek Community Health Center—Utah Navajo Health System

1478 East HWY 162
Montezuma Creek, UT 84534
Phone: (435) 651-3700

San Juan Family Dental—Utah Navajo Health System

217 S 100 W
Monticello, UT 84535
Phone: (435) 587-2528

WESTERN AGENCY

Canyonlands Health Care - Chilchinbeto Clinic

HWY 160 & Rte. 59
Chilchinbeto, AZ
Phone: (928) 697-8154

Navajo Mountain Community Health Center—Utah Navajo Health System

#2 Rainbow Road
Navajo Mountain, UT 86044
Phone: (435) 672-2492

Leupp Clinic

Leupp School Rd.
Leupp, AZ 86035
Phone: (928) 686-6550

Inscription House Health Center

HWY 98 Navajo Rte. 16
Tonalea, AZ 86044
Phone: (928) 672-3000

Tuba City Regional Health Care

167 Main St.
Tuba City, AZ 86045
Phone: (866) 976-5941

Winslow Indian Health Care Center

500 North Indiana Ave.
Winslow, AZ 86047
Phone: (928) 289-4646

Kayenta Health Center

HWY 160, Mile Post 394.3
Kayenta, AZ 86033
Phone: (928) 697-4000

Lechee Health Facility

3 miles South on Coppermine Rd.
Page, AZ 86040
Phone: (928) 698-4900

Cameron Dental Clinic

HWY 89, within the Cameron Chapter House compound
Cameron, AZ 86020
Phone: (928) 213-8161 or call the Tuba City Regional Health Care to be transferred.