

**United Way of Pinal County**  
*Where to Turn Guide*

**REACH OUT  
A HAND  
TO ONE AND  
INFLUENCE  
THE CONDITION OF ALL.**

**LIVE UNITED™** 





## We're Here To Help You

United Way of Pinal County, in collaboration with several partner agencies, strive to provide the best services that can help you through this difficult time.

## Inside, you'll find helpful information on:

- Employment and training
- Unemployment benefits
- Resources for food
- Help with utilities
- Health services, including temporary insurance
- Housing services
- Consumer credit counseling
- Legal services
- Emergency services
- Public assistance
- Counseling

## A New Reality

Are you unemployed now or facing unemployment or a layoff in the near future? If so, you're in the same position as many other workers in the Pinal County region who have recently lost their jobs or whose jobs are at risk.

In situations like this, it's not uncommon to feel helpless and frightened and that circumstances are beyond your control. That's a natural reaction and, to some extent, it's true. But there are things you can do to deal with the pressures and problems that come with joblessness.

To deal effectively with your situation, you need to be aware of your rights and responsibilities, as well as the eligibility requirements for the programs for which you may qualify. You should take steps to secure whatever help you need right away. People who tend to cope the best with unemployment are those who waste no time seeking out any and all resources.

This guide is intended to answer some questions you may be asking yourself. It also provides some basic information concerning resources that are available in your community to assist you during this difficult time.

## You May Be Asking Yourself...

### **Why me?**

Given the importance work plays in most peoples' lives, being unemployed may leave you with feelings of rejection, loneliness, depression, and even anger toward yourself and your loved ones. Your feelings of anxiety about bills and your family's future are a natural reaction to the stress you are under right now. During this time, it's important to remember that you aren't alone – most people who lose their jobs share your feelings.

### **How will my family be affected?**

One of the most important things you can do to ease the strain of unemployment is to share your feelings honestly and openly with your family. Your spouse and children are affected by your situation as much as you are, and good communication with family members and other close friends is a vital part of the emotional support you need right now. Talking together about the problems you face is essential to help you feel less isolated as you plan your next step.

### **What can I do while waiting to return to work?**

If you've been laid off from your job temporarily, keep yourself occupied:

- Do things that you have been putting off, like household maintenance, car repairs and general clean up chores
- Take some time to visit relatives and friends
- Volunteer your time to a community project or agency. You can find many opportunities by visiting [www.unitedwayofpc.org](http://www.unitedwayofpc.org)

### **What if my job is gone for good?**

- Begin by making realistic plans:
- Explore where you want to go and what you want to do. This may be your opportunity to shift into a type of work you've always wanted to do.
- Consider your assets and liabilities and set your goal. If you need help figuring this out, it's available.
- If you need more job training, make contacts to get that training (see the "Employment & Training" section).
- Decide where it is you want to look for a job and plan a step-by-step approach to achieve your objective. Your plan should be action-oriented, personal, and geared to your needs, desires and abilities.
- Remember, finding a job is a full-time job.

### **What kind of help can I get now?**

During a period of joblessness, savings can be depleted very quickly. Even the cost of basic necessities like food, housing, clothing, utilities, and medical care can become a serious burden. There are some government benefits which you may be entitled to – food stamps, public assistance, medical assistance – and there are a limited number of emergency assistance programs providing food and help with utility payments. Check out these and other programs in the "Resources" section of this guide.

There's also information about a variety of counseling, emotional support and protective services that you may need during this difficult period. Not every service and agency could be included in this brochure, so, if you have any questions or want to know about a service or agency not listed, call United Way by dialing 520-836-0736.

### **There Is No Easy Answer**

Returning to your old job or finding a new one is obviously your ultimate goal, but there are many ways you can ease the financial and emotional strain you are feeling right now:

- Talk about your problems with someone close to you.
- Take some time to relax.
- Work off your anger, frustration and anxiety through exercise or some other constructive activity.
- Do something for others. It will do wonders for yourself-esteem and help you take your mind off your own problems.
- Find out about the community resources that are available.
- Don't try to solve all your problems at once. What do you need most right now?
- Seek help before your problems become unmanageable. There are agencies ready to help you.

# RESOURCES

## Employment & Training

To effectively search for a new job, you need to have a clear idea about available employment and training opportunities. Many agencies offer assistance with job-seeking skills such as resume preparation, job researching and interviewing skills. Some offices have other special support programs and/or limited opportunities for public service employment.

Department of Economic Security (DES)	520-426-3529
Department of Economic Security (DES) - Jobs Administration	520-836-0073
Adecco	520-421-1707

Listings of current job openings can be consulted at any unemployment office and in many places online. See locations under “Unemployment Benefits.”

Other community agencies are available to help people train for and/or find new jobs. Some of these are funded to assist particular groups of job seekers. For further information about these programs, call United Way by dialing 520-836-0736.

A temporary employment agency might be a way to link up with employers on a short-term basis. Search online and/or check the Yellow Pages under “Employment Contractors-Temporary Help” for these listings.

Establishing contacts with other job seekers can be a practical way of sharing useful information and giving each other support. Various support groups are available in Pinal County. For more information, call United Way by dialing, 520-836-0736.

## Unemployment Benefits

You may be eligible for unemployment benefits.

To file a claim in Arizona ,call the Arizona Department of Economic Security statewide number at 1-877-644-6562,M-F, 7:30a.m.–4p.m. [www.azdes.gov](http://www.azdes.gov)

If you are 62-64 years old and have been laid off, you may be eligible to receive partial Social Security benefits based on your lifetime earnings. Call the Social Security Administration Office toll-free at 1-800-772-1213 for further information. [www.socialsecurity.gov](http://www.socialsecurity.gov)

# RESOURCES

## Food

If you have a child in school, she/he may be eligible for subsidized school lunches. Apply at the school where your child is enrolled. In addition, even if you are receiving unemployment benefits, you may be eligible for food stamps.

You may also be eligible to receive food from a local food pantry. Call DES Family Assistance at 520-836-7435 to see if you qualify for Supplement Nutrition Assistance Program (S.N.A.P).

Against Abuse	520-836-1239
Reach Out Food Bank	480-983-2995
Border Food Bank	877-749-3727
Boys & Girls Clubs	404 -487-5700
Casa Grande Food Bank	520-836-1347
Community Action Human Resource Agency	520-466-1112
Catholic Community Services of Southern Arizona	520-624-1562
Central Comm. Church of God	520-723-7200
Catalina Community Services	520-825-0009
East Valley Senior Services	480-962-5612
Eloy's House Ministries Inc	520-466-2297
Eloy Recreation Department	520-466-7351
Epic Christian Church	480-882-9530
Faith Christian Fellowship	480-228-7078
First Baptist Church of CG	520-836-7760
First United Methodist Church	520-446-3445
Free Gospel of Life Church	520-723-4775
Genesis Project	480-288-6951
Gila River D3	520-466-7531
J.O. Combs School Dist. #44	480-987-5300
Mountain View Family Church	480-677-2100
New Beginnings—MASH Unit	520-836-7510
Pinal Gila Council for Senior Citizens	520-836-2758
Pinal Hispanic Council	520-723-7405
Santa Cruz Valley Food Bank	520-466-1112
Seeds of Hope	520-836-6335
Sharing Hands	520-723-4711

Continued...

# RESOURCES

## Food, continued

Society of St Vincent de Paul	520-836-2009
Salvation Army	520-421-4480
Superior Food Bank	520-689-5430
The River Christian Center	480-982-9190
Tri-Community Food Bank	520-896-2257

## Health Services

In most cases, group health insurance ends within 30 days of termination. However, under a 1985 federal law called COBRA (Consolidated Omnibus Budget Reconciliation Act), laid off employees have a right to continue their group health coverage for 18 additional months at their own expense. Check with your employer about how you can continue your health insurance coverage under this law.

Priority Plan is BlueCross/Blue Shield-administered temporary health insurance with coverage between 30-180 days. Call 1-800-442-1832 for rates and further information.

Publicly supported health centers are also available and offer general and specialized medical care and, in some areas, dental services.

Sun Life Family Health Center .....	Casa Grande	(520) 836-3446
	Coolidge	(520) 723-9131
	Eloy	(520) 466-7883
	Maricopa	(520) 568-2245
	San Manuel	(520) 385-2236

# RESOURCES

## Housing Services

It's extremely important that you contact your lender or landlord when you are unable to pay your mortgage or rent. Let them know about your current situation and try to work out an alternative payment arrangement acceptable to both of you. Don't panic. You have time to seek advice from housing counselors (listed below) and legal experts (see "Legal Services").

Nationwide Non-Chase Foreclosure Prevention	888-995-HOPE (4673)
Arizona Foreclosure Helpline	877-448-1211
HUD Housing Counseling and Referral Line	800-569-4287
ACORN Housing	602-253-1111
Chicanos Por La Causa	602-253-838
Family In Need Emergency Resource (F.I.N.E.R.) Services	520-413-7889
Community Housing Resources of Arizona	602-631-9780
Phoenix Urban League	602-254-5611
Community Action Human Resource Agency	520-466-1112
Neighborhood Housing Services	602-258-1659

## Help With Utilities

Because of the vital role that utilities – gas, electricity, water, and telephone – play in your family's security and well-being, it's particularly important that you contact the companies as soon as you know that you're going to have difficulty paying your bills. Acting before you are several months behind may help you avoid shutoffs. Most companies are willing to work out an alternative payment plan with you.

Community Action Human Resource Agency	520-466-1112
Salvation Army	520-421-4480
Family In Need Emergency Resource (F.I.N.E.R.) Services	520-413-7889

# RESOURCES

## Emergency Services

Emergency assistance for basic needs like food, clothing and shelter is provided by a number of public and private agencies.

Salvation Army	520-421-4480
Society of St Vincent de Paul	520-836-2009
Community Action Human Resource Agency	520-466-1112
Seeds of Hope	520-836-6335
Family In Need Emergency Resource (F.I.N.E.R.) Services	520-413-7889

## Public Assistance

Temporary Assistance for Needy Families (TANF), Medicaid and Emergency

Department of Economic Security (DES)	520-836-2351
DES Family Assistance	520-836-7435
DES Jobs Administration	520-836-0073

## Help With Personal Problems

Long periods of unemployment can result in stress and tension for individuals and between family members. Problems with alcohol or drugs can also result from depression and anxiety. Don't wait to seek help until things are out of control. A variety of counseling and supportive services are available to help you.

Pinal Hispanic Council	520-466-7765
Cenpatico Behavioral Health	520-868-1347
Corazon Behavioral	520-836-4278
Against Abuse	520-836-1239
Horizon Human Services	520-836-1688 (Administration) 520-836-2280 (Crisis Line)

# RESOURCES

## Consumer Credit Counseling

As in the case of utility and housing payments, reputable lenders are more interested in receiving money owed to them than they are in harassing you. They understand that difficulties can arise and know that an amended schedule of payments worked out to the satisfaction of both parties is by far the best way of promoting full payment. Once again, it's essential that you contact your creditor or your creditor's servicing agent as soon as you know that a loan or bill will be behind. Creditors will be particularly responsive to alternative arrangements by a person who has established a good record of payment.

Consumer Credit Counseling Services	866-889-9347
Take Charge America Non-Profit Credit Counseling	866-528-0588

## Legal Services

To determine if the services of Legal Aid are appropriate and available to you, call:

Southern Arizona Legal Aid	520-316-8076
----------------------------	--------------

If the Southern Arizona Legal Aid is unable to help you, they can refer you to the "Volunteer Lawyers" program; if that program is not applicable for your situation, you may call the Lawyer Referral Service of the Arizona Bar Association at 602-252-4804 (from within Maricopa County) or 866-482-9227 (toll-free outside Maricopa County) to be matched with an attorney who specializes in your type of legal problem,

# Collaborating Partners



THE POWER TO MAKE IT HAPPEN<sup>SM</sup>



A Division of Money Management International



United Way of Pinal County

The Winners Circle of Casa Grande



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona