

Canyon WIC Resource List

***WIC Resources:***

**Canyon WIC:**

For WIC appointments and questions about benefits.

2451 E Baseline Rd #130

Gilbert, AZ 85234

Open Mon-Fri 8am- 5pm

(480)-507-2199

**ezWIC App:**



Download from Apple App Store or Google Play and link your eWIC card to see your benefit list, scan items in the store to see if they are WIC approved, view the WIC food list, and find a WIC clinic or vendor near you.

**Participant Portal:**

To upload documents or view appointment details (requires a Facebook or Google account). If you have ever used WIC before, be sure to register under “Existing WIC Participants”.

https://www.myazwic.com/

**WIC Shoppers’ Helpline:**

For questions about eligible WIC foods, shopping with your eWIC card, or using the ezWIC app.

(866)-927-8390 or azwicshoppershelpline@azdhs.gov

**Complaint Hotline:**

To file a complaint or report abuse of the WIC program.

(866) 229-6561 or azwiccomplaints@azdhs.gov

**Arizona WIC Website:**

For general information about the WIC program. <https://azdhs.gov/prevention/azwic/>

**Food List:**

For an electronic copy of the food list <https://azdhs.gov/documents/prevention/azwic/families/food-list-ffy21-eng-website.pdf>

**Find a WIC Vendor:**

A list of all approved vendors in Arizona

https://azdhs.gov/documents/prevention/azwic/az-wic-vendor-list.pdf

***Health Resources:***

**Canyon Pediatrics & Family:** Local doctor’s office that sees patients ages 0-30. Sliding fee scale and behavioral health services available Call 480-507-2199 or <https://canyon-pediatrics.com/>

**Health-E Arizona Plus (AHCCCS, SNAP, TANF):** Visit the following website to complete an application for health insurance, nutrition assistance, and/or cash benefits: <https://www.healthearizonaplus.gov/Login/Default> or call 1-855-432-7587 Mon-Fri 7 am- 6 pm

**Free Multivitamins with Folic Acid:** Order free vitamins and find helpful tips on women’s health at the following website: <https://www.powermea2z.org/>

**Arizona Smokers Helpline (ASHLine) and Tobacco Free Arizona:** 1-800‑556‑6222 or [www.ashline.org](http://www.ashline.org)

**Mentally Ill Kids in Distress (MIKID):** Help and support for caregivers of kids struggling with mental illness. Phone: 602-253-1240 (Maricopa) or [www.mikid.org](http://www.mikid.org)

**NAMI (National Alliance on Mental Illness):** Education and resources on mental illness, including support groups. <https://www.nami.org/Support-Education>

**Free Immunizations for Children & Adults:** 635 E Broadway Rd, Mesa, AZ 85204 8 am – 4:30 pm 602-506-6767Visit website below for more information and locations:<https://www.maricopa.gov/1809/Locations?page-1805-button>

**Maricopa County SHIFT Program:** Maricopa SHIFT is a collaboration of family support and substance use disorder professionals working together to break the stigma of parents with a substance use disorder, and improve the outcomes for children and families. (602) 526-6116 or <https://maricopashift.com/>

**National Referral and Treatment Hotline for Substance Use:** Free, confidential, 24-7 hotline that helps connect you to resources in your area. 1-800-662-HELP (4357)

**National Maternal Mental Health Hotline:**

Call 1-833-943-5746

Available 24/7, 365 days a year, providing services in English and Spanish via voice, text, and web chat. This is a great resource for those suffering maternal mental health conditions and those who love and care for them.

<https://www.mmhla.org/maternal-mental-health-hotline/>

**Lead Screening:** It is recommended that all children be screened for lead exposure around 12 months of age. This service is offered at Canyon Pediatrics and Family or your child’s doctor. For more information on lead exposure, visit the following website: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/lead-poisoning/index.php>

Canyon Pediatrics and Family: 480-507-2199

**Dental Care Providers:** *A to Z Pediatric Dentistry*1810 S. Crismon Rd # 189Mesa, AZ480-503-3766(Accepts all AHCCCS Plans)

*Kidtastic Pediatric Dental and Orthodontics*

1303 S. Longmore #1

Mesa, AZ 85202

480-359-2521

(Accepts all AHCCCS Plans)

*Valleywise Community Health Center Mesa*

59 S. Hibbert

Mesa, AZ 85210

480-344-6200

(Sliding Scale Fee)

**Women’s Health Providers (OB/GYN):** *Comprehensive Women's Health‎care**Obstetrician & gynecologist*201 W Guadalupe Rd # 310, Gilbert (480) 813-0944comprehensivewomenshealthcare.net

*Valley Women for Women*

Obstetrician & gynecologist

1501 N Gilbert Rd Ste 180, Gilbert (480) 782-0993

valleywomenforwomen.com

*Lily of the Valley OB/GYN*

3367 S Mercy Rd Ste 207, Gilbert, AZ 85297

(480) 855-5900

lilyofthevalleyobgyn.com

*MomDoc Midwives*

1760 E Pecos Rd Ste 516, Gilbert, AZ 85295

(480) 814-1910

momdocmidwives.com

***Parenting Support:***

**Birth to 5 Helpline:**

Call or text

877-705-5437

M-F 8am to 8pm

<https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

**Arizona Postpartum Warmline:**

Call: 888-4734-6667

Email: azwarmline@gmail.com

Daily 8am-8pm

<https://psiarizona.org/az-warmline>

**Fussy Baby Program:**

Call and ask for Fussy Baby Program

877-705-5437

M-F 8am to 8pm

<https://www.swhd.org/programs/health-and-development/fussy-baby/>

**Healthy Families:**

Home visitation program

Prenatal to 5 years (must enroll prenatally or before

baby is 90 days old)

602- 427-4725

M-F 8am to 5pm

<https://www.swhd.org/programs/health-and-development/healthy-families/>

**Parent Partners Plus:**

Help in finding free in-home family support for expecting parents or families with a child 3 years of age or younger in Maricopa county.

<https://www.parentpartnersplus.com/>

**Arizona Child Care Resource and Referral:**

Call 800-308-9000

M-F 8am-6pm, Sat 8am-12pm

<https://www.azccrr.com/>

**Arizona DES Child Care Assistance:**

The Division of Child Care (DCC) provides child care assistance to eligible families who participate in employment activities and specific education and training activities related to employment by providing financial support intended to offset a portion of child care costs. Child care assistance is also available for children who are involved with the Department of Child Safety due to child abuse or neglect, and families with children experiencing homelessness.

125 E. Elliot Rd

Chandler, AZ 85225

(602)771-6425

https://des.az.gov/services/child-and-family/child-care

**AZEIP: Arizona Early Intervention Program:**

Evaluations for children under the age of 3

Call: 602-532-9960

<https://azeip.azdes.gov/AzEIP/AzeipRef/Forms/Categories.aspx>

**Early Childhood Special Education:**

Early Childhood Special Education is a state and federally mandated program for children aged 3–5 who meet state eligibility criteria because they are experiencing developmental delays. School districts and other public agencies are responsible for locating, identifying, and evaluating eligible children and for offering a free appropriate public education (FAPE). Eligible children are entitled to a FAPE at no cost to the family with programming designed to help children meet challenging objectives alongside their typically developing peers. Contact your local school district or visit this website:

<https://www.azed.gov/specialeducation/early-childhood-special-education>

**Healthychildren.org:**

Website from the American Academy of Pediatrics for families concerning child development and parenting.

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

**Zero to Three:**

Website dedicated to child development and parenting of children ages birth to age 3.

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

**Raising Special Kids:**

Support for caregivers of children with special needs. (602) 242-4366

**REACH Family Services:**

Educational programs for families of children with behavioral health struggles. (602) 512-9000 <http://www.reachfs.org/home-page-1.html>

**Family Involvement Center:**

Offers many different services such as help finding jobs or health insurance, parenting classes and support groups, and assistance with IEP’s or DCS cases. (877) 568-8468 <https://www.familyinvolvementcenter.org>

**Parent Support Arizona**

Help with navigating the school system for families of children with special needs. (480) 382-4020 <https://www.parentsupportarizona.com/>

**Early Head Start & Head Start:**

Preschool program for qualifying low-income families

To apply call: (602) 372-3700

Or visit the following website:

<https://www.maricopa.gov/3863/Apply-for-Early-Head-Start-Head-Start>

**4th Trimester of Arizona:**

A support group to help families transition to parenthood. Discussion boards, free access to wellness services, and baby-me bonding activities.

[https://4thtrimesteraz.org](https://4thtrimesteraz.org/)

***Breastfeeding:***

**Breastfeeding Hotline:**

Call 800-833-4642

24/7

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

**ASU Breastfeeding Clinic:**

Providing free, inclusive, and complete breastfeeding care to Arizona Families. By appointment or walk in at Canyon Pediatrics and Family.

Open Thursdays 9AM-4PM Call or text 602-767-4433

**First Feed Virtual Education and Support:**

Join the WIC Breastfeeding Team Wednesday at 6:30PM (English) or Thursday at 6:30PM (Spanish) to learn about breastfeeding and how to make it work in your life.

Text the word “Class” 602-390-7009

**Virtual Breastfeeding Support Group:**

Call: **800-230-2273**

**Register online or call for registration help**

Banner Health

Meets virtually on Thursdays at 3pm

Moderated by a lactation consultant, IBCLC

<https://bannerhealth.com/calendar>

**LeLeche League of Arizona:**

Phoenix Area Help Line at 602-234-1956

Call for group information

<https://www.lllofaz.org/east-valley.html>

**Kelly Mom:**

Website with evidence-based information concerning breastfeeding

<https://kellymom.com/>

***Food, Housing, and Other Resources:***

**Health-E Arizona Plus (AHCCCS, SNAP, TANF):** Visit the following website to complete an application for health insurance, nutrition assistance, and/or cash benefits:<https://www.healthearizonaplus.gov/Login/Default> or call 1-855-432-7587 Mon-Fri 7 am- 6 pm

**Diaper Banks of Central Arizona:**

List of locations at following website

<http://www.diaperbankaz.org/get-diapers.html>

**Child Support Enforcement:**

The Arizona Division of Child Support Services (DCSS) provides services to parents and caretakers who receive child support as well as parents who pay child support. Some of the services include obtaining a child support order, collecting child, medical and spousal support from parents who have a court order, and helping unwed parents establish paternity for their child.

<https://des.az.gov/dcss> or Call 602-252-4055

**Food Pantries Near You**: 1-800-445-1914 or visit <https://azfoodbanks.org/get-food/> to find a local food site

**Home Delivered Food Boxes:**

St. Mary’s Food Bank delivers food boxes within Maricopa, Pinal, and Yavapai Counties. (602) 344-4124 or visit <https://www.firstfoodbank.org/get-help/> and click “Schedule a Delivery”

**UMOM New Day Centers:**

Shelter and resources for families and women experiencing homelessness. <https://umom.org/find-help/>

For families: (602) 595-8700

For single women: (602) 362-5833

**Domestic Violence Hotline:**

1-800-799-7233

For a list of Domestic Violence Shelters visit website or call hotline above:

<http://www.acesdv.org/>

**CONTACS (Community Network for Accession Shelter):**

Emergency or transitional shelter beds for victims of domestic violence and homelessness

24 hours / 7 days bilingual hotline

1-800-799-7739

[www.phoenix.gov/CITZASST/contacse.html](http://www.phoenix.gov/CITZASST/contacse.html)

**Borderlands Produce Rescue:** Seasonal produce boxes for $13 every Saturday during the summer at rotating sites across the valley <http://www.borderlandsproducerescue.org/>

**Affordable Internet Connectivity Program:** This program helps eligible households afford internet for work, school, healthcare, and more. The benefit provides a discount of up to $30 per month toward internet service for eligible households and up to $75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to $100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than $10 and less than $50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. Families automatically qualifies for this program if on SNAP, Medicaid, or WIC.

[affordableconnectivity.gov](https://www.fcc.gov/acp) or call 1-888-225-5322

**211:** 211 Referrals to a wide variety of resources available in the county, including rental/utility assistance, food and shelter, healthcare, and transportation. Call “211” or visit <https://211arizona.org/>

***For Emergencies:***

**Police, Fire or Ambulance:**

Call 911

**Poison Control:**

Call 1-(800) 222-1222

**National Suicide Prevention Lifeline:**

1-(800)-273-8255

**National Sexual Assault Hotline:**

1-(800)-656-HOPE (4673)

**Mental Health Crisis Response:**

1-602-222-9444