

### 1. **FREE & REDUCED CCSD BREAKFAST & LUNCH:**

To receive breakfast and lunch at no cost or reduced-price families should complete the application for meal eligibility online at [myschoolapps.com](https://myschoolapps.com) or speak with your child's school.

**2. THREE SQUARE FOOD BANK:** For a list of the multiple locations where Three Square is providing food distributions call **702-765-4030** or visit <https://www.threesquare.org/get-help>

**3. THE JUST ONE PROJECT:** Mobile pop-up food distribution takes place every 3<sup>rd</sup> Sat. of the month. Visit the website, Facebook page or call for more information. To request a pantry appointment, visit [www.thejustoneproject.org/community-market](http://www.thejustoneproject.org/community-market) Call for appointment & info. **702-462-2253**

**4. PROJECT 150:** Food distribution available for families with a high school student only to pick up once a week. Students must be present with a school ID. Summer hours: M-F 9a-4p or school year M-F 1pm-4pm. Visit Facebook page @Project150, [www.project150.org](http://www.project150.org) or call **702-721-7150**

**5. ACELERO LEARNING:** Drive Thru food distribution available every other Thursday starting at 7:00am. at **1555 W. Carey Ave. N. LV 89032**. Start of the line will be the entrance off of Comstock only. Call to learn more at **702-642-0451**.

**6. CATHOLIC CHARITIES OF SOUTHERN NEVADA:** Food pantry available M-F 8am-1pm at **1511 Las Vegas Blvd. North 702-387-2291**. Call to learn about documents needed to receive food. [www.catholiccharities.com](http://www.catholiccharities.com)

**7. EAST VALLEY FAMILY SERVICES:** Emergency food assistance is available M-Th 9am-4pm (closed for lunch 12-1) Fri 9am-12pm on a monthly basis. Bring any form of ID. They also provide support with applying for SNAP. For more support call **702-631-7098**

**8. USDA NATIONAL HUNGER HOTLINE**  
Call **1-866-348-6479** or text "FOOD" to **914-415-6617** to receive a list of resources near you.

### 9. **LUTHERAN SOCIAL SERVICES OF NEVADA**

Food pantry is available by appointment M-Th 9am-1pm. To make an appointment email [pantryreservation@lssnv.org](mailto:pantryreservation@lssnv.org) or call **702-639-1730 ext. 103**. You are able to take a premade Emergency Box of the food stock that day (usually meats, produce, bread, and canned goods / dried goods) at **4323 Boulder Highway Rd.**

**10. JEWISH FAMILY SERVICES** Provides fresh produce and dairy to individuals and families in need. Giveaways take place weekly on Weekdays from 10am-1pm at **2309 Renaissance Dr. Suite B, Las Vegas, NV 89119**. To make an appointment for pick up call **702-732-0304**.

**11. RECONCILIATION APOSTOLIC MINISTRIES** Food pantry every other Thursday from 10am-1pm at 911 G Street. For more information call **702-386-7266**

**12. NEVADA 211** Call 2-1-1 or 1-866-535-5654, text your zip code to **898211** or visit [www.nevada211.org](http://www.nevada211.org) to learn more about food assistance and any other basic needs your family may need.

**13. SEARCH FOR FOOD PANTRIES IN YOUR AREA**  
[www.foodpantries.org](http://www.foodpantries.org)



If you have insurance, we recommend that you call the number on the back of your insurance card for more specific providers in your area. All agencies below accept Medicaid among other popular insurances, have in-person and some telehealth options and sliding scale fee is available for those uninsured. If you don't have insurance, you can still obtain therapy. Ask the agency how!

| Agency  | Therapist  |
|---|--|
| 1. <b>MOBILE CRISIS RESPONSE TEAM</b><br>HOTLINE: 702-486-7865                                    | 16. <b>DOMINIQUE WILSON, Optimal Focus</b><br>317-900-6556   89032   Telehealth only   |
| 2. <b>SOLUTIONS OF CHANGE</b><br>702-445-6937   intake@solutionsofchange.org   Bilingual          | 17. <b>FRANCISCO GONAZLEZ, LCSW</b><br><b>Tres Puntos Counseling</b><br>725-208-8130   89119   Spanish Speaking  |
| 3. <b>FIRSTMED HEALTH &amp; WELLNESS CENTERS</b><br>702-731-0909   3 Locations   Spanish Speaking | 18. <b>IVET ALDABA, LCSW, Red Rock Psychology</b><br>702-898-5311   89119   Spanish Speaking   |
| 4. <b>INNOVATION BEHAVIORAL HEALTH SOLUTIONS</b><br>702-900-2784   89146   Spanish Speaking       | 19. <b>NORMA PLATT, LCSW</b><br><b>Bilingual Center For Behavioral Health</b><br>702-904-8456   89119   Spanish Speaking   |
| 5. <b>HEADS UP GUIDANCE &amp; WELLNESS CENTER OF NV</b><br>702-922-7015   89102                   | 20. <b>ALLISON VIGIL, LCSW, A Place Of Grace</b><br>702-203-1964   89118   \$35/session   Spanish Speaking   |
| 6. <b>NEUBAUER MENTAL HEALTH SERVICES</b><br>702-806-5268   89108   Spanish Speaking              | 21. <b>JANET NORDINE, Experience Courage</b><br>702-630-8848   89134   |
| 7. <b>CENTER FOR COMPASSIONATE CARE</b><br>702-796-3167   89119   Spanish Speaking                | 22. <b>AUBREY WADMAN, MFT-INTERN GOETSCH</b><br>725-213-9219   89052   Telehealth only   |
| 8. <b>BRIDGE COUNSELING ASSOCIATES</b><br>702-474-6450   89106   Spanish Speaking                 | 23. <b>KRISTINA ANDAYA, MFT-INTERN</b><br>702-550-2491   89147   |
| 9. <b>COMMUNITY COUNSELING CENTER</b><br>702-369-8700   89104   Spanish Speaking                  | 24. <b>SHELBY NAKAMURA, MFT, NEW HORIZON</b><br>775-468-3224   89117   |
| 10. <b>INTEGRITY COUNSELING</b><br>702-499-4922   89117   Spanish Speaking                        | 25. <b>MAYRA FRUTOS, MFT</b><br>702-815-1550   89108   Spanish Speaking  |
| 11. <b>SERENITY COUNSELING &amp; SUPPORT SERVICES</b><br>702-608-4220   89117   Spanish Speaking  | 26. <b>NEVADA 211 DIRECTORY</b><br>Call 2-1-1 or 1-866-535-5654 or text your zip code to 898211 or visit <a href="http://www.nevada211.org">www.nevada211.org</a>  |
| 12. <b>NEVADA HEALTH CENTERS</b><br>1-800-787-2568   6 Locations   Spanish Speaking               | 27. <b>MENTAL HEALTH IS HEALTH</b><br>Visit website to assess your current feelings and other experiences you have gone through to get the support you are seeking. <a href="http://www.mentalhealthishealth.us">www.mentalhealthishealth.us</a> |
| 13. <b>VOLUNTEERS IN MEDICINE</b><br>702-967-0530   2 Locations   Spanish Speaking                |  |
| 14. <b>ALL ABOUT ME COUNSELING</b><br>702-754-0807   89123   Spanish Speaking                     |  |
| 15. <b>BLACK MOM ADVICE HOTLINE</b><br>24/7/365   816-370-6787                                    |  |

### 1. EAST VALLEY FAMILY RESOURCES

One-Stop center for Case Management and referrals, assistance with completing online welfare applications & coordinated housing assessments. Call 702-631-7098

### 2. EYE CARE 4 KIDS

Free vision exam & eye glasses for CCSD students K-12. \$50 fee for adults ages 18+. Call 702-727-3525 for an appointment.

**3. EMPLOY NV CAREER HUB** If you need assistance finding a job visit:

<https://thelibrarydistrict.org/employnv/>  
702-780-8255

**4. FUTURE SMILES** Free dental care for CCSD students K-12. Call 702-889-3763

**5. SAFE NEST** Providing Mass Shelter options (for victims of domestic violence) 702-646-4981

**6. LIBERTY DENTAL PLAN** Dental services for individuals with Medicaid. Receive oral health care by calling 702-279-6113

**7. THE HARBOR** A safe place for guidance and support with the well-being of youth and families. 5 locations open 7 days a week 8am-10pm 702-455-6912  
[www.theharborlv.com](http://www.theharborlv.com)

**8. HOPE CHRISTIAN HEALTH CENTER** Primary care services on a sliding scale fee. Call for an appointment. Various locations 702-644-4673  
[www.hopehealthvegas.org](http://www.hopehealthvegas.org)

**9. GENESIS: ROSEMAN UNIVERSITY** Provides high-risk patients with tailored high-tech & high-touch medical & social services aimed at helping them conveniently address barriers all in the comfort of your home. 702-802-2863 [www.genesis.roseman.edu](http://www.genesis.roseman.edu)

**10. PAPER CCSD ONLINE TUTORING** Available tutoring services for CCSD students. Visit [www.paper.co](http://www.paper.co)

**11. COMMUNITIES IN SCHOOL** Individualized support by a caring adult for attendance, behavior, course performance, social emotional wellbeing and more. Visit

your school or call 702-550-3799 to identify if your K-12 school has CIS. [www.cisnevada.org](http://www.cisnevada.org)

**12. BETTY'S BOUTIQUE BY PROJECT 150** High school students are able to shop once a month for free for clothing and accessories M-F 12pm-4pm. Call 702-721-7150 ext. 106 to make an appointment

**13. LAS VEGAS DIAPER BANK** Open Monday and Friday 10am – 1pm Parents will receive 50 diapers and 25 pull-ups. Parents can get diapers once every 30 days. 928 E Sahara Ave, Las Vegas, NV 89104 725-724-1275

### 14. NEVADA PARTNERSHIPS FOR

**HOMELESS YOUTH** If a student is kicked out of their house or has no safe place to sleep, NPHY can support with housing and support with a case manager. 4981 Shirley Street, LV, NV 89119 [www.nphy.org](http://www.nphy.org)  
702-383-1332

### 15. RESPONSIBLE EARLY DETECTION (R.E.D ROSE)

Receive a preventive mammogram exam completely free with no need for medical insurance or proof of residency. Bilingual services available. Call 702-620-7858  
[www.dignityhealth.org/las-vegas/classes-and-events/support-groups/red-rose](http://www.dignityhealth.org/las-vegas/classes-and-events/support-groups/red-rose)

**16. OLIVE CREST** Provides a wide range of services for families with children in specific zip codes. Food banks, employment assistance, transportation, and healthcare. 702-685-3459 [www.olivecrest.org](http://www.olivecrest.org)

**17. SUICIDE HOTLINE** If you are having suicidal thoughts, the Suicide Prevention Lifeline is here to help! The Lifeline provides 24/7, free & confidential support for people in distress. You are not alone. Text or call 988 or visit [www.suicidpreventionlifeline.org](http://www.suicidpreventionlifeline.org)

**18. CRISIS TEXT LINE** Social distancing may be lonely, but you're not alone! If you are experiencing anxiety, emotional abuse, depression, suicidal thoughts, stress or other forms of crisis, text HOME to 741741 for free, 24/7 crisis counseling and visit [www.crisistextline.org](http://www.crisistextline.org) to be connected with a live, trained Crisis Counselor.

### 1. EAST VALLEY FAMILY RESOURCES

For assistance applying for welfare benefits and/or energy assistance call **702-631-7098**. For more information go [www.eastvalleyfamilyservices.org](http://www.eastvalleyfamilyservices.org)

### 2. HELP OF SOUTHERN NEVADA

In addition to rental programs, this agency offers a wide variety of programs, such as security deposit assistance, food, electric bill, counseling, and much more. They also have several locations across Clark County. In order to receive a housing assessment, walk-ins are accepted on Wednesdays between 7am- 5pm at **1640 E Flamingo Rd #100. 702-369-4357** [www.helpsonv.org](http://www.helpsonv.org)

### 3. THE SALVATION ARMY

Shelter, low-income housing, and homeless prevention/rent assistance is offered. They also administer a variety of other social services, and are a great place to call for referrals too. May offer a variety of rent programs, shelter or other forms of social services.  
[www.salvationarmysouthernnevada.org](http://www.salvationarmysouthernnevada.org)

### 4. LUTHERAN SOCIAL SERVICES

Services include information on low income as well as transitional housing. Families facing a crisis may qualify for a loan from LSS of Nevada.  
**702-639-1730** [www.lssnv.org](http://www.lssnv.org)

### 5. CLARK COUNTY CATHOLIC CHARITIES

Regardless of religion, they may be able to offer assistance. If you have an eviction notice then you may qualify for emergency rental assistance. Possibly money for deposit, first month's rent, or moving costs is also available at the charity. **1501 N Las Vegas Blvd LV, NV 89101**  
[www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org) **702-385-2662**

### 6. EVICTION PREVENTION CLARK COUNTY

Clark County residents who have been served an eviction notice, have filed an answer to the eviction notice and have experienced a change in circumstance during the 6 months prior to their application. Apply at  
<https://chap.clarkcountynv.gov/>

### 7. LEGAL AID CENTER OF SOUTHERN NEVADA

Assists with housing issues, including eviction prevention, foreclosures, and security deposit disputes and more. They are pro-bono, or a free legal firm in Clark County. 725 E. Charleston Blvd, LV NV 89104 Visit [www.lacsn.org](http://www.lacsn.org) or call **702-386-1070** for more information.

### 8. THE COURTYARD HOMELESS RESOURCE CENTER

If you become homeless this center has access to: Housing, Medical/Mental Health Services, Legal Assistance, Employment & Educational Opportunities, Income/Benefit Assistance, Clothing, Additional Wraparound Services. **314 Foremaster Ln. 89101**  
**702-229-6117** [courtyardHRC@lasvegasnevada.org](mailto:courtyardHRC@lasvegasnevada.org)

### 9. HOPE LINK OF SOUTHERN NEVADA

Rent, mortgage, utility and other assistance is available by calling **702-566-0576 ext. 312 8a-12p** M-Th or email [info@link2hope.org](mailto:info@link2hope.org)  
[www.link2hope.org](http://www.link2hope.org)

### 10. UNITED LABOR AGENCY OF NEVADA

Providing Rent & Mortgage assistance  
**1201 N Decatur Blvd, Suite #106 89108**  
**702-648-3500**

### 11. CLARK COUNTY SOCIAL SERVICES

Financial, transportation, housing, and long term assistance is available.  
[www.clarkcountynv.gov](http://www.clarkcountynv.gov) **702-455-4270**

### 12. NEVADA PARTNERS

Utility assistance available for low income residents such as water, electric and gas. Call **702-844-8000** for more information or to make an appointment or visit [nvpartners.org](http://nvpartners.org)

### 13. NEVADA 211

Call **2-1-1** or **1-866-535-5654**, text your zip code to **898211** or visit [www.nevada211.org](http://www.nevada211.org) to learn more about financial assistance and any other basic needs your family may need.

### 14. DAD INC.

Free 6-week program for fathers with children 0-24. Program helps to reinforce the connection between their kids, relationships, and financial strength.  
**702-707-7646** or visit <https://godadinc.com/>

### 15. NEVADA SBDC

Provides support for small business owners. Call **702-895-5019** or visit [nevadasbdc.org](http://nevadasbdc.org)

1. **AD GUY KNOWLEDGE CENTER** Provides educational opportunities for children, youth, adults, and seniors in areas of child development, school readiness, nutrition, business development and much more. [www.extension.unr.edu/clark-adguy.aspx](http://www.extension.unr.edu/clark-adguy.aspx) | 702-948-5940 | [adguy@unr.edu](mailto:adguy@unr.edu)
2. **AFTER-SCHOOL ALL-STARS** Provides free, comprehensive after-school programs in elementary & middle schools such as sports, educational, cultural, and community enrichment components throughout the school year. [www.asaslv.org/schools](http://www.asaslv.org/schools) | 702-259-1850 | [info@asaslv.org](mailto:info@asaslv.org)
3. **CLARK COUNTY LIBRARY DISTRICT** Provides free programming for all ages from books, music, online resources, events, storytelling, learning tools, employment assistance, summer programs, English Language Learning classes, and more! [www.lvccld.org](http://www.lvccld.org)
4. **KHAN ACADEMY** Provides free world-class education for anyone at any level all online. [www.khanacademy.org](http://www.khanacademy.org)
5. **PBS LEARNING MEDIA** Online access to educational videos on subjects such as social studies, English, mathematics, science, arts, world language, and more depending on student's grade level. [www.vegas.pbslearningmedia.org](http://www.vegas.pbslearningmedia.org)
6. **POLICE ATHLETIC LEAGUE** Provides youth ages 6-17 alternatives through athletics, education and community service like boxing, basketball, movement fitness, youth MMA, and fight club. [www.pallvmpd.com](http://www.pallvmpd.com)
7. **CLARK COUNTY COMMUNITY CENTERS** Community centers in the Las Vegas area providing free, low-cost programming for kids, adults, and seniors. [www.clarkcountynv.gov](http://www.clarkcountynv.gov)
8. **CITY OF LAS VEGAS COMMUNITY CENTERS** Community centers in providing free, low-cost programming for kids, adults, and seniors. A variety of locations around the Vegas valley. [www.lasvegasnevada.gov](http://www.lasvegasnevada.gov)
9. **CITY OF NORTH LAS VEGAS COMMUNITY CENTERS** Community centers in NLV providing free, low-cost programming for kids, adults, and seniors. [www.cityofnorthlasvegas.com](http://www.cityofnorthlasvegas.com)
10. **SUNRISE HOSPITAL CHILDREN'S FOUNDATION** Apply for educational services for kids birth to 5 years and receive individualized support that will increase school readiness for all children & families. [www.sunrisechildren.org](http://www.sunrisechildren.org)
11. **CLARK COUNTY 4-H YOUTH DEVELOPMENT** Offers youth opportunities in communications, leadership, career development, citizenship, healthy living, science, technology, engineering, math and more. [www.extension.unr.edu](http://www.extension.unr.edu)
12. **ANYTOWN LAS VEGAS** Establish, empower, and equip youth to be the next wave of today's leaders through organizing, civic engagement, and leadership. Multiple opportunities to get involved with hands-on projects. [www.anytownlasvegas.org](http://www.anytownlasvegas.org)
13. **NEVADA HAND UP** Provides classes such as English Classes & Personal Finance, Starting & Growing own Business, Emotional Resilience, Addiction Recovery & Adapting to U.S. Culture. [www.handupnv.org](http://www.handupnv.org)
14. **STRONG START ACADEMY ELEMENTARY SCHOOL** Prioritizes children from 89106, 89107 and 89101 zip codes. Call 702-229-5437 for more information.
15. **MAKE THE ROAD NEVADA** Focuses on issues specific to latine and working class people of color to achieve dignity and justice. Call 702-907-1560 for more information