

## **Resource Directory**

*These resources are provided for information only and are not endorsed by the EAW office.*

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### **Career Services**

#### **Career Center of Coconino County**

Provides re-training and assistance in locating comparable employment for residents laid off from their jobs.

928-522-7900

Toll free: 1-877-358-6714

#### **Fagan Coaching and Consulting**

Janet Fagan, M.Ed.

Career coaching services for individuals going through career transition.

PO Box 2969

Sedona, AZ 86339

928-204-0626

### **Communication Skills**

#### **Center for Compassionate Communication**

Provides classes in nonviolent communication for individuals, families, and groups. Also provides mediation services and consultations for groups and retreats.

1621 N West Street

Flagstaff, AZ 86004  
928-526-4796  
www.compassionatecommunication.org

## **Complementary Health**

### **Flagstaff Clinic of Naturopathic Medicine**

Drs. Mark James, Mary Poore, Shana Turrell  
Specializes in homeopathy, naturopathic medicine, acupuncture, and massage.  
809 N. Humphreys St.  
Flagstaff, AZ 86001  
928-774-1770

### **Village Healing Center**

Steve Stubenrauch, OMD; Julie Nowak, ND  
Specializes in acupuncture, massage, naturopath, herbalist, and cranio-sacral therapy.  
2708 N 4th St. Ste E-4 (Knoles Village Square)  
Flagstaff, AZ 86004  
928-522-9099

### **Mountain Waves Healing Arts**

This holistic healthcare center provides counseling, body work, naturopathy, and many wellness classes including yoga, pilates, tai chi, mindfulness, and more.  
2323 E. Greenlaw Ln. Ste. 10  
Flagstaff, AZ 86004  
928-526-1961  
[www.mwhealingarts.com](http://www.mwhealingarts.com)

## **CPR/ First Aid Training**

### **Red Cross**

Provides CPR and First Aid training.  
963 W. Route 66  
Flagstaff, AZ 86001  
928-779-5494

## **Crisis Intervention**

### **Arizona Coalition Against Domestic Violence**

Serves as an advocate for victims of domestic violence and service providers.  
National Domestic Abuse Hotline: 1-800-799-7233 or 1-800-787-3224 (TTY)  
www.azcadv.org

**Arizona Sexual Assault Network**

Provides 24-hour crisis hot line for victims of sexual assault.  
1-800-400-1001 (24 hours)

**Flagstaff Medical Center, Behavioral Health Services**

Offers mental health and substance abuse services for adults and adolescents. Provides 24 hour assessments, medical care, and supervision. Services include alcohol/drug abuse, detox, emotional/behavioral disorders, suicidal thoughts, and medication stabilization.  
Inpatient services: 928-213-6300  
Outpatient services: 928-213-6400

**Guidance Center**

Twenty four-hour crisis intervention. Services include outpatient substance abuse treatment and mental health services. Offers individual, group, and family counseling. Serves adults, adolescents, and children.  
2187 N. Vickey St.  
Flagstaff, AZ 86004  
928-527-1899

**Kateri Services**

Support services for women and children in transition from domestic violence cycles. Also provides long-term residential substance abuse program for women.  
2312 N. 4th St.  
Flagstaff, AZ 86003  
928-779-7141 or 928-606-4611

**NAU Sexual Assault Protocol**

NAU protocol in assisting sexual assault victims. Lists NAU campus and community resources that provide assistance to victims of sexual assault.  
<http://www4.nau.edu/stulife/sexualassault.htm>

**National Suicide Prevention Lifeline**

Are you or someone you love at risk of suicide? Get the facts and take appropriate action.  
1-800-273-TALK  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Northern Arizona Center Against Sexual Assault (N.A.C.A.S.A.)**

Provides 24-hour crisis intervention and advocacy services for sexual assault victims.  
5200 E. Cortland Blvd., Suite B5  
Flagstaff, AZ 86004  
928-527-0708  
<http://www.victimwitnessflagstaff.org/nacasa>

**Northland Family Help Center**

Provides shelter, counseling, advocacy, education, and referral for victims of violence.  
320 N. Leroux

Flagstaff, AZ 86001  
928-774-4503  
24-hour crisis line: 928-527-1900 or 1-877-634-2723  
[www.northlandfamily.org/](http://www.northlandfamily.org/)

### **Pets Too!**

As part of the Pets Too! program, Victim/Witness Service will shelter pets for the animals of domestic violence survivors free of charge. Pets Too! can help board dogs, cats, birds, fish, and hamsters. This program is confidential and, to keep the pet safe, the boarding location of your pet is not disclosed to anyone. Weekly (private) visitation with your pet is encouraged.

928-779-6163

### **Victim/Witness Services of Coconino County**

Provides free 24- hour crisis intervention and advocacy services for victims. Can assist with counseling and the legal process.

5200 E. Cortland Blvd., Suite A22

Flagstaff, AZ 86004

928-779-6163

Emergency number through Police dispatch: 928-774-1414

### **Crisis Intervention Services in Phoenix Area:**

Shelter Hotline

- 1-800-700-7739

Family Advocacy Center

- 1-888-246-0303 or 602-534-2120

Legal Advocacy Hotline

- 1-800-782-6400

Senior Help Line

- 1-888-264-2258

## **Family Services**

(Eldercare, Grandparents Raising Grandchildren, Adolescent Programs, Parent Resources, Pregnancy Testing and Support)

### ***Divorce***

#### **DivorceCare Seminar and Support Group**

Helps with recovery from the pain of separation and divorce.

Facilitated by Pastor Bob Norton

Mondays, noon - 1 p.m. (brown bag)

NAU Campus Ministry Center (the blue house across from Oregano's)

For more information, call 928-526-1397

**Jenny Staskey, CPA, CFE, CDFIA**

Provides assistance in analyzing the tax and financial implications of divorce settlements.

928-814-8569

Jastaskey@yahoo.com

***Eldercare***

**Benefits Check Up with National Council on Aging**

Helps find government programs offering financial assistance.

[www.benefitscheckup.org](http://www.benefitscheckup.org)

**Care Planner**

Offers help finding type-of-care options.

[www.careplanner.org](http://www.careplanner.org)

**Changing Seasons Adult Day Care Center**

Changing Seasons Center is Easter Seals Arizona's first Adult Day Center is now open in Flagstaff. The program provides daily respite for individual and family caregivers who need relief from day-to-day stressful activities. Changing Seasons provides seniors and disabled adults with social, health, and recreational opportunities.

For more information, call Carol Bliech at 928-522-5608.

[http://www.easterseals.com/site/PageServer?pagename=ntl\\_adult\\_day\\_faq](http://www.easterseals.com/site/PageServer?pagename=ntl_adult_day_faq)

**Coconino County Community Services/ Senior Services**

Provides housekeeping care, personal care, and respite care. Fees based on a sliding scale.

2625 N. King St.

Flagstaff, AZ 86004

928-522-7988 or 928-522-7993

**Coconino County Community Services/ Senior Nutrition Program**

Provides nutritious lunchtime meals to seniors in the community. Congregate Meals are served at the Adult Center. Meals on Wheels delivers hot meals to homebound seniors.

2625 N. King St.

Flagstaff, AZ 86004

928-522-7999 or 928-522-7993

**Elder Resource and Referral Line**

For answers about services for older persons (24-hour, statewide).

1-800-686-1431

**Eldercare Locator**

Toll free directory assistance for finding eldercare services in every community in the US.

Toll free number: 1-800-677-1116

[www.eldercare.gov](http://www.eldercare.gov)

**National Alliance for Caregiving**

Assigns quality ratings to eldercare books, videos, web sites.  
[www.caregiving.org](http://www.caregiving.org)

**National Association of Professional Geriatric Care Managers**

Provides a directory of geriatric care managers.  
[www.caremanager.org](http://www.caremanager.org)

**NAU Gerontology Institute**

Provides programs aimed at encouraging senior participation and involvement in the community. Includes Foster Grandparent and Senior Companion programs, Retired and Senior volunteer program, and Senior Olympics.  
NAU Riles Building  
928-523-3560  
<http://www4.nau.edu/gerontology/>

**Senior Services, Inc./Caregiver Consulting**

Offers personal support for caregivers. Provides caregiver consultations services, care management, and referral information.  
P.O. Box 2176  
Flagstaff, AZ 86003  
928-522-5952

**VanGo Transportation**

VanGo provides curb-to-curb, paratransit service in vans for disabled persons who are unable to use Mountain Line. VanGo service is offered throughout the greater Flagstaff area. VanGo operates an "ADA Guaranteed Ride Area" as required under the Americans with Disabilities Act (ADA) and also offers additional service on a space available basis.  
Coconino County, Arizona Transportation Services  
2300 S. Huffer Lane  
Flagstaff, Arizona 86001  
928-779-6624  
<http://www.co.coconino.az.us/vango.aspx?id=204>

***Grandparents Raising Grandchildren*****AARP**

Provides resources and links for grandparents raising grandchildren.  
[www.aarp.org/grandparents](http://www.aarp.org/grandparents)

**Grandsplace**

Information and legal resources for grandparents raising children.  
[www.grandsplace.com](http://www.grandsplace.com)

**Kinship Kare of Northern Arizona**

Supports adults raising the children of other family members with education, mentoring, and support groups. Formerly titled Grandparents Raising Grandchildren.

Call Michele Lytle at 928-774-1868

### ***Adolescent Programs***

Contact the EAW office for more adolescent treatment options.

#### **Alternatives' Center for Family Based Services/Open Inn**

Addresses the needs of juvenile status offenders and their families. Services include crisis intervention, mediation, short-term shelter, runaway homeless youth shelter, and "Time Out" program. Also offered is an 8-hour Community Life Skills class for adolescents 13-17 years.

823 W. Clay

Flagstaff, AZ 86001

928-214-9050 (24 hours, 7 days a week)

[www.openinn.org](http://www.openinn.org)

### ***Parent Resources***

#### **Association for Supportive Child Care**

Information about child care choices and free referrals for child care.

2708 N. 4th St.

Flagstaff, AZ

928-714-1716 or 1-800-308-9000

[www.arizonachildcare.org](http://www.arizonachildcare.org)

#### **Catholic Charities of Flagstaff**

Counseling for families, individuals and couples, communication training, stress management, anger management, grief counseling, substance abuse relapse prevention. This organization also offers emergency rental, utility, child care assistance, counseling, and pregnancy support.

43 S. San Francisco St.

Flagstaff, AZ 86001

928-774-9125

#### **Family Lifeline**

Twenty four-hour, toll-free phone service for Arizona residents. This warm-line connects parents to support services during times of stress.

Toll free: 1-800-352-0528

#### **Family Resource Center**

Provides resources, workshops and support for Flagstaff families. Also provides free computer classes for adults.

Open Monday-Thursday, 10:00 am - 7:00 pm and Friday, 10:00 am-4:00 pm

1806 East Route 66

Flagstaff, AZ 86004

Phone: 928-774-1103

<http://www.fusd1.org/frc/>

### **Mom to Mom Support Groups**

Meets at Flagstaff Medical Center Tuesdays, 11:00 a.m. (mothers of infants), and Wednesdays, 11:00 a.m. (mothers of toddlers). Call Sheri at 773-2310 for more information.

### **Parenting Arizona**

Provides services for the entire family to strengthen relationships. Offers education classes for parents of children of all ages, from infancy to adolescence.

1515 East Cedar, Suite E1  
Flagstaff, AZ 86004  
928-773-9133

### **Strong Families Flagstaff**

Provides workshops that teach relationship skills for couples/parents. Open to couples who are currently taking or have taken a childbirth class. Also welcome are parents of children and preteens. Call for class schedule.

928-773-7833

### **YMCA**

Child care, pre-school, after school programs, sports activities, and family services.

2101 N. Fourth St., Suite 207  
Flagstaff, AZ 86004  
928-556-9622  
[www.valleymca.org](http://www.valleymca.org)

### **Pregnancy Testing and Support**

Hope Crisis Pregnancy Center

Assists women with unexpected pregnancies and offers free, confidential pregnancy tests.

318 W. Birch Ave, Suite 1  
Flagstaff, AZ 86003

928-774-8302 24-hour toll-free help line: 877-205-2178

### **Planned Parenthood**

Promotes sexual health for women and men: confidential pregnancy tests, birth control, HIV and STD testing, and men's services.

1304 S. Plaza Way  
Flagstaff, AZ 86001  
928-779-3653

[www.plannedparenthood.org/ppcna](http://www.plannedparenthood.org/ppcna)

## **Gay/Lesbian Resources**

### **GLBT National Help Center**

Serving the gay, lesbian, and transgendered communities.

<http://www.glnh.org>

**PFLAG Flagstaff**

Welcomes the participation of parents, family members, and friends of gay, lesbian, bisexual, transgendered, and questioning (GLBTQ) individuals, as well as GLBTQ individuals. Straight allies are also welcome to participate!

Please call or e-mail for current meeting information:

928-773-7811 or [info@pflagflagstaff.org](mailto:info@pflagflagstaff.org)

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

**PRISM at NAU**

People Respecting Individuals and Sexual Minorities. Open to everyone. Call for information on meetings and social gatherings.

Northern Arizona University

University Union, Room 212

928-523-7110

**HIV/AIDS****Northland Cares/AIDS Outreach of Northern Arizona**

Provides support and care for those infected and affected by HIV/AIDS in Northern Arizona.

928-779-9498 or 1-800-438-7448

[www.northlandcares.org](http://www.northlandcares.org)

**Coconino County Department of Health Services**

Anonymous HIV testing. Fees based on a sliding scale.

2625 North King Street

Flagstaff, AZ 86004

928-522-7925 or 928-522-7810

<http://www.co.coconino.az.us/health.aspx?id=2691>

**Fronske Health Center**

Confidential HIV testing for NAU students and employees. Call for an appointment.

928-523-8995

<http://www4.nau.edu/fronske/>

**Planned Parenthood**

Confidential HIV testing.

1304 S. Plaza Way

Flagstaff, AZ 86001

928-779-3653

[www.plannedparenthood.org/ppcna](http://www.plannedparenthood.org/ppcna)

## **Legal and Financial Services**

### **Arizona Self-Help On-line Resource Guide**

Confidential, on-line resource eligibility tool for state and federal assistance programs. A great place to begin searching for public assistance programs.

[www.arizonaselfhelp.org](http://www.arizonaselfhelp.org)

### **Jenny Staskey, CPA, CFE, CDFA**

Provides assistance in analyzing the tax and financial implications of divorce settlements.

928-814-8569

[Jastaskey@yahoo.com](mailto:Jastaskey@yahoo.com)

### **On-line Services**

**[www.azehe.org](http://www.azehe.org)**

Offers emergency financial assistance to state employees.

**[www.azlawhelp.org](http://www.azlawhelp.org)**

Information on civil legal issues, forms and letters, and listings of local legal aid groups.

**[www.free-financial-advice.net](http://www.free-financial-advice.net)**

Information on personal finance, budgeting, financial planning, and investing.

## **Nutrition/Weight Management**

### **Cathy Johnson, RD**

Dietician specializing in diabetes and sports nutrition.

928-525-2656

### **Flagstaff Medical Center**

Outpatient nutrition counseling with registered dietitians. Specializing in both adult and pediatric nutrition. Call to schedule an appointment.

928-773-2008

### **Get Active NAU: Weight Loss Research Program**

This is a no-cost, 12-month, weight management program for NAU faculty, staff, and graduate students between 25 and 65 years. Funded by a grant from NAU, this randomized clinical trial will examine ways to promote long-term weight management for women from a variety of cultural groups that reflect NAU's diverse faculty, staff, and graduate students. Participants receive comprehensive and professional 3-month weight loss program with screenings and monitoring, followed by a 9-month maintenance program. To find out more contact Health Psychology at 928-523-2161 or visit <http://getactive.nau.edu/>.

**Catherine Wall, RD**  
928-600-7672

### **Weight Watchers**

Provides information, knowledge, tools, and motivation to enhance nutrition and exercise for weight loss. Class meetings and locations may be found on Weight Watchers web site.

[www.weightwatchers.com](http://www.weightwatchers.com)

## **Organization/Time Management**

Looking for tips to become more organized at work and home? Visit the web sites listed below for ideas.

### **Online Organizing:**

<http://onlineorganizing.com>

### **Office Efficiency**

<http://officiency.com>

### **Time Management:**

<http://www.timethoughts.com>

## **Physical Fitness**

*(Fitness Classes, Health Clubs, Martial Arts, NAU Fitness, Outdoor Recreation)*

### *Fitness Classes*

#### **Adult Center**

Multi-generational center offering children's programs, adult classes, and social activities for senior citizens. Also includes a weight room.

245 N. Thorpe Rd

Flagstaff, AZ

928-774-1068

#### **Flagstaff Recreation Center**

Offers a weight room, fitness classes, dance classes and more.

2403 N. Isabel Street

Flagstaff, AZ

928-779-1468

### **Curves for Women**

Fitness and weight loss facility dedicated to providing affordable, one-stop fitness, and nutritional guidance for women.

2581 East 7th Avenue  
Flagstaff, AZ  
928-214-6135

### **Mountain Sky Jazzercise**

Jazzercise fuses elements of jazz dance, Pilates, resistance training, kickboxing, and yoga to create an effective program for people of every age and fitness level.

417 W. Santa Fe Ave.  
Flagstaff, AZ 86001  
928-774-7999

[www.mountainskyjazz.com](http://www.mountainskyjazz.com)

### **Mountain Waves Healing Arts**

This holistic healthcare center provides counseling, body work, naturopathy, and many wellness classes including yoga, pilates, tai chi, mindfulness, and more.

2323 E. Greenlaw Ln. Ste. 10  
Flagstaff, AZ 86004  
928-526-1961

[www.mwhealingarts.com](http://www.mwhealingarts.com)

## ***Health Clubs***

### **Curves for Women**

Curves is a fitness center for women only. The program provides a 30-minute workout that combines resistance training and cardio exercise.

2581 E. 7th Ave.  
Flagstaff, AZ 86004  
928-214-6135  
1401 S. Plaza Way  
Flagstaff, AZ 86001  
928-774-6130

[www.curvesinternational.com](http://www.curvesinternational.com)

### **Cuts Fitness for Men**

Cuts is a fitness center for men only. The program provides a 30-minute full body circuit training workout to reduce weight, improve the cardio fitness and stamina, increase strength and muscle tone, and enhance sports performance.

2579 E. 7th Ave.  
Flagstaff, AZ 86004  
928-714-1600  
[www.cutsfitness.com](http://www.cutsfitness.com)

**Flagstaff Athletic Club**

Fitness assessment, personal training, massage, physical therapy, indoor climbing, and aquatics.

1200 W. Route 66

Flagstaff, AZ 86001

928-779-4593

3200 N. Country Club Dr.

Flagstaff, AZ 86004

928-526-8652

<http://www.flagstaffathleticclub.com/>

**Summit Health & Fitness (formerly The Firm)**

Cardio, strength training, group fitness classes, personal training, physical therapy, and spa services.

1301 W. University Avenue

Flagstaff, AZ 86001

928-774-3476

[www.summithealthandfitnessllc.com/](http://www.summithealthandfitnessllc.com/)

***Martial Arts*****Water Mountain Martial Art Society**

Offers classes in various martial art systems.

2224 Cedar Avenue

Flagstaff, AZ 86001

928-600-1242

[www.h2omt.com](http://www.h2omt.com)

**Northern Arizona Karate Association**

Karate classes open to individuals, couples, or families.

3920 E. Huntington Dr., Suite D

Flagstaff, AZ 86004

928-699-3073

[www.jpankarate.org](http://www.jpankarate.org)

**Sleeping Lion Martial Arts**

Offering martial arts to Northern Arizona, including Hapkido, JuJutsu, Kung Fu, AiKido Weaponry, Healing Arts and more.

2103 East Cedar

Flagstaff, AZ 86004

928-214-9974

[www.sleepinglion.cmasdirect.com](http://www.sleepinglion.cmasdirect.com)

**Tae Kwon Do**

Classes for children and adults.

928-556-0930

## ***NAU Fitness***

### **NAU Recreation Center**

Cardio and strength training, aquatics center, group fitness classes, personal training, and massage.

928-523-1732

<http://home.nau.edu/recreation/>

### **NAU Skydome**

Indoor walking track.

928-523-3449 (call for hours)

### **Outdoor Recreation**

Arizona Snowbowl

Trails to hike, ski, or snowboard.

928-779-1951

[www.arizonasnowbowl.com](http://www.arizonasnowbowl.com)

### **NAU Outdoors/Campus Recreation Center**

Includes outdoor adventure trips and classes, challenge courses, equipment rentals, sale items, and a resource center.

928-523-3229

<http://home.nau.edu/recreation/>

## **Relaxation**

(Massage, Meditation, NAU Resources, Tai Chi/Qi Gong, Yoga)

## ***Biofeedback***

### **Arizona Biofeedback Center**

The following are examples of diagnoses that have met efficacy criteria for treatment with biofeedback therapy: anxiety disorders, asthma, ADHD, migraines, and chronic pain.

617 N. Humphreys Ste. 101

Flagstaff, AZ 86001

928-779-3783

450 Jordan Rd.

Sedona, AZ 86336

928-282-0221

### **NAU Health Psychology Center**

NAU's Health Psychology Center is now accepting new clients for education, evaluation and treatment of a variety of conditions, including anxiety, stress and stress-related problems, cancer, chronic pain, high blood pressure, management of diabetes and other health problems. The service is offered to the community as well as to NAU faculty and

staff. Other conditions clients may be seen for include circulatory problems, asthma, headaches, emphysema, sleep problems, gastrointestinal problems, smoking cessation, post-operative and recovery, weight loss, arthritic pain, skin problems, PMS, and risk factors in heart disease. The clinic is open to the public and offers biofeedback, hypnosis, lifestyle behavior change and wellness skills, stress management, and cognitive behavioral therapy. The Health Psychology Center at NAU is open Monday through Thursday from 9:30 a.m. to 4:30 p.m. The clinic offers a sliding fee scale. For more information, call 928-523-2161.

<http://home.nau.edu/hpc/>

## ***Massage***

### **Flagstaff Medical Center's Massage Therapy Program**

Provides outpatient massage therapy for the community.

928-773-2125

### **Fronske Health Center**

Massage therapy is offered weekly by a licensed massage therapist.

928-523-8995

<http://www4.nau.edu/fronske/>

### **Mountain Waves Healing Arts**

This holistic healthcare center provides counseling, body work, naturopathy, and many wellness classes including yoga, pilates, tai chi, mindfulness, and more.

2323 E. Greenlaw Ln. Ste. 10

Flagstaff, AZ 86004

928-526-1961

[www.mwhealingarts.com](http://www.mwhealingarts.com)

### **Recreation Center**

Certified massage therapists. Call to schedule an appointment.

928-523-1733

<http://home.nau.edu/recreation/>

### **Southwest Institute of Healing Arts (formerly Phoenix Therapeutic Massage College)**

Student therapists and licensed massage therapists offer massage at discounted prices.

1000 N. Humphreys St.

Flagstaff, AZ 86001

928-213-0010

[www.greattherapists.com/touchcentralflagstaff/index.php?referer=/index.php](http://www.greattherapists.com/touchcentralflagstaff/index.php?referer=/index.php)

## ***Meditation***

### **Chagdud Gompa/L'hundrub Ling**

2224 E. Forest Heights Drive

Flagstaff, AZ 86004  
928-526-6526  
www.chagdud.org

### **Flagstaff Shambhala Meditation Group**

3698 N. Tindle Dr.  
Flagstaff, AZ 86004  
928-226-9371

### **Emaho Foundation**

The center is located in Phoenix and periodically sponsors events in Northern Arizona.  
623-889-7797  
www.emahofoundation.org

### ***NAU Resources***

#### **Health Psychology Center**

Relaxation techniques, biofeedback, and stress management.  
Health Professions Bldg., Room 121  
928-523-2161  
<http://home.nau.edu/hpc/>

### **Tai Chi/Qi Gong**

#### **Mountain Waves Healing Arts**

This holistic healthcare center provides counseling, body work, naturopathy, and many wellness classes including yoga, pilates, tai chi, mindfulness, and more.  
2323 E. Greenlaw Ln. Ste. 10  
Flagstaff, AZ 86004  
928-526-1961  
[www.mwhealingarts.com](http://www.mwhealingarts.com)

#### **Tai Chi**

Patrick Martin, Chen style instructor, offers tai chi classes through NAU's Employee Assistance and Wellness office and the NAU School of Health Professions. Private lessons also available. For information on classes offered through the Employee Assistance and Wellness office, call 523-1552. For information on private lessons and classes offered through the School of Health Professions, call Patrick at 928-853-3883.  
<http://jan.ucc.nau.edu/~taichi-p/Classes/index.html>

#### **Taoist Tai Chi Classes**

Learn tai chi with the Taoist Tai Chi Society. Call for class schedule and fees.  
928-522-8717 or 928-699-6076

**Tai Chi at FMC**

Join FMC's Therapy Services Department for group or individual Tai Chi instruction.  
928-773-2125

**Water Mountain Martial Arts**

Offers qi gong classes for personal development and professional study.  
2224 Cedar Avenue  
Flagstaff, AZ  
928-853-1882  
[www.h2omt.com](http://www.h2omt.com)

***Yoga*****Mountain Lotus Yoga and Meditation**

Ann Higgins offers traditional classical yoga on Tuesdays at 6 p.m. Registration required.  
First Congregational Church  
740 N. Turquoise Dr.  
928-779-3450

**Mountain Waves Healing Arts**

This holistic healthcare center provides counseling, body work, naturopathy, and many wellness classes including yoga, pilates, tai chi, mindfulness, and more.  
2323 E. Greenlaw Ln. Ste. 10  
Flagstaff, AZ 86004  
928-526-1961  
[www.mwhealingarts.com](http://www.mwhealingarts.com)

**The Yoga Experience**

Offers yoga classes including Anusara and Ashtanga styles.  
17 N. San Francisco Street  
Flagstaff, AZ 86001  
928-774-9010  
[www.theyogaexperience.com](http://www.theyogaexperience.com)

**Substance Abuse Treatment**

EAW suggests a consultation with a counselor regarding substance abuse treatment options. Please contact us at 928-523-1552 for more information.

**Flagstaff Medical Center, Behavioral Health Services**

Provides an Intensive Outpatient Program for treating chemical dependency. Program includes assessment, counseling, education, and after care.  
1200 N. Beaver St.  
Flagstaff, AZ 86001  
928-213-6400

**Guidance Center**

Twenty four-hour crisis intervention. Outpatient and inpatient services for substance abuse.

2187 Vickey St.

Flagstaff, AZ 86004

928-527-1899 or 1-888-681-1899

**Northern Arizona Substance Abuse Services (NASAS)**

Provides outpatient substance abuse screening/assessment, individual and group counseling, education, and treatment services.

Mary Erhart, Director

2101 N. 4th St., Ste. 215

Flagstaff, AZ 86004

928-773-9376 or 1-888-552-0954

**Substance Abuse Support Groups*****Alcohol*****Alano Club**

Provides information about Flagstaff meetings for Alcoholics Anonymous, Al-Anon, and other 12-step programs.

1806 E. Route 66

Flagstaff, AZ

928-556-9588

**Al-Anon**

Assists families and friends of alcoholics recover from the effects of living with the drinking of a loved one. Alateen is a similar program for young people, usually teenagers. For meeting information, call by phone or visit the Arizona website.

Al-Anon Flagstaff: 928-556-6176 (pager)

Arizona Al-Anon website: [www.al-anon-az.org](http://www.al-anon-az.org)

National Al-Anon website: [www.al-anon.org](http://www.al-anon.org)

**Alcoholics Anonymous**

Twelve-step support group program for people wanting to quit alcohol use. Specialized groups offered (men, women, Native American). For meeting information, call or visit the Flagstaff website.

928-779-3569

Flagstaff AA website: [www.flagstaffaa.org](http://www.flagstaffaa.org)

National AA website: [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

### **Louie's Lounge Meeting (NAU AA group)**

This on campus AA support group meets in room 156 in the College of Education Mondays from 12:00 - 1:00 p.m. and Friday, 12:00 - 1:00 p.m. This meeting is open to all NAU students, faculty, and employees.

### ***Cocaine Anonymous***

Meets Monday evenings at Church of the Nativity Rectory, 6:30 – 7:30 p.m. For more information or to view meeting changes, please visit <http://www.ca.org/>.

### ***Crystal Meth Anonymous***

Sunday- 7:00 p.m. 2410 E. Route 66 (downstairs from the Foundation House)

Chairperson: David at 928-380-2820

Monday- 7:00 p.m., 3500 N. 4<sup>th</sup> St. (First Assembly Church)

Chairperson: Michele at 928-699-2381

Thursday- 7:00 p.m., 3500 N. 4<sup>th</sup> St. (First Assembly Church)

Chairperson: Summer at 928-863-1063

Saturday- 7:00 p.m., 2016 A N. 4<sup>th</sup> St. (Grace Christian Center next to Radio Shack)

Chairperson: John at 928-600-3586

For more information or to view current changes, visit:

<http://www.crystalmeth.org/index.php>.

### ***Narcotics Anonymous***

Support group for people recovering from drug abuse. Call the Help Line number for information on meeting times as well as how to contact emergency support.

Help Line number: 928-774-6779

[www.arizona-na.org/meetings/northern.html](http://www.arizona-na.org/meetings/northern.html)

## **Support Groups**

ALS--Lou Gehrig's disease, Bereavement/Death & Dying, Cancer, Debt & Gambling, Diabetes, Eating Disorders,, Gambling, HIV/AIDS, Mental Illness, Relationships, Sex Addiction, Tobacco, Workaholics Anonymous)

### ***ALS (Lou Gehrig's disease)***

#### **NAU School of Health Professions**

Beth Mohan, Nurse Case Manager

ALS patients in northern Arizona can come to the college and, through a videoconference coordinated by a nurse practitioner, consult with a neurologist and a respiratory therapist.

Support is provided to individuals and families through education, monthly support groups, equipment loans, patient advocacy, and home visits.

NAU School of Health Professions

928-523-6954

### ***Bereavement/Death & Dying***

#### **Northland Hospice**

Offers support groups for people of all ages who have experienced the death of a loved one under any circumstance. Also offers hospice services at the Olivia White Hospice House.

452 N. Switzer Canyon Dr.

Flagstaff, AZ 86001

928-779-1227

[www.northlandhospice.org](http://www.northlandhospice.org)

### ***Cancer***

#### **American Cancer Society**

Cancer support groups and classes (I Can Cope, Reach to Recovery, Look Good...Feel Better).

2724 E. Lakin Ste. #9

Flagstaff, AZ 86004

928-526-3800

[www.cancer.org](http://www.cancer.org)

#### **American Cancer Society/Quality of Life Center**

Provides wigs, scarves, and hats for cancer patients in treatment. Supplies education material on cancer. Contact the American Cancer Society for more information.

2724 E. Lakin Ste. #9

Flagstaff, AZ 86004

928-526-3800

#### **Cancer Fit**

Provides motivation and support for all types of cancer survivors through physical activity. Call for information on seminar times and fees.

DeRosa Physical Therapy

1485 N. Turquoise Dr. #220

Flagstaff, AZ 86001

928-774-6626

[www.cancerfit.com](http://www.cancerfit.com)

#### **Flagstaff Medical Center**

Offers information about cancer as well as support groups and classes. Also provides individual and family support services.

Cancer Center: 928-773-2322 or 928-773-2261

Links to support groups: [www.nahealth.com/pp\\_fmc/fmc\\_support.htm](http://www.nahealth.com/pp_fmc/fmc_support.htm)

## ***Debt***

### **Debtors Anonymous**

Supports men and women as they live without incurring any unsecured debt, one day at a time.

[www.debtorsanonymous.org](http://www.debtorsanonymous.org)

### **Flagstaff Medical Center/Behavioral Health Services**

Intensive Outpatient Program is structured to meet the treatment needs of people experiencing problems with compulsive gambling.

1200 N. Beaver St.  
Flagstaff, AZ 86001  
928-213-6400

## ***Diabetes***

### **Diabetes Self Management Program at FMC**

This program prepares you to control diabetes. Topics include: Diabetes overview, medication, diet, exercise, foot care, low sugar (hypoglycemia) treatment, home monitoring of blood sugar, sick day management, prevention of complications, and community resources.

Education department: 928-773-2491

Class information: [http://www.nahealth.com/edu\\_classes/Diabetes\\_update.htm](http://www.nahealth.com/edu_classes/Diabetes_update.htm)

### **"Living Well with Diabetes" Class at FMC**

Provides diabetic educational classes all year long at the Northern Arizona Healthcare Training Center.

Class information: [http://www.nahealth.com/edu\\_classes/diabetes\\_class.htm](http://www.nahealth.com/edu_classes/diabetes_class.htm)

To register, 928-773-2249, the Diabetes Education office at Flagstaff Medical Center

## ***Eating Disorders***

### **Overeaters Anonymous**

Twelve-step meeting for those with eating disorders. Please visit the website for current meeting information.

928-220-0959

[www.aa.org](http://www.aa.org)

## ***Gambling***

### **Arizona Office of Problem Gambling**

Provides and supports effective problem gambling prevention, treatment, and education programs throughout Arizona

Toll Free Arizona Helpline:

1-800-NEXT STEP

<http://www.problemgambling.az.gov/index.htm>

### **Gamblers Anonymous**

Assists people dealing with a gambling issue. Contact the Phoenix Hotline Number for more information.

Phoenix Hotline Number: 602-266-9784

Meeting sites throughout Arizona: [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### **Gambling Program at Flagstaff Medical Center**

Provides free, out-patient gambling treatment (state-funded).

Marc Zuch, LISAC

Flagstaff Medical Center Behavioral Health Services

1200 N. Beaver

Flagstaff, AZ

928-213-6400

### **HIV/AIDS**

#### **Northland Care/AIDS Outreach of Northern Arizona**

Support groups for those infected and affected by HIV/AIDS.

928-779-9498 or 1-800-438-7448

[www.northlandcares.org](http://www.northlandcares.org)

### ***Mental Illness***

#### **National Alliance for the Mentally Ill (NAMI-Flagstaff)**

Offers support groups and education for individuals with mental illness. Families and friends welcome.

928-526-2420 or 1-800-950-6264

### ***Relationships***

#### **Codependents Anonymous**

Brings together men and women who want to develop healthy and fulfilling relationships.

Learn about your own personal histories and codependent behaviors.

[www.codependents.org](http://www.codependents.org)

### ***Sex Addiction***

#### **S-Anon**

The S-Anon Family Groups are a fellowship of the relatives and friends of sexually addicted people who share their experience, strength and hope in order to solve their common problems. The program of recovery is adapted from AA and is based on the Twelve Steps and the Twelve Traditions of Alcoholics Anonymous. There are no dues or fees for S-Anon membership; we are self-supporting through our own contributions.

The Flagstaff group meets Tuesday evenings, 7:00 – 8:00 p.m. Please call 480-545-0520 or e-mail [eminflag@hotmail.com](mailto:eminflag@hotmail.com) for meeting location.

For more information or to view meeting changes, visit: [www.sanon.org/](http://www.sanon.org/)

## ***Tobacco***

### **American Cancer Society**

Provides tobacco cessation information. Free of charge.

2724 E. Lakin Ste. #9

Flagstaff, AZ 86004

928-526-3800

[www.cancer.org](http://www.cancer.org)

### **Arizona Smokers Helpline**

Toll-free telephone based tobacco cessation counseling for Arizona residents. Website gives information and tips on tobacco cessation.

1-800-622-2673

[www.ashline.org](http://www.ashline.org)

### **Coconino County Health Department**

Provides free Freshstart tobacco cessation classes and support groups several times a week. Participants may be eligible to receive vouchers for discounted nicotine replacement. All groups are free but require advanced registration. On site workplace groups available for groups of at least 6 people. For more information or to register, please call 928-522-7882.

2625 North King Street

Flagstaff, AZ

928-522-7882

<http://www.coconino.az.gov/searchdisplay.aspx>

### **NAU Health Psychology Center**

NAU's Health Psychology Center is now accepting new clients for education, evaluation and treatment of a variety of conditions, including anxiety, stress and stress-related problems, and smoking cessation. The service is offered to the community as well as to NAU faculty and staff. The clinic is open to the public and offers biofeedback, hypnosis, lifestyle behavior change and wellness skills, stress management and cognitive behavioral therapy. The Health Psychology Center at NAU is open Monday through Thursday from 9:30 a.m. to 4:30 p.m. The clinic offers a sliding fee scale.

928-523-2161

<http://home.nau.edu/hpc/>

## ***Workaholics Anonymous***

### **Workaholics Anonymous**

Workaholics Anonymous is a 12-step, self-help program based on the successful recovery program of Alcoholics Anonymous. Its purpose is to help those who suffer from compulsive work behaviors, including not only job-related activity but all types of workaholism, compulsive “busyness,” and worry about self-worth.

Founded nationally in 1983, Workaholics Anonymous is open to everyone who wishes to stop working compulsively and desires support for becoming a “human being” instead of a “human doing.” The principle of anonymity is strictly observed and there are no dues or fees.

Tuesdays, 5:30-6:30 p.m.

Friends Meeting House

401 S. Beaver Street

Flagstaff, AZ 86001

Information: Mark: 928-779-5419, or Charlotte: 928-526-5970

[www.workaholics-anonymous.org/](http://www.workaholics-anonymous.org/)

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