

ABQ Area Resources Quick Guide

Updated 7/01/23

All resources:

ABQcrg.org--ABQ Coordinated Resource Guide

sharenm.org--SHARE New Mexico resource directory

Cell Phone Program (free phone, free service)
Safelink: Shellie-call/text (505) 977-1122 (M-F 9 to 5)
TruConnect: Debbie-call/text (505) 506-3455 (9-9, 7 days/wk)

Community Shuttle Service:
nmvic.org/communityshuttle for detailed info including
weekday schedule and stops

Note: Area code is (505) except where indicated

Survivors of Violence

Family Advocacy Center (FAC) – any violence, inc. stalking
-- M-F 8 am – 5 pm, 625 Silver SW (2nd floor) **243-2333**

Domestic Violence Resource Center (in FAC)
-- (Calls are taken 24/7—walk-ins 8 am – 5 pm) **248-3165**

National DV phone no. (24 hours) **800-799-7233**

Rape Crisis Center (2 offices: walk-ins M-F 8-5 at both):
--625 Silver SW (2nd floor, Family Advocacy Center) **266-7711**
--9741 Candelaria Rd NE (near Eubank) **266-7711**
--**Rape Crisis Center's 24/7 hotline** **266-7711**

StrongHearts Native Helpline (24/7) for Native women impacted
by DV, dating and sexual violence **844-762-8483**

Emergency trafficking hotline—all ages (NM Dream Ctr)
--(505) 504-1301

Life Link trafficking hotline: 505-GET-FREE (505-438-3733)
victims of trafficking call or text (& info line for the public)

Enlace Comunitario (DV-Espanol) **246-8972**

Casa Forteleza (sexual violence) (bilingual Spanish) **910-4031**
2340 Alamo SE #124 (M-F 8:30am - 5pm)

First Nations (FNCH) programs:
--Human Trafficking--**375-8518** or **697-0712**
--VOCA (for victims of crime)—**515-3922** or **375-8514**

Domestic Violence Shelters (call 24/7)

Safe House (in Albuquerque) **247-4219**

Haven House (in Rio Rancho) **896-4869**

Valencia Shelter for DV (in Valencia County) **864-1383**

Other Crisis Hotlines/Helplines

Poison Center/Medication Info **800-222-1222**

988 Suicide and Crisis Lifeline -- call or text **988** if feeling sad
or angry or not feeling safe

Veterans (x1 or text **838255**), Espanol (x2), LGBTQI+ <25 (x3)
(also known as: **988 Behavioral & Substance Misuse Lifeline**)
or chat at <http://suicidepreventionlifeline.org/chat>

NM Crisis & Access Line call **855-662-7474**
.....24/7 counseling as well as treatment referrals

NM Warmline (mental health peer support) **855-466-7100**
.....call 7:00 am -11:30 pm; or text 6:00 pm – 11:00 pm

Veterans Crisis Line – call **988** (ext. 1) or text **838255**
(this is for veterans, military service members and relatives)

Agora 24/7 Crisis Line (may need to leave message) **277-3013**

Adult Abuse/Neglect Hotline **866-654-3219**

Child Abuse/Neglect Hotline (CYFD) ... **855-333-SAFE(7233)**

ABQ Dept. of Senior Affairs info line **764-6400**

Aging & Disability Resource Ctr (NMAALTS) **800-432-2080**

Equality New Mexico (LGBTQ advocacy eqnm.org) **224-2766**

Trans Lifeline **877-565-8860**

Trevor Lifeline: **866-488-7386** or text **START** to **678-678**

****CALL 311 for info about any City of ABQ services****

City of ABQ Dept. of Senior Affairs (age 60+) **764-6400**
See cabq.gov/seniors/senior-services for services & Quick Guide

City of ABQ Health & Social Services Centers

Food (walk-ins **M/W/F 10 am - 12** and **Tues & Thurs 1 - 3 pm**)

Rent & utility assistance (call 311 to find out your center)

Clothing (appointment only at John Marshall and East
Central—anyone who lives in Albuquerque can call)

Diapers (appointment only at any of the 4 centers below)

Alamosa Center, 6900 Gonzales SW **836-8800**

Los Griegos Center, 1231 Candelaria NW **761-4050**

John Marshall Center, 1500 Walter SE **848-1345**

East Central Center, 7525 Zuni SE **767-5700**

See cabq.gov/family/services/health-social-services
for listing of on-site agencies at each center

FREE MEAL SITES

--**Albuquerque Indian Center**, 105 Texas SE (& Zuni)
Mon to Fri: Breakfast (9:00 - 10:00 am); Lunch (12 - 1:00 pm)

--**All Nations Wellness & Healing Center**, 6416 Zuni SE
Mon to Fri: Breakfast (7:30 - 9:00 am); Lunch (12 - 1:30 pm)

--See "**Homeless Multi-Service Agencies**" for other free meals

--Also: **City of ABQ** multigenerational centers and senior centers
and **Bernalillo County** senior centers offer free or donation-based
lunches (\$2 suggested) for seniors 60+, low-cost lunches for ages
50-59; and + low-cost breakfasts for 50+

See cabq.gov/seniors/senior-services/senior-meals
and bernco.gov/community-services/community-health-outreach/senior-meals

Food Assistance

Roadrunner Food Bank -- see rfb.org or call **349-5340**

Storehouse, 106 Broadway SE (**Wed/Fri/Sat 9-12**) **842-6491**

Rio Grande Food Project 600 Coors SW **W/F/Sat 9-11** **831-3778**

Salvation Army, 4301 Bryn Mawr Dr. NE **872-1171, x2**

City of ABQ Dept. of Senior Affairs **764-6400**

--ask about home-delivered meals for homebound seniors

--see "Free Meal Sites" above for city and county meals for seniors

Silver Horizons (age 50+) (food, household bills) **884-3881**

ECHO Food Bank (age 60+) 300 Menaul NW #226 (east side)
--Mon-Thurs, 7:30am-4:45pm (call **242-6777** if you can't find it)

Meals on Wheels (no income or age requirements) **823-8060**

The Rock at Noon Day (boxes), 2400 2nd St. NW (**Tu/F 12:30-1**)

Housing

HUD Subsidized/Tax Credit housing: resources.hud.gov
AHA (Alb. Housing Authority) -- abqaha.org 764-3920
Bernalillo County Housing Dept.-- bernco.gov 314-0400
Albuquerque Homeless Helpline: phone (505) 768-4357;
text (505) 600-2835 or email: 768-help@nmceh.org
(NMCEH is NM Coalition to End Homelessness)
Crossroads for Women, 239 Elm St NE (can walk in) 242-1010
HELP-NM-- special needs low-income 445-4291
--referred by case manager, age 18-62, disability verification by dr.
Good Shepherd Center: 2 men's residential programs:
--Fresh Start Substance Use Recovery Program (6+ months)
Apply in person **Mon-Fri, 9 – 11 am** at **218 Iron SW**
--Housing Reestablishment Program (3+ months)
Apply in person **Monday, 9:30–11:30 am** at **614 2nd St SW**
Housing Programs (housing vouchers for single adults)
Pre-application in person **Mon, 9:30–11:30 am** at **614 2nd SW**
Goodwill Supportive Services for Veteran Families
Apply at goodwillnm.org/veteran-housing 881-6401 x1842
Oxford Houses - sober living for men & women (+ young child)
--for ABQ houses: 575-224-9711; Las Cruces: 575-361-2071
Oxfordvacancies.com (search by zip or state)
(you can call any house directly if they have a vacancy)
Salvation Army Men's Rehab Program (call M-F 8-5) 242-3112
Steelbridge residential programs (Bible-based, men & women)
--214 Coal SW (call for appointment M-F 8:30-4:30) 346-4673
TenderLove Community Center (appt only Tu-Fri) 349-1795
--recovery/transitional housing for women with children; housing
stability/rapid rehousing (see tenderlovecommunitycenter.org)
Veterans Integration Center (VIC), 13032 Central SE
--walk in Mon-Fri 8 am to 4:00 pm or call 296-0800
--housing screening 8-2; food pantry veterans only 10-2
Vizionz-Sankofa, housing stability assistance call 832-7141
eviction prevention, relocation services, landlord mediation;
classes: basic computer, job readiness, life skills, financial literacy

Drop-In Centers

New Day Drop-In Center for ages 16-22 (called "The Space")
--142 Truman St. NE (north of Central) -- Tues-Fri 12 to 6 pm
The Harbour (Drop-In) (ages 14-20) (Wed/Th/Fri 12 to 6 pm)
--126 Gen. Chennault NE (nmdreamcenter.org/the-harbour)
--24/7 NM Dream Center **hotline call/text: (505) 504-1301**
ABQ Center for Hope & Recovery (ACHRnm.org) 246-2247
913 2nd St. NW (M-F, 9 am – 5 pm)
Peer-run drop-in center: recovery 1-to-1 and groups
(in-person and Zoom), job search assistance;
Also: senior peer case management (1-on-1 support for seniors)
Imagine Wellness Drop-In (ACHR) in Tijeras (across from
Tijeras Senior Center): community support, info & referral
--open Mon-Fri, 9 am – 5 pm
All Nations Wellness Center 6416 Zuni SE 717-2704
--Mon to Fri: Breakfast (**7:30 - 9am**); Lunch (**12 - 1:30pm**)
--walk-in or call; phone use; Job help **M-F 9-12**
The Living Room on CARE Campus, 5901 Zuni SE (south side)
--a new peer support drop-in for people in every stage of recovery,
also family members are welcome – staffed by CPSWs
--drop-in hours are Monday-Friday 7am – 7 pm

Best Chance Drop-In Wellness Center 256-3231
5907 Alice NE, Suite E -- walk-in hours are M-F 8:30 am – 4 pm
--office@bestchancenm.org; see bestchancenm.org
--peer support/case management and groups for **men and women** recently released from incarceration or facing emotional
difficulties or substance use disorders;
Meals for returning citizens: Wed lunch 11:30/Sat breakfast 8:30
Crossroads for Women, 239 Elm St NE (M-F 9–4) 242-1010
NM Reentry Center (for **any** justice involved adult) 389-5458
--Call or walk in Mon to Fri, 8 am – 4 pm, **215 3rd St. SW**
Peer-run organization: one-on-one peer support/case
management, support groups; assistance with ID documents;
job preparation/job placement; see nmreentrycenter.org
Transgender Resource Center of NM 200-9086
--5600 Domingo Rd. NE (see TGRCNM.org)
--walk in Mon/Wed/Fri, 1-6 pm (+ support groups) or call Mon-Fri
WIL (Women in Leadership) Drop-In Center for all women
300 Central SW (Third Central Plaza), #1500-E (1st floor)
Hours: Monday-Friday, 9 am – 3 pm
– peer support, job readiness, other services..... 369-1731

Family Services

Childcare Finder: newmexicokids.org or call 800-691-9067
WIC sign-up (prenatal care + nutritious food) 841-8929 x4
NM Public Education Dept (PED) - [parent-portal](https://parent-portal.https://webnew.ped.state.nm.us)
(<https://webnew.ped.state.nm.us>)
--Early Literacy guides for families: English and Spanish
ABQ Adult Learning Center (families) (abqalc.org) 907-9957
Family Literacy: individualized literacy for adults and children (5+)
All Faiths Children's Advocacy Ctr (allfaiths.org) 271-0329
--Family Wellness Program: child & family therapy; CCSS
--Adoption Services: pregnancy counseling, infant + older child adoption
AMI Kids--Bernalillo County Family Services 220-1258
--home-based family counseling & case mgt for youth ages 10-18
who live with their long-term family; services available in Spanish
APS Title I program for homeless children (any age)
and pregnant women, families living in a vehicle 256-8239 x0
or precariously housed (doubled up or in standard housing)
--can self-refer (see web link for referral form to submit)
Asian Family Center (adults & families) nmafc.org 717-2877
CHI St. Joseph's Home Visiting (prenatal to age 3) 924-8000
--only for first child; can enroll during pregnancy to 3 months' old,
free statewide; no income requirements; home visits are virtual
See stjosephnm.org
Crossroads for Women, 239 Elm St NE (M-F 9–4) 242-1010
Cuidando Los Niños homeless child care 843-6899
(for ages 6 weeks to pre-K)
Families ASAP (parent-run support organization) 925-0732
Provides info, support, advocacy for parents/caregivers raising
children with mental health challenges. Bilingual Spanish/bicultural
staff. Call or email Delfy at delfy@familiesasap.org
Family Promise (transitional housing for homeless families
(1 or 2 parents—may be a waitlist) 268-0331
The Grief Center (a/k/a Children's Grief Center) 323-0478
--Support groups for children, teens, families & adults grieving the
death of a loved one; also workshops (see griefnm.org)

La Plazita Institute, 831 Isleta Blvd SW (M-F 9-5) **508-1802**
 --free programs for young men & young women and for youth;
 traditional & cultural healing services; garden; Pathways Navigator
Locker #505 – clothing for K thru 12th, appt only **294-1647**
 --to refer, email request for referral form: referrals@locker505.org
 --now serves Bernalillo, Sandoval, Torrance & Valencia counties
MCH Family Outreach (family case management) **255-8740**
 --Parent support and education; grandparent support
 --Biological parents walk-ins welcome (3876 Masthead St. NE)
 --See mch.org/locations/Albuquerque
NAPPR (all families) nappr.org **345-6289**
 --Early Head Start; home visiting; Early Intervention (support for
 at risk and special needs children)
NM Friends of Foster Children (nmffc.org) **596-0519**
 --financial support to meet the needs of foster kids
 --email: programManager@NMFFC.org
Open Skies Healthcare, 707 Broadway NE, # 401 **342-5454**
 Medicaid only: case management (CCSS) for adults and children
 and behavioral respite services
Parents Reaching Out (PRO) (peer support for parents of
 children w/disabilities or special medical needs) **247-0192**
 See parentsreachingout.org for workshops & support groups
Pegasus Legal Services for Children **244-1101**
Pegasuslaw.org – for children, youth and their caregivers
 --**Kinship Guardianship** (Pegasus Legal Services) **244-1101**
 (for grandparents and other relatives raising children)
 --application phone number is **217-1660**
PB&J Family Services **877-7060**
 --see pbfamilyservices.org/programs for program descriptions
 and online referral process (some programs allow self-referral)
Southwest Pueblo Consultants & Counseling **888-9769**
 --Free home visiting program up to age 5 – see SWPCCS.com
 --Native American owned; free to all families
Western Heights Learning Center **247-2079**
 --Free Home Visiting Program for ages 0-5 (in person)
 --call (x108) or call Sally at **401-6372**
 or email: sally@westernheightsabq.org
Wings For LIFE International **226-4359**
 --Many programs and services for families of incarcerated loved ones
 & for returning citizens (formerly incarcerated) —see wingsFLI.org
YDI has many programs (ydinm.org) including early childhood
 General intake is ydinm.org/need-help or call office: **352-3444**
 --YDI family case management (ACES)-walk in or call **212-7405**
 (for families with at least one child age 0-12) – can self-refer or
 be referred--1710 Centro Familiar SW--behind YDI Head Start
 --YDI Community Engagement Team (24/7) **910-6357**
 (short-term crisis intervention and stabilization for all ages)

Immigrant and Refugee Services

Mexican Consulate, 1610 4th St NW **247-2147**
NM Immigrant Law Center..... **247-1023**
ABQ FaithWorks (asylum seekers & refugees) **457-1728**
Asian Family Center (adults & families) nmafc.org **717-2877**
ABQ Adult Learning Center abqalc.org **496-5812**
 --ESL (+ adult ed, family literacy & HSE/High School Equivalency)
Casa de Salud, integrative primary care and MAT (en Espanol)
 --1608 Isleta SW (walk in or call) **907-8311**
 --all immigrants can walk in or call

Catholic Charities—see ccasfnm.org
 --immigration & citizenship legal assistance (including DACA)
 --for ESL, citizenship and other classes: call **402-0757**
 or email: gechemr@ccasfnm.org
 --refugee support (ccasfnm.org/refugeesupport) call **724-4670**
Encuentro NM, 714 4th St. SW (info@encuentronm.org) **247-2920**
 --adult ed and home health aid program en Espanol
Enlace Comunitario (Domestic violence en Espanol) **246-8972**
First Nations Zuni Medical Clinic 5608 Zuni SE **262-2481**
 --all immigrants can walk in or call
Lutheran Family Services (asylum seekers & refugees) **933-7032**
WINGS (Walking in Grace) Program for Survivors of Torture
 (a program of Las Cumbres Community Services) ... **819-1643**
 --immigration legal services, mental health & physical health care
 coordination; social services and community integration
Vizionz-Sankofa, refugee services call **832-7141**

Legal Assistance

NM Legal Aid (civil matters) **M-Th 10 am-1 pm 833-545-4357**
Public Defender, 505 Marquette NW (Compass Bank) **369-3600**
 (or talk to a public defender any **3rd Friday** of the month **10 am – 5 pm** at the International District Library, 7601 Central SE)
Metro Court (ext. 1 for warrant status) **841-8151**
Outreach Court (homeless only--misdemeanors) **841-8142**
Christian Legal Aid (homeless only) walk-in **1st & 3rd Wed** at noon
 at The Rock at Noon Day, 2400 2nd St. NW (volunteer attorneys)
Pegasus Legal Services for Children (bilingual) **244-1101**
Pegasuslaw.org – for children, youth and their caregivers
Senior Citizens Law Office (seniors age 60+) **265-2300**

APD Evidence, **823-4600**, to claim possessions after discharge
 from MDC (first call **768-2020** for case no.—you also can call
 this number to request police report—or request it at a substation)

Jobs/Job Training/Education

ABQ Faithworks' ID clinic each Wednesday, 10 am–12 to assist
 unhoused people needing to obtain IDs or birth certificates. Call
226-3143 to confirm the morning of (held at Central United
 Methodist Church, 201 University NE (n. of Lomas))

Educational/Training websites:

GCFglobal.org--short videos: computer, learn typing + improve
 typing speed, math, reading, job prep, GED/HISET prep, internet,
 financial literacy, social media, languages—click on “All Topics”)
Khan Academy - khanacademy.org—math+other online learning
 + khanacademykids.org – many languages (app is English only)
Duolingo.com – language learning (English & other languages)
eyecanlearn.com – exercises to improve visual processing in kids
Irlen.com – visual processing help for children with special needs
NM Public Education Dept (PED): parent-portal
 --Early Literacy guides for families: English and Spanish

NM Workforce Connection Center, 501 Mountain NE **843-1900**
 --walk-in help with job search, weekly on-site employer events
ABQ Adult Learning Center abqalc.org **907-9957**
 --Free Adult Basic Education, HSE (High School Equivalency)
 --Family Literacy: individualized literacy for adults and children (5+)
 --For ESL call **496-5812**

ABQ Center for Hope & Recovery, 913 2nd St NW 246-2247
 --employment assistance (walk-in or call)

Catholic Charities (ccasfnm.org/edu) 402-0757
 Free adult ed/training classes (GED/HiSET, ESL, CIT, other)
 --in-person or virtual--for info, email: gechemr@ccasfnm.org
 --Fall term begins Aug. 14-space limited--orientation Aug 1, 2 or 5

CNM (Student Services Ctr: 900 University Blvd. SE) 224-3000

Crossroads for Women, 239 Elm St NE (can walk in) 242-1010
 --drop-in job help center (website is crossroadsabq.org)

DVR, 111 Lomas Blvd NW (Ste 422 in US Bank Bldg) 383-2500
 To apply: walk in or apply online: dvr.state.nm.us
 --click on "Online Referral"—you should get a call back in 2 weeks

Goodwill, 5000 San Mateo NE (walk in or call) 314-1816
 2nd location for walk-in: 1030 18th St NW (corporate office)
 Walk-in: Mon-Fri 8 am to 4:30 pm (to 5:00 pm at 18th St. office)
 --Job prep and job search; veterans (& their family) employment
 + seniors (55+) employment;
 GoodSkills classes: employment and life skills (some are virtual)
 --see goodwillnm.org for all programs

Gordon Bernal Charter School 916-8618
 high school diploma + adult ed in-person or online at ABQ sites
 and in MDC:
 --Age 16-21: high school diploma
 --Adults age 22+: literacy + HiSET (high school equivalency)

HELP-NM -- ASPIRA program offers assistance finding a job,
 short-term certification programs (w/paid short-term vocational
 training) and education support services
 --call 539-3240 or email: debi.lopez@helpnm.com

New Day Life Skills Academy (ndnm.org) 274-6311
 Classes: Zoom & in-person at the Academy (2820 Ridgecrest SE)
 and at "The Space" drop-in center (142 Truman St. NE)
 --Life Skills Classes (ages 14-22) -- in-person and on Zoom
 --Resiliency Group (ages 16-23) -- in-person & on Zoom
 --Life Skills Coaching (ages 12-18) (see ndnm.org for more info)

NMCAN – skill building and community building 217-0220
 for young people transitioning out of foster care, or who have
 faced homelessness or juvenile justice involved: info@nmcn.org
 --see nmcn.org for referral form for self or other youth

TenderLove Community Center (appt only Tu-Fri) 349-1795
 --fashion design classes, GED prep, life skills, job prep, on-site
 child care (see tenderlovecommunitycenter.org)

Vizionz-Sankofa 832-7141
 Classes: basic computer, job readiness, life skills, financial literacy

Resources -- Physical and/or Cognitive Disabilities

Adelante Development Center (goadelante.org) 341-2000
 For people with mental and physical disabilities & seniors
 --day & residential programs & employment
 --Compadres senior day program (seniors 55+)
 --Back in Use--recycled assistive devices 341-7171
 (wheelchairs, walkers, canes, hospital beds & adaptive equipment)
 --GiveABQ—home furnishings, office furniture 341-4483
 --Benefits Connection Center (help w/gov't benefits) 273-5222

ARCA (adults & children)--arcaopeningdoors.org ... 332-6700

ARC of NM (adults & children)--arcnm.org 883-4630

NM Aging & Disability Resource Ctr/NMALTSD 800-432-2080

Community Outreach Program for the Deaf/COPD 255-7636
 --located at 8005 Pennsylvania Circle NE (copdnm.org)

NMTAP office (Technology Assistance Program) 841-4464
 assistive/adaptive technology--see website: tap.gcd.state.nm.us

Brain Injury Alliance of NM leave a message: 292-7414
 --call this number (Brain Injury Info and Referral Line) and
 see website for support group info: (braininjurynm.org/support)

NM Commission for the Blind (CFB.state.nm.us) 841-8844

Parents Reaching Out (PRO) (peer support for parents of
 children w/disabilities or special medical needs) 247-0192
 See parentsreachingout.org for workshops & support groups

UNM CDD (Center for Development & Disability) 272-3000
 --see UNM CDD website for many family-centered programs and
 services for children with disabilities: clinical evaluations; autism;
 early childhood; other
 --CDD resource library open by appointment only-call 272-0281

eyecanlearn.com – exercises to improve visual processing in kids
Irlen.com – visual processing help for children with special needs

Medical, Mental Health and Recovery

(also see "Drop-In Centers" section) **Acronyms:**
 --MAT is Medication-Assisted Treatment for addiction to
 opioids (may also be for alcohol and/or other substances)
 --SUD is Substance Use Disorder
 --IOP is Intensive Outpatient Program
 --CCSS is Comprehensive Community Support Services

UNMH directory (hospital & clinics) 272-2111

First Choice (several medical clinics—see fcch.com) 768-5450

First Nations Community Healthsource 262-2481

Zuni Clinic (medical), 5608 Zuni SE, M-F 8-7; Sat 8–12
 --Dental Clinic, 262-6547, 8am – 7pm; Sat 8am–12
 --Homeless Outreach Program (walk-in): M-F 8-4; Sat 8-12

Truman Clinic, 625 Truman St. NE (medical—register at Zuni)
 --Traditional Wellness (separate building): 515-3919, M-F 8-5

Central Clinic (for families only-register at Zuni), 7317 Central NE
 --Pediatrics & prenatal: Mon-Th 8am – 6pm, Fri 8am – 5pm

All Nations Wellness Center, 6416 Zuni SE 717-2704
 --Mon to Fri: Breakfast (7:30 - 9am); Lunch (12 - 1:30pm)
 --walk-in or call; phone use; Job help M-F 9-12

Casa de Salud (bilingual Spanish), 1608 Isleta SW 907-8311
 --call or walk in—Integrative primary care, inc. alternative healing
 --transgender care; Behavioral Health (MAT), needle exchange +
 Narcan (see casadesaludnm.org)

Central Desert Behavioral Health Hospital 243-3387
 1525 North Renaissance NE (psychiatric inpatient—call first)

Duke City Recovery Toolbox (MAT), 912 1st St. NW 224-9777

NewView Healing, 4213 Montgomery NE, #C-4213 498-3807
 --Adolescent IOP

Sage Neuroscience Center (appointment only) 884-1114
 --behavioral health and integrated care; medical outpatient detox;
 --Acute Psychiatric Outpatient Program; IOP (adult & adolescent)

Turning Point Recovery Ctr (turningpointrc.com) 217-1717
 --detox, inpatient or outpatient treatment—call first

Turquoise Lodge (inpatient and outpatient treatment) 841-8978

VA Medical Center, 1501 San Pedro Dr. SE **265-1711 x0**
--homeless or unstably housed veterans can call **256-2784**
or walk in at **Building 96: Mon-Fri 8:30 am - 3 pm**

Oak Street Health -- primary care -- Medicare only **431-0214**
Southwest CARE Center primary adult medical care
(inc. Hep/HIV/PrEP/PEP/gender affirming)--new patients welcome
--4710 Jefferson NE (call first) **780-4040 x2**
UNM Truman Health Services (HIV/Hepatitis C/Transgender care)
--801 Encino PI NE, #F (call first); walk-in is only for HIV
and Hep C testing M/Tu/W/F 9-4 & Thurs 1-6:30 **272-1312**
Lovelace G.R.A.C.E. (pregnant women actively using or with
history of using substances-including tobacco) **727-5000**
UNM Milagro Program (pregnant women actively using or with
history of using substances) **463-8293**
Planned Parenthood (Pro-Choice; women's health) **265-9511**
Women's Pregnancy Options (Pro-Life) **620-3894**
DOH Resource Guide for HIV/Hepatitis/STD: nmhivguide.org
BC Health Council opioid resource website: LittleThingsNM.org

Recovery (Mental Health and/or Substance Use)

See above section "Medical, MH & Recovery" for other listings
--**MAT is Medication-Assisted Treatment for addiction to
opioids (may also be for alcohol and/or other substances)**
--**SUD is Substance Use Disorder**
--**IOP is Intensive Outpatient Program**
--**CCSS is Comprehensive Community Support Services**

CARE Campus Detox for alcohol & other drugs (intake 24/7)
--5901 Zuni SE (first come, first served, call or walk in) **468-1555**
UNM Mental Health Center, 2600 Marble NE **272-2800**
UNM ASAP outpatient for Adults (MAT) **994-7999 x4**
UNM STAR outpatient age 14-21 – leave message **994-7999 x5**
City of ABQ's Substance Use Treatment voucher:
--called the **P.A.T.H. program**--for **non-Medicaid** only who are
very low-income & meet other criteria. For eligibility & providers,
see: cabq.gov/family/services/substance-abuse (note: more
providers will be added to the website this summer)
Albuquerque Health Services (MAT), call 24/7 **344-4427**
--172 Montano Rd NW—open M-F
Central Desert Behavioral Health Hospital **243-3387**
1525 North Renaissance NE (psychiatric inpatient—call first)
Centro Savila (2 locations—South Valley and I.D.) **312-7296**
Case management & support groups (in English & in Spanish);
Website: centrosavila.org (grief group & seeking safety group)
Christian Counseling Professionals **445-0771**
3 locations: 210 Alvarado SE (moved from Chama address),
4770 Montgomery NE, #C-114 and 8205 Spain Road NE #106
--counseling & CCSS – walk in or call Mon-Fri, 8 am to 4 pm
--IOP—90 day program: individual session + 3 hr substance abuse
group—IOP hours are Mon, Tues, Thurs, 10am-1pm
Coffee on the Couch Counseling (adults, families) **705-0571**
--individual, couple, family and children therapy services
--SUD IOP, CCSS services, children counseling; juvenile IOP
The Community Lighthouse (see TCLhnm.com) **273-6300**
3301 Candelaria NE #B (at Carlisle)--Mon-Fri **8 to 7**; Sun **9 to 5**
--bilingual community support services (CCSS) for families with
children ages 3-11 (on Medicaid);

--EMDR; Experiential Play Therapy (EPT) for children 3-11
--family therapy; child therapy, adolescent therapy & parents
Courageous Transformations (MAT) **800-7092**
Dragonfly Counseling, 1610 San Pedro NE..... **265-0753**
Elevation Counseling **888-1686**
--telehealth counseling for adults 18+ (flexible hours M-F)
Engender, Inc. – counseling/therapy **242-4400**
Full Circle Recovery (allows MAT) - no wait list **865-4140**
--mental health & addictions-call for appt--IOP (adult & adolescent)
The Grief Center (a/k/a Children's Grief Center) **323-0478**
--Support groups for children, teens, families & adults grieving the
death of a loved one; also workshops (see griefnm.org)
Haven Behavioral Hospital **254-4502**
--Psychiatric only -- inpatient & outpatient services
High Desert Healing, (see hdhnm.com) **717-1332**
--CCSS (case mgt) services; therapy; guided meditation groups
--YouTube resources: mind & body therapy videos
Hipocampo bilingual Spanish counseling **209-9227**
+ diabetes prevention & management
Hope Forward Therapy, 2521 San Pedro NE **633-4107**
--adult, couples and family therapy, CCSS (call for appointment)
--parent group (in-person and virtual groups available)
Ideal Option (MAT) – no wait list, low barrier - 2 phone numbers:
--**877-522-1275** to refer self; or
--**844-464-3325** (24/7) to refer a client for same day or next day
to begin outpatient detox services, MAT (medication assisted
services), peer support for SUD (substance use disorder)
or alcohol use disorder. Call Katrina at **509-570-9287**
with any questions.
The Living Room on CARE Campus, 5901 Zuni SE (south side)
--a new peer support drop-in for people in every stage of recovery,
also family members are welcome – staffed by CPSWs
--drop-in hours are Monday-Friday 7am – 7 pm
Meridian Behavioral Health **639-5916**
-- mental health IOP for youth & adults
--bilingual (Spanish) available; see meridianbxhealthinc.com
A New Awakening Rio Rancho –locations in ABQ & Rio Rancho:
3321 Candelaria NE – west of Carlisle (881-2793) and
1207 Golf Course Rd SE (994-4100): Mental health &/or
substance abuse therapy for adults, adolescents & families)
– call for an appt.
(A different BH organization called **A New Awakening** is in
downtown ABQ (phone no. **224-9124**) and is currently referral only
from CYFD, courts, pre-trial or probation personnel)
New Mexico Solutions, 707 Broadway NE #500 **268-0701 x0**
and 2551 Coors NW; call for appointment; therapy for children and
adults, couples, families, individual and group; CCSS (case mgt);
care coordination
Open Skies Healthcare, 707 Broadway NE, # 401 **342-5454**
Medicaid only: case management (CCSS) for adults and children
and behavioral respite services
Rio Grande Counseling (telehealth) **246-8700**
--individual adult therapy (telehealth) and IOP (group video chat)
Serenity Mesa -- transitional living for youth (14-21) **877-3644**
with SUD; healingaddictionnm.org (info@serenitymesa.com)
--also, rental assistance program for youth ages 17-24
Serna Solutions **207-8929**
--telehealth or in-person therapy (call for availability)

[The Balanced Path](#)--call or email info@tbpath.com 918-7955

AA: call (24/7) 266-1900 or Espanol: 266-3688;
or walk in at 1921 Alvarado NE (M-F 9-6; Sat/Sun 10-3);
NA: 800-798-6649 (24/7)

SMART Secular Recovery in-person+online [smartrecovery.org](#)
Refuge Recovery (online) [refugerecovery.org](#) (Buddhist inspired)
NAMI Albuquerque, 256-0288 NAMI-New Mexico, 260-0154
PeopleWorks-NM ([peopleworksnm.org](#)) 990-4186
for people who have a gambling problem &/or their family
--Free—online or in-person (privacy respected)

Overeaters Anonymous ([OA-cnmi.org](#)) 261-3553
For families:

--**AI-Anon:** 262-2177

--**Parents of Addicted Loved Ones (PAL)** see [PALgroup.org](#)
Mondays 4-5:30 pm (only some Mondays in July & August—
check website's "Find a Meeting" for contact info to confirm a
particular Monday). Note: you must search by state (New Mexico)
to find the contact info.

Have Inpatient Treatment for ABQ Area Residents (all
accept Medicaid & some have outpatient services):

[Central Desert Behavioral Health Hospital](#) 243-3387

1525 North Renaissance NE (psychiatric inpatient—call first)

[Haven Behavioral Hospital](#) 254-4502

--Psychiatric inpatient & outpatient services

Turning Point Recovery Ctr ([turningpointrc.com](#)) 217-1717

--detox, inpatient or outpatient treatment—call first

[Turquoise Lodge](#) (inpatient and outpatient treatment) 841-8978

VA Medical Center, 1501 San Pedro Dr. SE 265-1711 x0

Located outside of Albuquerque:

Santa Fe Recovery Ctr, Santa Fe [sfrecovery.org](#) 471-4985

--& their **Four Corners Detox Recovery Ctr** (Gallup) 413-3447

[Carlsbad LifeHouse](#), Carlsbad (575) 725-5552

--medical detox; 28-day adult residential treatment for men and
women + women with children; Medicare also accepted

[Peak Behavioral Hospital](#), Santa Teresa 575-589-3000

New Mexico Behavioral Health Institute, Las Vegas 454-2100

(State Owned psychiatric hospital)

New Mexico Rehabilitation Center, Roswell ... 575-347-3400

(State Owned BH inpatient residential) (also physical rehab)

OVERNIGHT SHELTERS for Unhoused

Westside Emergency Housing Center (Shelter)/Heading Home:

for Adult Men & Women (no families)

The WEHC is open 24/7 (3 meals/day) & drops off daily in ABQ

Pickups for individual adults:

--**NE corner of Indian School Rd & 1st St. NW** (3, 4, 5, 6, 7 pm

7 days/week);--**HopeWorks**, 1201 3rd St. NW (3:15 pm Mon-Fri)

--**First Nations**, 5608 Zuni SE (on Palomas) (6:00 pm 7 days/wk)

--**God's Warehouse**, 8011 Central NE (6:15/6:30 pm 7 days/wk),

Or call 839-9193 from 1:30 to 10 pm for info on pickups

See website for pickup/drop-off schedule:

[cabq.gov/family/services/homeless-services/westside-emergency-housing-center](#)

AOC Men's Shelter/Heading Home 344-4340

--(no walk-ins) -- located at 715 Candelaria NE

--call any time day or night 7 days/week to reserve a bed

Good Shepherd Center (men only), 218 Iron SW (check in at 6pm)

Barrett House (24/7-women & children--boys <18) (no walk-ins)

--call 8 am or later (may be a waitlist) -- not for women currently
experiencing DV -- leave message with name, phone and

how many beds needed 243-4887

Joy Junction (women & families (1 or 2 parent), limited # of men)

--4500 2nd St. SW (call first—you can call 24/7) 877-6967

Youth Shelters (also see Drop-In Centers)

Amistad Shelter, ages 12--17 (24 hours 7 days/wk) 877-0371

New Day Shelter, ages 11--17 (24 hours 7 days/wk) 938-1060

Casa Q (24/7 for LGBTQ+ youth ages 14-17) 872-2099

The Harbour -- a drop-in center for ages 14-20) open Wed,

Thurs, Fri only 12 - 6 pm) -- 126 Gen. Chennault NE,

or call/text 24/7 NM Dream Center hotline: (505) 504-1301

Domestic Violence Shelters (call 24/7)

Safe House (in Albuquerque) 247-4219

Haven House (in Rio Rancho) 896-4869

Valencia Shelter for DV (in Valencia County) 864-1383

Homelessness Multi-Service Agencies

Albuquerque Homeless Helpline: phone (505) 768-4357;

text (505) 600-2835 or email: 768-help@nmceh.org

(NMCEH is the NM Coalition to End Homelessness)

Albuquerque Healthcare for the Homeless (AHCH)

1217 1st St. NW (Mon/Tu/Th/Fri 7:30-4:30; Wed 7:30-12)

Medical Clinic & Behavioral Health Clinic (walk-in) 242-4644

Pharmacy (clients only): Mon & Thurs 8am-4pm; Wed 8-12

Dental Clinic (call for appointment) 242-8288

Resource Center/case management 843-7611

ArtStreet has open studio hours for all: Mon & Tues, 11 am - 4 pm

First Nations Community Healthsource

Note: All immigrants are welcome and can walk in

Zuni Clinic (medical), 5608 Zuni Road SE

---**Mon to Fri 8am - 7pm; Sat 8am-12**

---**Dental Clinic, 262-6547, 8am - 7pm; Sat 8am-12**

---**Homeless Outreach Program** (walk-in): M-F 8-4; Sat 8-12

Truman Clinic, 625 Truman St. NE (medical)

---**Mon-Thurs 8am - 6pm; Fri 8am - 5 pm**

---**Traditional Wellness** (separate building): 515-3919, M-F 8-5

Central Clinic (for families only), 7317 Central NE

---**Pediatrics & prenatal: Mon-Th 8am - 6pm, Fri 8am - 5pm**

All Nations Wellness Center, 6416 Zuni SE 717-2704

---**Mon to Fri: Breakfast (7:30 - 9am); Lunch (12 - 1:30pm)**

---walk-in; phone use; Job help M-F 9-12

Good Shepherd Center, 218 Iron SW 243-2527 x100

Mon/Tues/Wed/Fri Dinner for all (2-3 pm); **Sat Lunch:** 11:30 am

-Mail service for men and women: **Mon-Fri, 2-3:30 pm**

-Overnight shelter (men only) (check in at 6 pm)

-Medical respite care (men only): referred by healthcare provider

-Clothing (men only) **M/Tues/Wed/Fri, 9-11 am & 12:30-1:30 pm**

--**2 men's residential programs** -- see "Housing" section

--**Housing programs (housing vouchers)**--see "Housing"

HopeWorks 764-8231
Day Shelter, 1201 3rd St. NW, open M-F, 8 am–2 pm x2
Mon-Fri meal 10 am-12 pm; Clothing Wed only, 8–9:30am;
Mail & long-term storage 12–2 pm; Phone use (8 am-1:45 pm);
Showers Tues only, 8 – 11:30 am; Restrooms open 8 - 2 pm
Behavioral Health (upstairs), 1201 3rd St. NW, M-F, 8–4 pm x3
-intakes and assessments (can walk in up the stairs)

Steelbridge 346-4673
Resource Center for homeless individuals at 2021 2nd St. NW
--(drop in or call first to see if open as it's sometimes closed)
Clothing Mon - Fri 11 am – 2 pm
Residential program for men and for women (Bible-based)
--214 Coal SW (no walk-ins-call for appointment M-F 8:30-3:00)

The Rock at Noon Day, 2400 2nd St. NW (north of I-40)
Open Tues-Fri, 9am – 1pm: Breakfast 9-9:30, Lunch 12-1pm;
Showers & clothing 9 am – 11 am; Mail 9 am – 12:30 pm
Sundays open 11 am – 1pm; Lunch at noon

God's Warehouse, 8011 Central NE (on Tennessee)
Tues/Fri 3-6 pm meal + clothing; Sat/Sun meal with 4 pm church
Food boxes 3rd Friday of the month, 10 am – 1:30 pm
Resource Center for homeless Mon & Tues, 10 am – 5 pm
Closed Wed, Thurs & Fri, 10 am – 5 pm, Sat/Sun 3-6 pm
Walk in or you can call for appointment: 266-2535)

Title I (APS program for homeless students) 256-8239 x0

ADDENDUM to ABQ Resource Quick Guide
These are additional sections for specific populations:

Resources for Youth and Young Adults

Amistad Shelter, ages 12–17 (24 hours 7 days/wk) 877-0371
New Day Shelter, ages 11–17 (24 hours 7 days/wk) 938-1060
Casa Q (24/7 for LGBTQ+ youth ages 14-17) 872-2099

Drop-in Centers:

The Harbour (Drop-In) (ages 14-20) (Wed-Th-Fri 12 to 6 pm)
--126 Gen. Chennault NE (nmdreamcenter.org/the-harbour)
--24/7 NM Dream Center hotline call/text: (505) 504-1301
New Day Drop-In Center for age 16-22 ("The Space")
142 Truman St. NE (north of Central) -- Tues-Fri 12 to 5 pm

Childcare Finder: newmexicokids.org or call ... 800-691-9067

Gordon Bernell Charter School 916-8618
high school diploma + adult ed in-person or online at ABQ sites
and in MDC:
--Age 16-21: high school diploma
--Adults age 22+: literacy + HiSET (high school equivalency)

New Day Life Skills Academy (ndnm.org) 274-6311
Classes: Zoom & in-person at the Academy (2820 Ridgecrest SE)
and at "The Space" drop-in center (142 Truman St. NE)
--Life Skills Classes (ages 14-22) -- in-person and on Zoom
--Resiliency Group (ages 16-23) -- in-person & on Zoom
--Life Skills Coaching (ages 12-18) (see ndnm.org for more info)

NMCAN – skill building and community building 217-0220
for young people transitioning out of foster care, or who have
faced homelessness or juvenile justice involved: info@nmcan.org
--see nmcan.org for referral form for self or other youth

Pegasus Legal Services for Children 244-1101
Pegasuslaw.org – for children, youth and their caregivers

Serenity Mesa (transitional living for youth (14-21) 877-3644
with SUD); healingaddictionnm.org (info@serenitymesa.com)
--also, rental assistance program for youth ages 17-24

UNM STAR outpatient age 14-21 – leave message 994-7999 x5

YDI has many programs (ydinm.org) including early childhood
General intake is ydinm.org/need-help or call office: 352-3444
--YDI family case management (ACES)-walk in or call 212-7405
(for families with at least one child age 0-12) – can self-refer or
be referred--1710 Centro Familiar SW--behind YDI Head Start
--YDI Community Engagement Team (24/7) 910-6357
(short-term crisis intervention and stabilization for all ages)

Online Tutorials: GCFglobal.org (computer, typing + improve
typing speed, math, reading, job prep—click on "All Topics")
Khan Academy - khanacademy.org—math+other online learning
+ khanacademykids.org – many languages (app is English only)
Duolingo.com – language learning (English & other languages)

NM Public Education Department (PED):

parent-portal (<https://webnew.ped.state.nm.us>)

--Early Literacy guides for families: [English](#) and [Spanish](#)

eyecanlearn.com – exercises to improve visual processing in kids

Irlen.com – visual processing help for children with special needs

Formerly incarcerated or currently justice involved and families

Public Defender, 505 Marquette NW (Compass Bank) **369-3600**
Metro Court (ext. 1 for warrant status) **841-8151**
Outreach Court (homeless only--misdemeanors) **841-8142**

APD Evidence, **823-4600**, to claim possessions after discharge from MDC (first call **768-2020** for case no.—you also can call this number to request police report—or request it at a substation)

Best Chance Drop-In Wellness Center **256-3231**
5907 Alice NE, Suite E -- walk-in hours are M-F 8:30 am – 4 pm
Email: office@bestchancenm.org; see bestchancenm.org
--peer support/case management and groups for **men & women** recently released from incarceration or facing emotional difficulties or substance use disorder
Meals for returning citizens: Wed lunch, **11:30**; Sat breakfast, **8:30**

NM Community Peer Education Project (ECHO) **267-0729**
Weekly Zoom life skills workshops (Fridays 1-2 pm via zoom);
Peer-led for men & women on probation or parole
Use this Zoom link: echo.zoom.us/j/95535906908

Crossroads for Women, 239 Elm St NE (M-F 9– 4) **242-1010**
(website is crossroadsabq.org)

Gordon Bernell Charter School **916-8618**
High school diploma + adult ed in-person or online at Albuquerque sites and in MDC:
--Age 16-21: high school diploma
--Adults age 22+: literacy + HiSET (high school equivalency)

The Living Room on CARES Campus, 5901 Zuni SE (south side)
--a new peer support drop-in for people in every stage of recovery, also family members are welcome – Mon-Fri staffed by CPSWs

A Peaceful Habitation (APH), women in transition from incarceration who have completed probation or parole:
life-skills workshops; 1-to-1 mentoring **440-5937**

Thresholds Program call **301-6870**
or email: thresholdsnm@gmail.com
A program for men and women coming back to the community from prison (returning citizens) – volunteer mentors help individuals make the adjustment from prison to community

Wings for LIFE International **226-4359**
Many programs and services for families of incarcerated loved ones & for returning citizens (formerly incarcerated)
— see wingsFLI.org

Women in Leadership (W.I.L.) **588-8569**
Peer-led support services for women who were incarcerated (returning citizens)—WILecho.org
Email: womeninleadership.WIL@gmail.com
WIL (Women in Leadership) Drop-In Center for all women
300 Central SW (Third Central Plaza), #1500-E (1st floor)
Call **369-1731** or walk in. Hours: Monday-Friday, 9 am – 3 pm
– peer one-to-one support, job readiness, other services

NM Reentry Center (for any justice involved adult) **389-5458**
Moved to **215 3rd St. SW** Call or walk in Mon-Fri, 8 am–4 pm
Peer-run organization: one-on-one peer support/case management, support groups; assistance with ID documents; job preparation/job placement; see nmreentrycenter.org

AA: call (24/7) **266-1900** or Espanol: **266-3688**;
or walk in at **1921 Alvarado NE (M-F 9-6; Sat/Sun 10-3)**;
NA: **800-798-6649** (24/7)
SMART Secular Recovery in-person+online smartrecovery.org
Refuge Recovery (online) refugerecovery.org (Buddhist inspired)
NAMI Albuquerque, **256-0288** **NAMI-New Mexico**, **260-0154**
PeopleWorks-NM (peopleworksnm.org) **990-4186**
for people who have a gambling problem &/or their family
--Free—online or in-person (privacy respected)
Overeaters Anonymous (OA-cnmi.org) **261-3553**

For families:

--**Al-Anon**: **262-2177**
--**Parents of Addicted Loved Ones (PAL)** see PALgroup.org
Mondays 4-5:30 pm (only some Mondays in July & August—check website’s “Find a Meeting” for contact info to confirm a particular Monday). Note: you must search by state (New Mexico) to find the contact info.