

# ABQ Area Resources Quick Guide

Updated 3/1/26

**Note:** Area code is (505) except where indicated; some organizations have hyperlinks in their name to website

This Quick Guide is posted on the [CABQ HHH \(Health, Housing & Homelessness\) Connect to Resources](#) page

## Other Resource Guides (with web links)

[NM Leaders in Recovery Resource Guide](#) – behavioral health

[Bernalillo County Resource Guide](#) – developed by Bernalillo County Early Childhood Coalition

[Brain Injury Alliance of New Mexico Resource Guide](#) (scroll down for link to BIANM brain injury and stroke resources guide—also for link to support and resource groups, in person and online)

[New Mexico Native American Resource Directory](#) – New Mexico Health Care Authority (HCA), Behavioral Health Services Division

[CABQ Dept. of Senior Affairs Quick Guide](#) (scroll down to “View the Quick Guide” to Senior Services)

[UNM Center for Development and Disability \(CDD\) Disability Resource Directory](#) (note: the “cdd.unm.edu” website is defunct)

[sharenm.org](#)--SHARE New Mexico resource directory

For community events posted by BCHVWG Coalition:

<https://padlet.com/communityeventsbchvwg/community-events-84uc30q49xh50oar>

## Phones (free or low cost)

--[textnow.com](#) offers free talk and text if you have access to Wi-Fi

--**Lifeline program: Assurance Wireless** offers free service or \$10/year for unlimited text/internet if you have your own smart phone: [assurancewireless.com](#) or 888-321-5880

--You can set up a free **Google Voice** phone number once you have a gmail address. (See YouTube for instruction videos)

## Victims/Survivors of Violence

[Family Advocacy Center](#) (FAC) – any violence, inc. stalking walk in M-F 8am–5pm, 625 Silver SW (2<sup>nd</sup> flr) or call 243-2333

[Domestic Violence Resource Center](#) (in Family Advocacy Ctr) -- (office hours 8 am–5 pm;) ..... 248-3165

[National DV phone no.](#) (24 hours): 800-799-SAFE (7233)

[Rape Crisis Center](#) (2 offices: walk-ins M-F 8-5 at both):

--625 Silver SW (2<sup>nd</sup> floor, Family Advocacy Center) 266-7711

--9741 Candelaria Rd NE (near Eubank) ..... 266-7712

--**Rape Crisis Center's** 24/7 hotline ..... 266-7711

[StrongHearts Native Helpline](#) (24/7) for Native women impacted by DV, dating or sexual violence ..... 844-762-8483

[NM human trafficking hotline](#) 505-GET-FREE (505-438-3733) for victims of human trafficking to call or text – this is also an info/resource line for anyone concerned for a person

[NM Sexual Assault Helpline](#) 844-667-2457 (24/7)

(844-NMSAHL) call, text or chat online - see [nmsahelp.org](#)

[Enlace Comunitario](#) (Domestic Violence) ..... 246-8972

--English & Spanish DV crisis intervention and legal support, therapy, support groups, case management

[Casa Fortaleza](#) (sexual violence) (bilingual Spanish) 910-4031  
2340 Alamo SE, #124 (Call or walk in M-F 8:30am - 5pm)

[Centro Savila](#) - support group in Spanish for victims of any crime; also individual counseling in Spanish – call 312-7296

or complete [online form](#) to refer yourself or someone else

**First Nations Community Healthsource** (FNCH) programs:

--[Human Trafficking](#) (case management) 375-8518 (office) or call or text 697-0712 (cell no.) – not a crisis hotline  
--VOCA (for victims of crime) -- call (no text) 515-3922 or 375-8514

## Domestic Violence Shelters (call 24/7)

**S.A.F.E. 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), en Espanol (x2)

or chat: [chat.988lifeline.org](#) (for yourself or if you're worried about a loved one who may need crisis support)

**Veterans Crisis Line** – call 988 (ext. 1) or text 838255

(this is for veterans, military service members and relatives)

**NM Crisis & Access Line** ([nmcrisisline.com](#)) 855-662-7474

--or dial 988 -- 24/7 counseling + treatment referrals

--or chat: [chat.988lifeline.org](#)

TTY 1-855-227-5485; 711 for relay (hearing & speech impaired)

--Download the NMConnect app at [nmcrisisline.com](#)

--**NM 5-Actions program** see [nm5actions.com](#) for details

[NM Peer to Peer Warmline](#) (peer mental health support):

855-466-7100

--call 7:00 am -11:30 pm 7days/week; 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)

**UNM Psychiatric Emergency Services** (24/7) ..... 272-2920

**Human trafficking hotline** ([NM Dream Center](#))--all ages

--505-504-1301 (24/7 call or text)

## NEW resource navigation program:

**CBCS Navigators** – call 505-584-7595 (24/7) for resource connection. CBCS is Community Based Coordination Solutions, in partnership with NM Dept of Workforce Solutions Office of Housing --see website for more info and to contact them online:

[cbc-solutions.org/navigate-new-mexico](#)

**NMDOH Helpline:** 833-796-8773 (833-SWNURSE)

**NMDOH Free Gunlock and gun safety website:**

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

**Agora warmline** 6:00 am to 12:00 pm ..... 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

**Postpartum Support Int'l**, call or text 800-944-4773

--or text en Espanol: 971-203-7773

**All Faiths** (becoming **Unica Behavioral Health** in 2026): birth parents can call or text 24/7 for pregnancy counseling: 313-1132

[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\*\*\*\*

### Albuquerque Public Libraries

See [abqlibrary.org/hours-locations](http://abqlibrary.org/hours-locations) (click on “Branch Map Hours” link to see map) – computer use with library card

### City of ABQ Dept. of Senior Affairs (age 60+) 764-6400

See [cabq.gov/seniors/senior-services](http://cabq.gov/seniors/senior-services) for services & to view or download the CABQ Senior Services Quick Guide

### CABQ Health & Social Services Centers

**Alamosa Center**, 6900 Gonzales SW ..... 836-8800  
**Los Griegos Center**, 1231 Candelaria NW ..... 761-4050  
**John Marshall Center**, 1500 Walter SE ..... 848-1345  
**Ruth Adams Center**, 7525 Zuni SE ..... 767-5700

See [cabq.gov/health-housing-homelessness/health/health-social-services](http://cabq.gov/health-housing-homelessness/health/health-social-services) for listing of on-site agencies at each center.

HSSC services include:

- Food** (walk-ins **M/W/F 10 am - 12** and **Tues & Thurs 1 - 3 pm**)  
(call 311 to find out your center for food box)
- Rent & utility assistance** (call center closest to you)
- Clothing** (appointment only at John Marshall and Ruth Adams—anyone who lives in Albuquerque can call)
- Emergency Diapers** (call first any of the 4 centers above)

### [Esperanza Bicycle Safety Education Center](http://cabq.gov/parksandrecreation/recreation/bike/esperanza-bicycle-safety-education-center) ..... 224-6668

Bike repair clinic: Call or go online Tues/Thurs/Sunday on the day you want to make an appointment, starting at 10 am

You make the repairs, with staff assist. See website for details:

[cabq.gov/parksandrecreation/recreation/bike/esperanza-bicycle-safety-education-center](http://cabq.gov/parksandrecreation/recreation/bike/esperanza-bicycle-safety-education-center)

McKinley location: 3333 Truman NE (west of San Mateo)

West Mesa Clinic: 5600 Esperanza Dr NW (1 blk north of Central)

See website for classes for Earn a Bike (only at West Mesa):

[cabq.gov/parksandrecreation/recreation/bike/esperanza-bicycle-safety-education-center/earn-a-bike](http://cabq.gov/parksandrecreation/recreation/bike/esperanza-bicycle-safety-education-center/earn-a-bike)

### FREE MEAL SITES (also see “Homeless Services”)

**City of ABQ** senior centers, multigenerational centers and some community centers offer free or donation-based lunches (\$2 suggested) for seniors 60+, low-cost lunches (\$3.25) for ages 50-59; adults under age 50 for \$7.67 at the two multi-generational centers. --See [cabq.gov/seniors/senior-services/senior-meals](http://cabq.gov/seniors/senior-services/senior-meals) for detailed info and all locations.

All ABQ senior and multigenerational centers also offer a low-cost breakfast program Mon-Fri, 8-9 am.

Also: home-delivered meals for homebound seniors (764-6400)

For Bernalillo County centers, see:

[bernco.gov/community-services/community-health-outreach/senior-meals](http://bernco.gov/community-services/community-health-outreach/senior-meals)

--All Nations Wellness & Healing Center, 6416 Zuni SE

**Mon to Fri: Breakfast (8:00 - 9:30 am); Lunch (12 - 1:30 pm)**

**Really Really Free Market** – 1-3 pm last Saturday of the month at Benny Hargrove Park, 1101 Park Ave SW (south of Central)

### FOOD ASSISTANCE

(Also see **CABQ Health & Social Services Centers** above)

**Roadrunner Food Bank** (Mon-Fri 8-5) ..... 349-5340

--see [rffb.org](http://rffb.org) (click on Find Help tab) or call to find a nearby pantry  
**Roadrunner Food Pantry**, 3831 Singer Blvd NE ..... 349-5340

Call to reserve your shopping time for groceries (including fruits & vegetables). Park on east side of the building. **No documents necessary** - call to reserve time: Tues & Wed 10am-1pm, Thurs 10am-12pm, 1<sup>st</sup> & 3<sup>rd</sup> Fridays 10am-12pm; curbside on Sat 10am-12pm

--RRFB **Community Resource Center** onsite open 9 am – 4 pm to apply for benefits/financial assistance and get referrals to resources (some organizations may be available on-site)

**Animal Humane**, 615 Virginia SE-pet food Sun & Thurs 10-12pm  
This is for individuals who are in need of pet food, inc. unsheltered (also see **Storehouse** for pet food distribution info)

**Bernalillo County** food pantries for low-income seniors age 50+ and for all veterans (with proof of veteran status)

See <https://www.bernco.gov/blog/2025/06/11/bernalillo-county-offers-free-groceries-to-low-income-seniors/> for list of senior centers + county extension building; participants can attend 2 food pantries per month (doors open 30 min. before start time)

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

See website, [cabq.gov/seniors/senior-services](http://cabq.gov/seniors/senior-services) to learn about all services provided by this CABQ department

--See [cabq.gov/seniors/senior-services/senior-meals](http://cabq.gov/seniors/senior-services/senior-meals) for info and all locations for on-site breakfasts and lunches

--Call for home-delivered meals for homebound ABQ seniors

--**CABQ Dept. of Senior Affairs Quick Guide** (scroll down to “View the Quick Guide”)

--call or email [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov) with any questions about resources in ABQ and Bernalillo County

**ECHO Food Bank** (age 60+) 300 Menaul NW #226 (northeast side of building—entrance on 2<sup>nd</sup> Street side)

**Drive thru Mon-Thurs**, 8:30 am – 4 pm; closed 12-12:30 pm (call 242-6777 if you can't find it)

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

**Rio Grande Food Project**, 600 Coors NW ..... 831-3778

--Food boxes for low-income **Wed/Fri/Sat 9-11;**

--**Community Hub** on Wed & Fri (9-11 am) – connection to resources in the community & help with applications for benefits

--administers PNM **Good Neighbor Fund** -- see

Community Hub [tab](http://bernco.gov) for eligibility requirements

--both RGFP and Storehouse can assist with water bills

--**workshops** for Cooking & Nutrition, Financial Literacy and “Seed to Supper” (6-week gardening class by NMSU ICAN)

**The Rock at Noon Day** (boxes), 2400 2<sup>nd</sup> St. NW (Fri 10:15 am)

**St. Felix Pantry**, 4020 Barbara Loop SE--Rio Rancho 891-8075  
--Thurs/Friday/Sat, 9 am to noon (for any New Mexican residents)

**Salvation Army**, 4301 Bryn Mawr Dr. NE (see \*\*) **872-1171**

--turn south from Montgomery east of I-25

\*\*Will move family services to downtown location, 411 Broadway SE, in March (or later) including food boxes & utility assistance

--walk in **Monday to Friday 9 am-12 pm; 1-4 pm**

--food boxes **Monday to Fri 9 am-12 pm; 1-2:30 pm**

--NM gas bill assistance (see [nmqco.com](http://nmqco.com))

--sometimes rental assistance

--case managers can refer their clients for clothing vouchers with letter on organization letterhead

**Silver Horizons** – see income limits on website ..... **884-3881**

silverhorizons.org: free groceries for low income age 50+ and veterans of any age; help with household bills, minor home repairs

**Storehouse New Mexico**, 106 Broadway SE (& Central)

Food boxes **Wed/Fri/Sat 9-12)** ..... **842-6491**

--also diapers when available.

Pet food is given out 3<sup>rd</sup> Friday of the month (also see **Animal**

**Humane** free pet food info above)

Note: both Storehouse NM and RGFP can assist with water bills

**Storehouse West** – **must reside** in Sandoval County

(note: not affiliated with Storehouse New Mexico)

Food pantry and kids' clothing closet ..... **892-2077**

1030-F Veranda Rd. SE, Rio Rancho

--Hours: **Mon & Fri, 9 am-1:30 pm; Wed, 12-4:30 pm**

Only proof you must have is proof of address in Sandoval County (including Rio Rancho); ID requested but not required; low income status can be self-reported (and SNAP, Medicaid or other benefit can indicate low income)

--Kids' Clothes Closet - call for appointment (once you have registered);

**Veterans Integration Center (VIC) 296-0800**

**2701 Mulberry SE** (turn south off Gibson, west of University Blvd, just east of I-25)--Food pantry Friday 10 am-1 pm only for veterans, spouses, widows/widowers, Nat'l Guard and Reserves

**ABQ Mutual Aid** – request a food care package delivery or get involved as a volunteer at [ffol.org](http://ffol.org)

## Housing

**AHA (Alb. Housing Authority) -- [abqha.org](http://abqha.org) ..... 764-3920**

**Bernalillo County Housing Dept.-- [bernco.gov](http://bernco.gov) ..... 314-0400**

**Choice Recovery Path** (for SUD) ..... **526-3649**

11401 Menaul NE (NE corner of Juan Tabo)

Monday-Friday, 8:00 to 5:00. Walk-in is only to ask for an application (or call and it will be emailed to you)

Transitional residential recovery program for men & women;

Services are in-person and/or virtual. IOP, peer support and continued aftercare. email: [info@choicerecoverypath.com](mailto:info@choicerecoverypath.com)

**Crossroads for Women** (Mon-Fri, 9 to 5) ..... **242-1010**

new address: **806 Dr. Martin Luther King, Jr. Blvd. NE**

(east side of Elm St. in the former Eye Associates Building)

walk in, call or complete application online

--Transitional living (1 yr) – referral or self-referral

--2 residential programs for women on probation/parole (not for women in presentencing) may be wait list

**Good Shepherd Center** ..... **243-2527 x100**

--**Reentry residential program** (60) days for unhoused men, apply Monday to Friday, **2 to 3 pm** at **218 Iron SW**

(may be required have some non-employment income)

--**Fresh Start Substance Use Recovery Program** for men,

**6 month program**--apply Mon to Fri, **9-11 am** at **218 Iron SW**

--Medical respite for men (medical provider referral only)

**Goodwill Supportive Services for Veteran Families (SSVF)**

Info at [goodwillnm.org/veteran-housing](http://goodwillnm.org/veteran-housing) **881-6401 x1842**

**Grand Summit Recovery**, 13139 Central NE ..... **595-1607**

[info@grandsummit.org](mailto:info@grandsummit.org) Medicaid accepted. Walk in or call first.

Transitional residential recovery program for men & women.

**ABQ Job Corps** for ages 16-24 (see **Jobs/Education** section)

**Oxford Houses**--sober living for men & women (+ young child)

ABQ houses: **605-591-0993**; Las Cruces: **575-361-2071**

see [Oxfordvacancies.com](http://Oxfordvacancies.com) (search by zip or state/county)

--(look at this vacancies website, and you can call any house directly--there may be a vacancy even if not indicated online to be one; each house interviews interested individuals

**Salvation Army Men's Rehab Program** (call M-F 9-3) **242-3112**

Men's 6 month program

**Steelbridge**, 214 Coal SW ..... **346-4673**

12-mo residential programs for men and women (Bible-based)

can apply online: [mysteelbridge.org/apply](http://mysteelbridge.org/apply) or walk in & ask for a paper application, or call **Mon-Fri 8 am – 4 pm**

**TenderLove Community Center** (appt. only Tu-Fri) **349-1795**

--recovery housing & IOP for women; transitional housing and case management/life skills for youth and young adults (ages 16-23); housing stability/rapid rehousing (see [tenderlovecommunitycenter.org](http://tenderlovecommunitycenter.org))

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

--**HUD-VASH** housing options for homeless or unstably housed veterans - call **256-2784** or walk in at **Building 96:**

**Mon-Fri 8:30 – 3:00**

**Veterans Integration Center (VIC)** call M-F **8-4:30 296-0800**

**2701 Mulberry SE** (turn south off Gibson, west of University Blvd, just east of I-25,); veterans can call or walk in for intake to address needs (including housing);

--Transitional housing for homeless veterans (all genders and can be a family)

--SSVF: rental assistance and Rapid Rehousing for veterans and families (best to call first) and other services

--food pantry Friday 10 am - 1 pm only for veterans and widows/widowers of veterans, National Guard and Reserves

## Drop-In Centers

**New Day Youth Drop-In Center** for ages **16-22** ..... **717-8371**  
142 Truman St. NE (north of Central) -- **Tues-Fri 9:30 am - 5 pm**  
--Access to food, hygiene items, clothing, showers, laundry, ID  
recovery and resource navigation. No documentation required.  
**New Day Safe Home Shelter**, ages **11-17**; call **938-1060**

**The Harbour**--a NM Dream Center drop-in for ages **14-21**  
126 General Chennault NE ..... **900-3833**  
**Wed to Fri 2-8 pm**: clothing, showers, computer use, laundry;  
case management; meal around 5:00 pm;  
see [nmdreamcenter.org/theharbour](http://nmdreamcenter.org/theharbour)  
**--Human trafficking hotline (NM Dream Center)**--all ages  
**505-504-1301** (24/7 call or text)

**ABQ Center for Hope & Recovery** ([ACHRnm.org](http://ACHRnm.org)) **246-2247**  
913 2nd St. NW (M-F, 9 am – 4 pm) – walk in or call  
Peer-run drop-in center, peer case management and peer support;  
daily groups (in-person and virtual), job search assistance

**All Nations Wellness Center** 6416 Zuni SE ..... **717-2704**  
--Mon to Fri: Breakfast (**8 – 9:30 am**); Lunch (**12 - 1:30pm**)  
--walk-in or call; phone use; Job help **M-F 9-12**

**Harm Reduction Center** (NM Harm Reduction Collaborative,  
NMHRC), 204 Madeira Dr. NE (east of San Mateo & north of  
Central) walk-in hours: Mon-Fri 9 am – 3 pm ..... **503-7092**  
Can text this number 24/7; or email: [info@nmhrc.org](mailto:info@nmhrc.org)  
Stigma free services: Syringe Service Program (SSP);  
peer support and case management; drug checking program;  
Narcan distribution and overdose prevention education;  
wound care clinic Wednesday and Thursday, 10 am – 12 pm

**The Living Room** on CARE Campus, 5901 Zuni SE (south side)  
--small drop-in room for people in every stage of recovery--drop-in  
hours are Monday-Friday 7am – 7 pm (staffed by CPSWs)

**NM Reentry Center** (for **any** justice involved adult) **389-5458**  
--Call or walk in Mon to Fri, 8 am – 4 pm, 1215 4<sup>th</sup> St. NW  
Peer-run organization: one-on-one peer support/case  
management, support groups; assistance with ID documents;  
job preparation/job placement; housing navigation;  
pre/post reentry navigation  
Espanola office: 908 N Riverside Dr.

**Transgender Resource Center** of NM (statewide) **200-9086**  
1515 4<sup>th</sup> St. NW (see [TGRCNM.org](http://TGRCNM.org)) adults and teens  
--walk in Mon/Wed/Fri, 1-6 pm (+ support groups); can call Mon-Fri  
any time and leave a message; wrap-around services including  
case navigators, nurse practitioner, harm reduction supplies;  
drop-in center entrances separate for youth and adults;  
meals offered Mon/Wed/Fri from 1 to 6 pm

**WIL (Women in Leadership) Drop-In Center for all women**  
300 Central SW (Third Central Plaza), #1500-E (1<sup>st</sup> floor)  
Hours: **Monday-Friday, 8 am – 4 pm**; bi-weekly Sister Circle  
support group; peer support, job readiness, food ..... **369-1731**

## Family Services

(Note: See “Medical and/or Behavioral Health Services” section  
for other organizations that serve families, pregnant women and  
parents/caregivers)

Childcare Finder: see [nmececd.org](http://nmececd.org)  
or call **800-832-1321**, ext. 1 Mon-Fri, 7am to 7 pm

### **UNM Early Childhood Services Center (ECSC)**

For a customized referral to a child care provider, contact UNM  
Resource and Referral at **277-7900** or **800-691-9067** and  
leave a message for a return call  
Other services (see website: <https://ecservicescenter.unm.edu/>)  
--Toy Lending and Resource Library **224-5017**  
call first; located at 5816 Isleta SW  
--Training for Early Childhood Educators: FREE trainings  
register at [nmels.org](http://nmels.org) (see Training Catalog tab)

**NMECECD website** also has a web page for these programs:  
--[home visiting](#) assistance  
--info for parents on numerous programs (click on [program tabs](#))

**NM Public Education Dept (PED) - [parent-portal](#)**  
(<https://webnew.ped.state.nm.us>)

**NM WIC** (nutritious food + other supports) ..... **866-867-3124**  
--[nmwic.org/locations](http://nmwic.org/locations); for info about WIC see [nmwic.org](http://nmwic.org)  
For low-income women who are pregnant or are mothers of at  
least one child under 5 years old; or visit website for [Public Health](#)  
[offices](#) which list WIC as one of their services (click on county)

**ABQ Adult Learning Center** ([abqalc.org](http://abqalc.org)) ..... **907-9957**  
Family Wellness program: Parents and children working together  
to improve educational, health, financial outcomes and family  
relationships; individualized literacy  
--See “Jobs/Job Training/Education” for other ABQ-ALC services

**All Faiths** (becoming **Unica Behavioral Health** in 2026):  
--See the section, “Mental Health and/or Substance Use Services”  
for a description of services for families and new services for  
adults

**AMIkids Family Services** ..... **220-1258**  
--Home-based Family Centric Model (FCM) classes--see website:  
skills classes for youth ages 11-18 and their families who live  
within Bernalillo County; services available in Spanish; also Youth  
Mental Health First Aid certification (English & Spanish)

**APS McKinney-Vento program** ..... **256-8239 x0**  
--for families and/or youth who are **unhoused or unstably**  
**housed**, as well as pregnant women who do not have children.  
See website for eligibility and services:  
[www.aps.edu/title-i/mckinney-vento-program](http://www.aps.edu/title-i/mckinney-vento-program)  
--can be referred or self-refer (See [link](#) to student referral form)

**Asian Family Center**, for AAPINH all ages ..... 717-2877

Direct services include culturally and language-specific case management, including for DV and sexual assault victims; also family workshops & youth programs; see [nmafc.org](http://nmafc.org)

**Centro Savila** (2 locations) -- call 312-7296 or complete [online form](#) to refer yourself or someone else (walk-ins allowed)

--South Valley: 1317 Isleta Blvd SW

--Downtown: 625 Silver Ave SW, Suite 400

All services are bilingual Spanish/English

--See the section, "Mental Health and/or Substance Use Services" for a complete list of services, groups and classes for families and for individual youth and adults

**Children's Promise Center** (2 locations) ..... 554-1206

401 Alvarado SE, daycare, preschool, school age (M-F opens at 6:30 am—can stay late (up to 2 am) if enough students need that 12855 Eastridge Dr NE (M-F 7:00 am-6:00 pm)

**CommonSpirit St. Joseph's Children** ..... 924-8000

Home visiting support services (virtual), including case mgmt; free statewide for all **first time parents** in New Mexico (either parent can be first time parent; also caregivers fostering or adopting, and individuals parenting in the US for the 1<sup>st</sup> time); --services provided prenatal to age 3;

--must enroll prenatally or before the baby turns 3 months old weekly video visits by phone or Zoom; no income requirements, no insurance needed; all languages served (they will provide interpretation for free when necessary); see website:

[stjosephnm.org](http://stjosephnm.org) (click on "Register")

--See below section "Mental Health and/or Substance Use Services" for info on Sobriety Program

**The Community Lighthouse** (see [tclhnm.com](http://tclhnm.com)) 273-6300

3301 Candelaria NE, Suite #B (at Carlisle)--Mon-Sat 8am to 7pm

--See below section "Mental Health and/or Substance Use Services" for detailed description

**Cuidando Los Niños** homeless child care ..... 843-6899

-for age 6 weeks to pre-K; bilingual Spanish; usually no wait list; Transportation may be provided

**Families ASAP** ..... 948-6371 (Delfy) or 544-7695 (Alberto)

Parent-run support and advocacy: bilingual/bicultural family peers provide family peer support and advocacy services for parents/caregivers raising children/youth with mental health challenges; located at the UNM Center for Development and Disability, 2300 Menaul NE (call Delfy or Alberto--no walk ins)

**Family Connections Ministry** ..... 554-6698

Call or email: [AnnLEdenfield@gmail.com](mailto:AnnLEdenfield@gmail.com)

--free resources are available for family members of inmates and returning citizens (former inmates)

--provides Prison Family Days in the U.S. and internationally.

--annual mission trip to Liberia.

Family Connections Ministry Liberia provides carpentry, water filters and educational training there.

Volunteers are needed and welcome for any of these programs.

**Family Promise of ABQ** -- transitional housing program for homeless families (1 or 2 parents)—may be a wait list 268-0331

**The Grief Center of New Mexico** (ages 5 to adult) 323-0478

--counseling and support groups for children, teens, families & adults grieving the death of a loved one; also workshops

[heartlightcenter.org](http://heartlightcenter.org) -- free in-person and online zoom grief support groups for different populations: for any death loss, for loss of spouse/partner, child, sibling, suicide, addictions, sudden and traumatic death, LGBTQ+, anticipatory grief

**HELP-New Mexico/CPLC (Chicanos Por La Causa):**

Free Positive Parenting support program (in English or Spanish) for parents of children ages 0-12 with minor behavioral concerns; contact Rosa Comacho, 218-6271 ([rosa.camacho@cplc.org](mailto:rosa.camacho@cplc.org))

**Kassy's Kause**, bilingual for women w/perinatal or 603-2988

postpartum depression: individual support & online support group --(see [kassyskause.org](http://kassyskause.org) for resources info, inc birthing services)

**La Plazita Institute**, 831 Isleta Blvd SW (M-F 9-5) 508-1802

--free programs for youth and young adults, primarily for system impacted youth; traditional & cultural healing services; Pathways Navigator; garden and much more -- see website for complete list of programs/services for youth & adults

**NAPPR** (all families) see [nappr.org](http://nappr.org) ..... 345-6289

--programs include Early Head Start; Early Intervention (support for at risk and special needs children); Tribal home visiting

**The Foster Alliance** (TFA) ..... 413-2784

[thefosteralliance.org](http://thefosteralliance.org) (formerly known as "NM Friends of Foster Children") provides brand-new essentials for foster children, such as beds, cribs, bedding, clothing, shoes, diapers, wipes and personal care items.

They also provide personalized birthday gifts for children in foster care. Visit [thefosteralliance.org/new-mexico/](http://thefosteralliance.org/new-mexico/) to fill out a request form or email [info@thefosteralliance.org](mailto:info@thefosteralliance.org) for more info.

**NM Child First Network**

See website for info on trainings offered to foster parents and kinship families: [nmchildfirst.org](http://nmchildfirst.org)

Also, monthly virtual support group for foster parents and kinship families. See website to register:

[nmchildfirst.org/training](http://nmchildfirst.org/training)

**Parents Reaching Out (PRO)** (peer support for parents of children w/disabilities or special medical needs) ..... 247-0192

See [parentsreachingout.org](http://parentsreachingout.org) for workshops & support groups

**PB&J Family Services** ..... 877-7060

--see [pbjfamilyservices.org/programs](http://pbjfamilyservices.org/programs) for program descriptions and online referral process (some programs allow self-referral)

**Pegasus Legal Services for Children** (bilingual) ..... 244-1101

--[Pegasuslaw.org](http://Pegasuslaw.org) (see description under "Legal Services")

## Clothing

**Locker #505** – clothing for grades K thru 12<sup>th</sup> ..... **294-1647**  
referrals only—no self-referrals  
email request for referral form: [director@locker505.org](mailto:director@locker505.org)  
serves Bernalillo, Sandoval, Valencia & Tarrant Counties

**Laundry Love**, a program of **Shine Partnership**.

Go to the Laundry Love, ABQ Facebook page to see next free laundry place/date/time.

**Ruth's Women's Clothing Closet** (Montano at Taylor Ranch Rd)  
Text or email Mary for an appointment: **505-440-4878**; email [teammary@yahoo.com](mailto:teammary@yahoo.com); free clothing, underwear, socks, purses

**Red Willow Hospice** ..... **575-737-1811**

Skilled nursing, symptom management, emotional and spiritual support and 24/7 on-call assistance; accepting all insurances

**NMDOH Safe Sleep for Infants** program (new) – after receiving a 30-min. training, parents and caregivers of a child under age 2 can be given a free Pack 'n Play portable crib. Visit website for details: [safesleepnm.org](http://safesleepnm.org)

**Western Heights Learning Center** ..... **247-2079**

--Free Home Visiting Program for pregnant women and children ages 0-5 -- in person (not bilingual); --call (**x108**) or call Sally at **401-6372** (or email: [sally@westernheightsabq.org](mailto:sally@westernheightsabq.org))

YDI has 40 programs-see [ydinm.org](http://ydinm.org), including **WIOA youth program** (ages 16-24); adult basic ed/HiSet preparation, **Prevention, Intervention & Behavioral Health** (PIBH); and **Early Childhood Education**: Pregnant Women's Program, Nurse-Family Partnership (NFP): nurses visit young, first-time low-income and high risk pregnant women (can self-refer: [NFP@YDIInm.org](mailto:NFP@YDIInm.org)); home visiting programs for ALL eligible families; birth to age 5; Head Start and pre-K  
General intake is [ydinm.org/need-help](http://ydinm.org/need-help) or call office: **352-3444**

## Services for Refugees and other Immigrants

**Consulate of Mexico**, 1610 4th St NW ..... **247-2147**

**NM Immigrant Law Center** ..... **247-1023**

--hours to call: Monday, 1-5 pm; Tuesday to Friday, 9am-5pm (closed 12 to 1 Tues to Fri); call or walk in to request appointment --see [nmilc.org](http://nmilc.org) ("Our Services" tab)

**Asian Family Center**, for AAPINH all ages ..... **717-2877**

Direct services include culturally and language-specific case management, including for DV and sexual assault victims; also family workshops & youth programs; see [nmafc.org](http://nmafc.org)

**Centro Savila** (2 locations) ..... **312-7296**

--case management & behavioral health—ALL are welcome

--Refugee services

See the section, "Mental Health and/or Substance Use Services"--

**Catholic Charities**—see [ccasfnm.org](http://ccasfnm.org) ..... **724-4670**

--support for refugee families after 90-day government program ends ([ccasfnm.org/refugeesupport](http://ccasfnm.org/refugeesupport))  
--English language acquisition (ELA) and many other classes (see Jobs/Job Training/ Education section for details)  
--some legal assistance

**Encuentro NM**, ..... **247-2920**

Virtual classes only: English Language Acquisition (ELA), home health aide en Espanol, computer training, financial literacy, intro to Small Business, elderly food & nutrition

**Enlace Comunitario** (Domestic Violence) ..... **246-8972**

--English & Spanish DV crisis intervention and legal support, therapy, support groups, case management

**Las Cumbres Community Services** ..... **819-1643**

Holistic, trauma-informed services for refugees and other newcomers: legal, mental health, medical coordination, food security, case management, and more

**Umoja Abq**, contact [online](http://online) or on [Facebook](https://www.facebook.com)

Empowering refugee women: workshops and classes including English Language Acquisition (ELA), English literacy and financial literacy

**Vizionz-Sankofa**, refugee support services ..... call **832-7141**

## Legal Assistance

**NM Legal Aid** (civil matters) **Mon-Th 10 am-1 pm 243-7871**  
ext. 1 for phone intake or apply online (ext. 2 for receptionist)

**Public Defender**, 505 Marquette NW (in PNC Bank) **369-3600**

**Metro Court** (ext. 1 for warrant status) ..... **841-8151**

--**Outreach Court (841-8142)** for unhoused or unstably housed adults with misdemeanor charges and/or warrants – **must be** referred by a staff member or volunteer who will submit an advocacy letter and will start the referral with the online referral form (click on "Forms"): [metro.nmcourts.gov/services-programs/outreach-court/](http://metro.nmcourts.gov/services-programs/outreach-court/)

**APD Evidence, 823-4600**, to claim possessions after discharge from MDC (but first call **768-2020** for APD case no.(or 798-7000 for Sheriff's case no.)—police reports available at 400 Roma NW

**Christian Legal Aid** (homeless only) walk-in 1<sup>st</sup> & 3<sup>rd</sup> Wed at noon at The Rock at Noon Day, 2400 2<sup>nd</sup> St. NW (volunteer attorneys)

**Legal Resources for the Elderly** helpline for ages 50+ (**8-12 M-F**) (a free statewide program of the NM State Bar) ..... **797-6005**

**Senior Citizens Law Office** (seniors age 60+) ..... **265-2300**

1240 Pennsylvania NE – no walk-ins; civil matters only  
--call Mon-Thurs 8:30-12 pm & 1-5 pm; Friday 8:30-12 pm

**NM Immigrant Law Center**, 625 Silver SW, 4<sup>th</sup> Floor **247-1023**  
(See "Services for Refugees and other Immigrants" section above)

**Pegasus Legal Services for Children** ..... **244-1101**  
(bilingual) for children, youth and their caregivers-[Pegasuslaw.org](http://Pegasuslaw.org)  
--Kinship Guardianship (Pegasus Legal Services)  
for grandparents and other relatives raising children  
--Youth Law Project (youth emancipation, paternity, child custody  
and timesharing, and Child Support)

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**Salvation Army**, 4301 Bryn Mawr Dr. NE ..... **872-1171**  
45-minute consult on any legal matter, civil or legal with an  
attorney at Salvation Army the 1<sup>st</sup> Sat of the month, **9 to 11 am**  
(see [Administerjustice.org](http://Administerjustice.org)) – will move soon to 411 Broadway SE  
--Pre-register by calling **855-818-4554**; \$30 co-pay

### Jobs/Job Training/Education

**America's Job Center NM**, 501 Mountain NE **843-1900**  
(was called NM Workforce Connection)  
--walk-in help with job search, weekly on-site employer events  
--weekly workshops offered on Computer Basics training and  
Resume Writing, or get 1-to-1 help with job search any time  
--apprenticeship info and referrals

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**ABQ Adult Learning Center** [abqalc.org](http://abqalc.org) ..... **907-9957**  
1201 San Mateo SE, walk in or call Mon-Thurs, 12:30-3:30  
(or register online) – services are in-person or virtual  
--English Language Acquisition (ELA)  
--High School Equivalency preparation & test (HiSET/GED®)  
--Adult Basic Education (reading, writing and basic math)  
--Career Pathway services—new Basic Solar certification classes  
--Family Wellness: individualized literacy for adults & children (**5+**)

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

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**Catholic Charities** ..... **724-4670**  
Call Monday through Friday 8:00 am to 5:00 pm.  
Free adult ed/training classes (GED®/HiSET, English Language  
Acquisition (ELA), Citizenship, other); Spring, Fall, Summer terms;  
but GED®/HiSET, English Language Acquisition (ELA) & [Career  
Pathways](#) classes may be joined throughout the term

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**CNM** -- Kathie Winograd Student Success Center (KWSSC)  
located at 716 University Blvd SE (& Coal) ..... **224-3000**  
one-stop shop for requesting an advisor, financial aid,  
scholarships, registration, and more. CNM provides  
>200 associate degrees & certificates; ESL, Basic Education, High  
School Equivalency; support programs for prospective or current  
students who are or were in the foster care system ([THRIVE](#)), or  
who are or were involved in the criminal justice system ([FIRST](#)).  
Also, if you (or one of your clients) is interested in CNM but wants  
help getting started, you can click on this link: [Request More  
Information Form](#) and someone from the CNM Student  
Recruitment and Outreach Team will be in touch within 48  
business hours.

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**HELP-NM/CPLC (Chicanos Por La Causa)** ..... **265-3717**  
Pathways to Success program: up to \$2,000 tuition assistance for  
certificate programs, vocational training, associate degrees, and

short term workforce programs starting before June 30; an  
additional \$500 available for specified supportive services;  
Contact [Kiara.juarez@helpnm.com](mailto:Kiara.juarez@helpnm.com); 871-3980  
or [Stephanie.macias@helpnm.com](mailto:Stephanie.macias@helpnm.com); 871-4318  
or walk in at 2101 Mountain Rd. NW, Suite A

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**NM DVR (Dept. of Vocational Rehabilitation)** ..... **383-2500**  
111 Lomas Blvd NW (Suite 422 in US Bank Building)  
Adults w/disabilities can walk in or apply online: [dvr.state.nm.us](http://dvr.state.nm.us)  
--click on "Online Referral" -- you should get a call back in 2 weeks  
or less. See "[NMDVR At A Glance](#)"

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**Goodwill**, 5000 San Mateo NE ..... **314-1816**  
Opportunity Center:  
--Walk-ins: Monday to Friday, 8:00 am to 4:30 pm; ask for  
calendar of organizations arriving on-site Mon-Fri  
See [goodwillnm.org](http://goodwillnm.org) for all programs: click on appropriate tab:  
"Find jobs" or "Find Classes" or use links below:  
--Job prep and [job search](#); employment; [seniors \(55+\)  
employment](#);  
--[GoodSkills classes](#): employment & life skills (some are virtual)  
--[Supportive Services for veterans & families](#) (jobs, housing)  
--[Homeless veterans' reintegration program](#) (jobs & support)

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**Gordon Bernell Charter School**, 2821 4<sup>th</sup> St. NW ... **916-8618**  
**2821 4<sup>th</sup> St. NW** - open Monday-Friday  
--call for appointment 8:00 am-3:30 pm  
High school diploma + adult ed in-person; literacy; career  
development:  
--Age 16-21: high school diploma  
--Adults age 22+: HiSET (high school equivalency)  
Pathways navigator available: call or email [info@gordonbernell.org](mailto:info@gordonbernell.org)  
to make an appointment; classes also in MDC: persons currently  
or previously at MDC can further their education

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**Job Access program** (transportation for low-income) **724-3623**  
--curb-to-curb transportation for PT or FT jobs, job training, child  
care if timely bus service is unavailable or inaccessible due to  
distance--see [riometro.org](http://riometro.org) (Job Access) for info including  
eligibility ("Do I Qualify?") and details (see link to application form  
at "How Do I Apply?")

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**Albuquerque Job Corps** for ages 16-24 ..... **346-2562**, ext. 1  
2 year trade and career preparation school with many options;  
--if needed, can get High School diploma or GED;  
--can board for free on campus (meals provided) or live off  
campus;  
--no felonies and no current involvement with the justice system;  
--drug tests assure sober campus (including no marijuana).  
Apply online or refer someone: [albuquerque.jobcorps.gov](http://albuquerque.jobcorps.gov)  
Applications processed weekly year round.  
(Do not call the website's 800- number, as it is a national number)

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**NMCAN** – skill building and community building ..... **217-0220**  
for young people ages 14-26 including those in or transitioning out  
of foster care, or who have faced homelessness or are juvenile  
justice involved. Call or email: [info@nmcan.org](mailto:info@nmcan.org)  
--see [nmcan.org](http://nmcan.org) for info & referral form for self or other youth

## Jobs for America's Graduates – New Mexico (JAG-NM)

--Out-of-School Program serves young people ages 16–24; visit [jagnm.org](http://jagnm.org) for program and contact information

## TenderLove Community Center (call Tu-Fri) ..... 349-1795

--fashion design classes, computer training, GED® prep, life skills, job prep, culinary arts (nutrition classes), (see [tenderlovecommunitycenter.org](http://tenderlovecommunitycenter.org))

### Educational/Training websites:

[GCFglobal.org](http://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](http://KhanAcademy.org) - [khanacademy.org](http://khanacademy.org)—math+other online learning + [khanacademykids.org](http://khanacademykids.org) – many languages (app is English only)

[Duolingo.com](http://Duolingo.com) – language learning (English & other languages)

[Irlen.com](http://Irlen.com) – visual processing help for children with special needs

**NM Public Education Dept (PED):** [parent-portal](http://parent-portal)

## Physical &/or Cognitive Disabilities Resources

### Adelante Development Center ([goadelante.org](http://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)

Call for self or other person in need

--**GiveABQ**—home and office furniture (referral only) 341-4483

--**Benefits Connection Center** (help seniors & people with disabilities apply for govt benefits—leave message) 273-5222

### ARCA (adults & families)--[arcaopeningdoors.org](http://arcaopeningdoors.org) ... 332-6700

Wraparound services, including residential, for individuals with intellectual and/or developmental disabilities—see website

### NM Aging & Disability Resource Center ..... 800-432-2080

--assistance with Medicare decisions and other assistance

See [NMALTS](http://NMALTS.org) for all services & programs of NM Aging and Long-Term Services Dept.

### NMTAP office (Technology Assistance Program) 841-4464

625 Silver SW, Suite 100-B; see website: [tap.gcd.state.nm.us](http://tap.gcd.state.nm.us)

offers free services to persons with disabilities to help them get the assistance/adaptive technology they need

### Independent Living Resource Center (ILRC) ..... 266-5022

--independent living services, resource navigation, and advocacy for people with disabilities, including related to personal attendant services; call for an appointment; see [ILRCnm.org](http://ILRCnm.org)

### NM DVR (Dept. of Vocational Rehabilitation) ..... 383-2500

111 Lomas Blvd NW (Suite 422 in US Bank Building)

Adults w/ disabilities can walk in or apply online: [dvr.state.nm.us](http://dvr.state.nm.us)  
--click on “Online Referral” -- you should get a call back in 2 weeks or less. See “[NMDVR At A Glance](#)”

### NM Brain Injury Resource Center (walk in or call) 292-7414

--3150 Carlisle NE (Suite 208); email: [nmbirc@braininjurynm.org](mailto:nmbirc@braininjurynm.org)  
M-F 9-12 & 1-4 pm; for support groups see [BrainInjuryNM.org](http://BrainInjuryNM.org)

### NM Commission for the Blind ([CFB.state.nm.us](http://CFB.state.nm.us)) 841-8844

**Note:** Community Outreach for the Deaf (COPD) has closed

### Parents Reaching Out (PRO) (peer support for parents of

children w/disabilities or special medical needs) ..... 247-0192

See [parentsreachingout.org](http://parentsreachingout.org) for workshops & support groups

### UNM CDD (Center for Development & Disability) ..... 272-3000

--see [UNM CDD website](http://UNMCDD.org) for many family-centered programs and services for children with disabilities: clinical evaluations; [autism](#); early childhood; other services

--CDD resource library, 2300 Menaul NE

walk-ins Mon-Fri, 9-12 and 1-4 (ring the bell for entry)

Disability resource specialist info line ..... 272-8549

## Medical and/or Behavioral Health Services

(also see “Drop-In Centers” section)

**Acronyms:** --**IOP is Intensive Outpatient Program**

--**MAT is Medication-Assisted Treatment for addiction to opioids (may also be for alcohol and/or other substances)**

--**SUD is Substance Use Disorder**

--**CCSS is Comprehensive Community Support Services (comprehensive case management)**

UNMH directory (hospital & clinics) ..... 272-2111

[NM Public Health Offices](#) (click on your county, then scroll down

through the offices which list what services they provide)

Services offered (varies by office): Vital Records (birth

certificates); children's (and some adult) immunizations

(vaccinations); testing for TB, STD, Hepatitis; harm reduction

supplies; MAT (Suboxone); family planning; WIC program

**New Mexico Pathways**, a program of NMDOH, addresses MOUD

(Medication for Opioid Use Disorder, a/k/a MAT) with free or low

cost services at a Public Health Office—See [pathwaysnm.org](http://pathwaysnm.org) for

details and contact info for public health offices or call [NMDOH](http://NMDOH)

[Helpline](http://NMDOH): 833-796-8773 (833-SWNURSE) and ask about it

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

**HUD-VASH** housing options for homeless or unstably housed

veterans + referrals to the VA Medical Center – call 256-2784 or

walk in at VA Medical Center's **Building 96: Mon-Fri 8:30 – 3:00**

**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](http://casadesaludnm.org)) (ALL ARE WELCOME)

**Duke City Recovery Toolbox** ..... 224-9777  
912 1<sup>st</sup> St. NW (north of Lomas); walk in or call  
Addiction recovery (alcohol and drugs): outpatient treatment (short term and long term), counseling; peer support; telemedicine; MAT (Suboxone, Methadone, Naltrexone)  
-accepts Medicaid; sliding scale -- no one will be denied access to services due to inability to pay

**First Choice** (several medical clinics—see [fcch.com](http://fcch.com)) **768-5450**

**First Nations Community Healthsource** ..... 262-2481  
**ALL are welcome:**

**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 8-6; Sat 8-12**

**Truman Clinic**, 625 Truman St. NE (medical)

**Native American Traditional Wellness**, 634 Manzano NE

--(shares parking lot with Truman Clinic): **515-3919, M-F 8-5**

First Nations Community Clearinghouse (continued):

**Central Clinic** (pediatrics & prenatal) ..... 7317 Central NE

--**Mon-Th 8am – 6pm, Fri 8am – 5pm**

**All Nations Wellness Center**, 6416 Zuni SE ..... 717-2704

--Mon to Fri: Breakfast (**8:00 – 9:30 am**); Lunch (**12 - 1:30 pm**)

--walk-in or call, job help **M-F 9-12**

**Vision Clinic**, 505 Madeira Dr. SE, **944-7397 (M-F 8-5)**

**Harm Reduction Center** (NM Harm Reduction Collaborative, NMHRC), 204 Madeira Dr. NE (east of San Mateo & north of Central) walk-in hours: Mon-Fri 9 am – 3 pm ..... **503-7092**

Can call or text this number 24/7; or email: [info@nmhrc.org](mailto:info@nmhrc.org)

Stigma free services: Syringe Service Program (SSP);

peer support and case management; drug checking program;

Narcan distribution and overdose prevention education;

--wound care clinic Wednesday and Thursday, 10 am – 12 pm

**New Mexico Wellness** ..... 560-9355

4210 Meadowlark Ln SE, Rio Rancho (campus was Felician Sisters convent) medical inpatient detox and holistic treatment up to 90 days – can self-refer

Email: [reachout@newmexicowellness.com](mailto:reachout@newmexicowellness.com)

2<sup>nd</sup> location in Taos: (**575**) **224-6320**

**Porch Light Health**, 717 Encino Pl. NE, Ste 12 **866-647-6315**

MAT (Suboxone, Naltrexone); counseling; peer support;

Psychiatric medication management; Hours: Tues-Fri, 8:30-4:00

**Sage Neuroscience Center** (appointment only) ..... **884-1114**

--Outpatient medical detox; MAT

--Substance Use Disorder Intensive Outpatient Treatment (IOP) and Behavioral Health IOP for adults & adolescents

--Transcranial Magnetic Stimulation (TMS); EMDR; telehealth options

--Medication Management

**Turning Point Recovery Center** (call first, 8am-9pm) **217-1717**

-- MAT; IOP; inpatient or outpatient detox and treatment;

counseling; detox (wait list); wellness center; men's & women's residential treatment

**Turquoise Lodge** (inside Gateway Center) ..... **841-8978**  
Medical detox; inpatient and outpatient treatment

**Oak Street Health -- Medicare only** primary care ..... **208-6984**

Beginning 3/26, will be taking new patients at 4208 Central SW location (at Atrisco)—call for appointment

**Southwest Care Center** ..... **780-4040 x3**

4710 Jefferson NE, Suite A (call first for appointment)

--Hep/HIV/PrEP/PEP (wait list for primary care & gender affirming)

**UNM Truman Health Services** ..... **272-1312**

HIV/Hepatitis C/Transgender care – call for appointment

--**801** Encino Pl NE, #F (call first); walk-in is only for rapid test for HIV or Hep C. Hours: M/Tu/W 9-4, Thurs 1-6:30; Fri 9-1

**UNM Maternity & Family Planning (M&FP) Clinics** locations

have temporarily moved (and will move back soon):

--Northwest Valley Clinic has temporarily moved

from 1231 Candelaria NW to UNM Hospital, 2211 Lomas NE

(4th floor in the Women's Health Clinic) ..... **272-2158**

--West Mesa Clinic has temporarily moved

from 6900 Gonzales SW to 2130 Eubank NE (in the Eubank

Women's Health Clinic) ..... **272-2154**

Call or walk in to request an appointment

--**No insurance required** if you have none

--Prenatal and maternity medical, nutrition and social services

(bilingual Spanish), including family planning (birth control or natural family planning)

--Team: doctors, nurses, nurse midwives & nurse practitioners, nutritionist, counselor, health educator

**UNM Milagro Program** – for pregnant women actively using or with recent history of using drugs or alcohol ..... **463-8293**

**Planned Parenthood** (women's health care) ..... **265-9511 x1**

Call for in-person or online (telehealth) appointment, with or without insurance; birth control education and supplies; emergency contraception; pregnancy testing; STD testing; HIV services; UTI testing and treatment; gender affirming care; abortion services (note, the location on San Mateo was closed; currently the only ABQ clinic is at 4630 Eubank NE)—see [website](http://www.plannedparenthood.org) for complete listing of services, which is frequently updated

**Birthright of Albuquerque** ..... **262-2235**

3228 Candelaria NE (west of Carlisle)

Drop in Monday-Thursday 10 am – 1 pm

Support services for pregnant mothers and newborn babies up to 1 year old. Services include pregnancy tests, emotional support, referrals for prenatal care, social services, food banks, housing assistance, clothing resources, etc. Offering maternity and baby clothes, baby hygiene products, and other mommy/baby needs, as supplies last.

**Lovelace G.R.A.C.E.** – for pregnant women actively using or with a history of using substances ..... **727-6238**

Call this number or walk into a Lovelace OB-GYN to make an appointment or to request G.R.A.C.E. navigation

[La Luz Women's Center](#), ABQ and Rio Rancho ..... **620-3894**  
--support services for pregnant women & mothers of newborns

### Some NMDOH resources

(See **New Mexico Pathways** (DOH program) above in "Medical and/or Behavioral Health Services" above)

**NMDOH Helpline: 833-796-8773 (833-SWNURSE)**

--choose ext. 4 for info & referrals for contraception, family planning, abortion services, STI (STD) tests & treatment, breast & cervical cancer, DV or interpersonal violence

**NMDOH Safe Sleep for Infants** program (new) – after receiving a 30-min. training, parents and caregivers of a child under age 2 can be given a free Pack 'n Play portable crib. Visit website for details:

[safesleepnm.org](http://safesleepnm.org)

**DOH Resource Guide** for HIV/Hepatitis/STD: [nmhivguide.org](http://nmhivguide.org)

BC Health Council opioid resource website: [LittleThingsNM.org](http://LittleThingsNM.org)

### Mental Health and/or Substance Use Services

See above section "Medical and/or Behavioral Health Services" 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 (comprehensive case management)**

**CARE Campus Detox** for alcohol & other drugs (intake 24/7)

--5901 Zuni SE (first come, first served--call or walk in) **468-1555**

**UNM Psychiatric Center**, 2600 Marble NE ..... **272-2800**

--**Emergency services** (24/7) walk in or call **272-2920**

--**Psychiatric urgent care** (walk in 7 days/week 7:30–5:30) or call **272-9038**

--Walk in **Behavioral Health clinic** (2<sup>nd</sup> floor) team based approach Mon/Wed 12-2:30 pm; Tues/Thurs/Fri 8-10:30 am

Also, outpatient psychotherapy peer groups (2<sup>nd</sup> floor)

Contact info: [OPPS@salud.unm.edu](mailto:OPPS@salud.unm.edu) or call 272-5935

--**UNM Behavioral Health clinic in Rio Rancho:**

2600 College Blvd. NE **994-5050**

**UNMH ASAP**, 2600 Yale SE, outpatient clinic **994-7999**

Addictions and Substance Abuse Program – call; ext 1 for info; ext 4 for appointment; or walk in Mon-Fri **6am–4pm**;

walk-in counseling, psychiatry and detox services for moderate to severe SUD; MAT; IOP; primary care including Hep C; ASAP now serves adults & adolescents age 14+ (there is no more UNM STAR)

**City of ABQ's Substance Use Disorder Treatment voucher:**

--called the **PATH program** (Providing Addiction Treatment & Healing) for **non-Medicaid** only individuals who are very low-income & meet other criteria

--For eligibility & list of PATH providers, see [cabq.gov/health-housing-homelessness/health/substance-abuse](http://cabq.gov/health-housing-homelessness/health/substance-abuse)

**Albuquerque Health Services** (MAT)—Methadone (or scripts for Suboxone). Locations:

--112 Monroe NE—open M-F 5:30 am – noon ..... **260-9917**

--172 Montano Rd NW (& 2<sup>nd</sup> St.)—M-F 5:30 – 11 am **344-4427**

--1209 Isleta SW—M-F 5:30 – 11:30 am ..... **873-1973**

--1558 Stephanie Rd. SE-Rio Rancho M-F 5:30-11 am **896-551**

**All Faiths** (becoming **Unica Behavioral Health** in 2026): see listing below as Unica Behavioral Health

**Anchor Behavioral Health** : M-F, 8 am to 5 pm **390-2080**

7005 Prospect Place NE (east of Louisiana, south of Menau)

--call for appointment; phone answered 24/7

--outpatient treatment and MAT (suboxone) for substance use disorder, including alcohol, with case management and resource navigation; structured sober living program; aftercare programs

**The Balanced Path**--call or text M-F 12 -6 pm ..... **234-1174**

Telehealth only therapy for adults & teens (individuals, couples & families), including CBT, Trauma-informed. No wait list.

**Centro Savila** (2 locations) -- call **312-7296** or complete [online form](#) to refer yourself or someone else (walk-ins welcome)

--**South Valley**: 1317 Isleta Blvd SW

--**Downtown**: 625 Silver Ave SW, Suite 400

**All services** are bilingual Spanish/English:

Benefits enrollment (by phone); mental health therapy (individuals, couples, families); case management & support groups; refugee services, including case management & support.

Services are provided regardless of ability to pay.

Centro Savila Support & Educational Groups (see web links):

--**Strengthening Families Program (SFP)** in Spanish

--**grief group** for Spanish speaking individuals & families

--**women's support group** for Spanish speaking victims of crime

--**Raíces de Resiliencia** - daughters of immigrants

--**Abriendo Puertas** - parenting classes taught in Spanish

--**Youth Advocacy Program** supports youth ages 15–20 with advocacy, leadership skills, and access to resources.

**Charlie Health** online support groups (free for those that are indicated as "open to the general public"), English & Spanish, for: 1) [family members support groups](#); 2) [suicide survivors support group](#); 3) [therapists supporting therapists](#) (and other BH providers)

**Choice Recovery Path** (for SUD) ..... **526-3649**

11401 Menaul NE (NE corner of Juan Tabo)

Monday-Friday, 8:00 to 5:00. Walk-in is only to ask for an application (or call and it will be emailed to you)

Transitional residential recovery program for men & women;

Services are in-person and/or virtual. IOP, peer support and continued aftercare. email: [info@choicerecoverypath.com](mailto:info@choicerecoverypath.com)

**Christian Counseling Professionals** ..... **445-0771**

136 Louisiana NE (1 block north of Central across from State Fair Casino)

--counseling & CCSS – Mon-Fri 8 am to 4 pm - walk in or call for appointment (can be faith-based if requested)

--IOP online (Mon, Tues, Wed, 5:30 – 8:30 pm)

**CommonSpirit St. Joseph's Children** ..... 924-8000  
1516 5<sup>th</sup> St. NW –call first to make an intake appointment  
Outpatient [Sobriety Program](#) (no wait list): IOP; counseling;  
nutrition (onsite meal prep); case management; peer-led groups;  
AA/Al-Anon; holistic services (yoga, mindfulness)  
--commitment is to 9+ hours/week  
Note: immigration status is not requested; interpretation provided  
--See above section "Family Services" for info on home visiting

**The Community Lighthouse** (see [tclhnm.com](#)) 273-6300  
3301 Candelaria NE, Suite #B (at Carlisle)--**Mon-Sat 8am to 7pm**  
Serving children, teens, families & parents -- Bilingual services  
--Therapy, in-person & telehealth, — no wait list: Play, Individual,  
Family, Infant and Early Childhood; EMDR; CBT  
--CCSS (Community Support) — all ages, Medicaid; home, school,  
daycare

**Cottonwood Counseling, LLC** ..... 226-2839  
2 locations: 4300 San Mateo NE, Ste. B-186;  
6300 Riverside Plaza Lane NW (Coors & Montano)  
Counseling services: DBT and CBT; EMDR; Play therapy & sand  
tray therapy for children and adolescents; LGBTQ adolescent IOP  
(age 13-17); LGBTQ teen support group (age 13-17)  
Email: [cottonwoodcounselingabq@gmail.com](mailto:cottonwoodcounselingabq@gmail.com)

**Cottonwood Therapeutics** ..... 750-9163  
2900 Louisiana NE, North Bldg., Suite H  
In-person and telehealth therapy for individuals, couples & families  
IOP for SUD and behavioral health challenges, including for those  
involved in court diversion and probation programs  
[scheduling@cottonwoodtherapeutics.com](mailto:scheduling@cottonwoodtherapeutics.com)

**Courageous Transformations** ..... 800-7092  
3301 Los Arboles NE (just west of Carlisle) wrap-around services  
--outpatient SUD treatment, MAT (Suboxone, Methadone,  
Vivotrol); therapy for individuals, couples and families,  
peer support (Certified Peer Specialists), Hep C & HIV treatment  
(can be faith-based if requested)

**DulceSalado Consultation & Therapeutic Services** 585-5024  
culturally sensitive bilingual agency (statewide); no wait list;  
Medicaid accepted for all services except for adoption services,  
which are self-pay: website is [dulcesaladoct.com/](#)  
--individual, family and MST (Multisystemic Therapy) services:  
MST offered for youth 11-17 and their families): home &  
community-based support  
--support groups for youth and for parents  
--Mental Health IOP for young to middle-aged adults (using DBT)  
--adoption & parenting services

**Emerge Motivation Initiatives** – website: [emiprojects.org](#)  
The **EMI Egress Youth Diversion Program**, an AmeriCorps  
project, provides intervention and prevention services for pre-  
adjudicated and nonviolent adjudicated youth, providing structured  
programs. Prevention services are also offered for students whose  
behavior, while not requiring court involvement, indicates a need  
for intervention. The program also supports families. Contact:  
[emiprojects2021@gmail.com](mailto:emiprojects2021@gmail.com)

**Engender, Inc.** – Telehealth counseling/therapy ..... 242-4400  
--statewide; flexible hours Monday to Sunday (work around your  
schedule)  
--individual/couple/family and group counseling; trauma-informed  
care; EMDR therapy  
--substance use counseling, including a flexible IOP program

**Eternal Light Counseling** ..... 572-4141  
Telehealth therapy/counseling for adults and youth (age 12+)  
Text/call or email [glorijanawolfgang@gmail.com](mailto:glorijanawolfgang@gmail.com)  
especially for individuals who are in transitional periods in their  
lives and feeling lost: grief; loss of a loved one or parts of  
ourselves, depression, loss of identity and anxiety

**Faith Works Counseling**, in-person or telehealth (virtual)  
Location: 4110 Wolcott NE, Ste B (no walk-ins) 844-692-3099  
Call or book an appt. online (not faith based unless requested)  
--individual, couples and family therapy  
--MST (Multisystemic Therapy) in-home for ages 11-17; ; close  
coordination with caregivers and schools

**Full Circle Recovery** (allows MAT) - no wait list .... 865-4140  
--telehealth (virtual) or in person; call for appointment  
--mental health & substance use; IOP (adult & adolescent); CCSS

**Grand Summit Recovery**, 13139 Central NE 595-1607  
[info@grandsummit.org](mailto:info@grandsummit.org) Medicaid accepted.  
Walk in or call to make an appointment; may be a waitlist  
Transitional residential recovery program for men & women.  
Services: onsite IOP, wrap-around peer support, housing,  
workforce development, educational advancement, therapy  
(individual and group), exciting events on the weekends.

**The Grief Center of New Mexico** (ages 5 to adult) 323-0478  
--Support groups for children, teens, families & adults grieving the  
death of a loved one; also workshops (see [griefnm.org](#))

**Haven Behavioral Hospital**, 5400 Gibson SE ..... 254-4502  
--Inpatient Psychiatric (if in acute crisis); co-occurring accepted;  
provider referrals or self-referrals; call 254-4502 for appointment  
--Outpatient behavioral health services include PHP (3-6 wks) and  
IOP (16 wks)--structured outpatient programs for mental health,  
co-occurring, or SUD; call 254-4564 for appointment  
(these services are in-person or virtual; day & night groups  
available)

**High Desert Healing**, (see [hdhnm.com](#)) ..... 717-1332  
--Telehealth & in person; MAT; individual (may be a wait list) &  
group therapy; CSSS (case management); guided meditation  
groups; also see YouTube [mind & body therapy videos](#)

**Hipocampo** bilingual Spanish counseling ..... 209-9227  
for Spanish speaking individuals and families  
--also, diabetes prevention & management

**Hope Forward Therapy**, 2521 San Pedro NE ..... **633-4107**  
--CCSS (case management) –bilingual Spanish  
--adult, couples & family therapy; can be faith-based if requested  
--Circle of Security parenting group (in-person or virtual)  
--grief support group (twice a month) and individual grief support

**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)  
and Alcohol Use Disorder. Contact **505-390-2425** with any  
question; can walk in the front door of Gateway Center that is  
closest to the pedestrian overhead walkway), 5400 Gibson SE.  
New Rio Rancho office: 3301 Southern Blvd. SE, #105—Medicaid  
and Medicare accepted. Call first.

**Meridian Behavioral Health**, 3908 Carlisle NE ..... **639-5916**  
-- individual/group therapy, DBT, CCSS for individuals and  
families; Medication Management; bilingual (Spanish) available  
see [meridianbxhealthinc.com](http://meridianbxhealthinc.com)

**NAMI Albuquerque** ..... **256-0288**  
[Support groups in person or Zoom:](#)  
--NAMI Connections -- peer led for persons who have experienced  
a mental health condition;  
--family support groups for family members or friends of person(s)  
with a mental health condition  
Mental Health [Education and Presentations](#) (peer led)

**Native Health Initiative (NHI)**, website: [lovingservice.us](http://lovingservice.us)  
Programs: Movement as Medicine, Building Youth Leaders, and  
Indigenizing Wellness (see website for details)

**New Mexico 5-Actions Program** – explore your relationship with  
alcohol and drugs, and find a path to sobriety – assessment and  
follow-up - for use by consumers, loved ones and professionals;  
Free, accessible 24/7 (NM Behavioral Health Services Division)

**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 (including PSR);  
CCSS (case mgt); Carelink (care coordinator), and ACT team;

**Open Skies Healthcare**, 303 Roma Ave NW, #200 **345-8471**  
--call for appointment (no walk-ins), or email:  
[info@openskieshealthcare.org](mailto:info@openskieshealthcare.org)  
Medicaid only: outpatient therapy and CCSS (case management)  
for adults and children; assessments; behavioral health respite  
services for children; treatment foster care; language interpretation  
available. Note: if no insurance, you still may qualify for services

**Pacha Group** (see [pacha.group](#)), 3320 Coors NW, Ste C (north  
of I-40 - parking lot is shared with Sequoia Square Mall (south side  
of Sequoia). Call for appointment ..... **652-4002**  
Individual and Group Therapy for adults, couples, children,  
adolescents and families; CCSS/case management.

Pacha Counseling Services' team of bilingual (English/Spanish)  
and multicultural clinical providers and employees removes  
barriers to mental health treatment, education, and family support  
services. ADA accessible facility.

**Recovery Connections** -- call **460-4566** or **895-0147**

In-person or telehealth Monday through Saturday  
--call for appointment or use email form online  
(or email [info@nmrecoveryconnections.com](mailto:info@nmrecoveryconnections.com))  
CCSS/case management; outpatient therapy for trauma and  
PTSD, depression and anxiety, SUD, or co-occurring; will soon  
have an IOP for substance use and co-occurring

**Rio Grande Counseling** (telehealth 7 days/week) .... **246-8700**

--individual adult therapy (telehealth) and IOP (group video chat)

**Serenity Mesa** ..... **877-3644**

**Services** for youth/young adults with SUD:

--90 to 120 days inpatient residential treatment (ages 14-21)—  
therapy, case management, high school/GED, life skills  
transitional living for youth

--3 to 14 day inpatient medical detox (ages 14-20) -- call, but may  
be a wait list

--supportive housing (shared and scattered sites) for ages 16.5-24  
See [healingaddictionnm.org](http://healingaddictionnm.org) (email: [info@serenitymesa.com](mailto:info@serenitymesa.com))

**Serna Solutions**, 6000 Uptown Blvd., #140 ..... **305-4949**

(bilingual available); call for appointment; or submit online referral  
Rio Rancho office: 4101 Barbara Loop SE ..... **527-9494**

--mental health and/or SUD therapy in-person or virtual  
(all ages; currently no wait list); IOP; CCSS

--Family Empowerment Project for family members (for FEP call  
**420-3377** or email [family@sernasolutionsllc.com](mailto:family@sernasolutionsllc.com))

--Youth Empowerment Project (YEP) program for ages 12-24 and  
their families (for YEP info call **230-4949**)

--can self refer; also, offers training for professionals with CEUs

**Soul Recovery Cafe**, 1111 Carlisle Blvd SE Suite B

a program of the **NM Peer Coalition**; for more info & schedule for  
Soul Recovery Cafe: [nmpeercoalition.org/soul-recovery-cafe](http://nmpeercoalition.org/soul-recovery-cafe)

--not a drop-in center but Community Chat + Recovery Circle New  
Member Orientation are held the 2<sup>nd</sup> Sat of the month, 10–11 am  
For all services/programs of NMPC, see [nmpeercoalition.org](http://nmpeercoalition.org)

**Southwest Pueblo Consultants and Counseling Services**

Counseling all ages: individuals, couples, families ..... **241-9316**

--in person or virtual

**Therapeutic Living Services (TLS)** ..... **268-5295**

See website: [tls-nm.org](http://tls-nm.org)

Services for individuals and families: CCSS/case management;  
counseling; PSR; housing support; 24/7 staffed group homes

**32 Degrees Genuine**, 5701 Carmel NE, Suite B ..... **308-5226**

Individual, group & family therapy; grief; somatic therapy; DBT;  
EMDR; telehealth; after hours appointments available

Website: [32dgtherapy.org](http://32dgtherapy.org) (see "Insurance" tab)

email: [32dgtherapy@32dg.org](mailto:32dgtherapy@32dg.org); a veteran owned business

**Umoja Behavioral Health**, telehealth and in-person **633-8173**  
Culturally responsive counseling & peer support services;  
Open to all youth, teens & adults, including LGBTQIA+ & BIPOC;  
Call or email [info@umojawellness.com](mailto:info@umojawellness.com), or email individual  
therapist after reading about them on the "Meet Our Team" page.  
No wait list.

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**All Faiths** (becoming **Unica Behavioral Health** in 2026  
Can self refer to any of their services ) ..... **271-0329**  
(soon to be rebranded with a new name with same leadership and  
still offers all the same services, but adding Behavioral Health  
services for adults, and separate services for veterans:

**Adult Services** (new) at **1709 Moon NE**:  
-- outpatient therapy (individual counseling for mental health and  
trauma); substance use disorder (SUD) treatment; IOP; case  
management and peer support; primary care screenings (note:  
can walk in if seeking substance use disorder treatment)

--**Veterans** wrap-around services  
These services are provided at **8401 Constitution NE**:  
\***Family Wellness Program**: wrap-around support for parents/  
caregivers; trauma informed therapy; CCSS (case management)

\***Adoption Services**:  
--birth parents, call/text 24/7 for pregnancy counseling **313-1132**  
--for infant + older child adoption, you can call this info line Mon-Fri  
if interested in adopting a child: **313-3181**

--post-adoption support services  
Note: Referral processes remain the same. Providers can access  
the **Partner Referral Form** (also available on website), or call.

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**Veterans Integration Center (VIC)** call M-F **8-4:30 296-0800**  
**2701 Mulberry SE** (turn south off Gibson, west of University Blvd,  
just east of I-25.); veterans can call or walk in for intake to address  
needs (including housing);  
--Transitional housing for homeless veterans (all genders and can  
be a family)  
--SSVF: rental assistance and Rapid Rehousing for veterans and  
families (best to call first) and other services  
--food pantry Friday 10 am - 1 pm only for veterans and  
widows/widowers of veterans, National Guard and Reserves

### Addiction Recovery Support Groups

**AA**: call (24/7) **266-1900** or Espanol: **266-3688**  
--see [albuquerqueAA.org/meetings](http://albuquerqueAA.org/meetings)  
or walk in at **1921 Alvarado NE (M-F 9-6; Sat/Sun 9-3)**;

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**NA**: **800-798-6649** (24/7) or see website for [Albuquerque NA](http://Albuquerque NA)

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**CA** (Cocaine Anonymous), call **505-569-2740**; or see  
[canminfo.com/](http://canminfo.com/) for meeting schedule;  
Note: Sunday meeting at Salvation Army Citadel, 3-4 pm  
(4301 Bryn Mawr Dr. NE)

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**QUIT NOW New Mexico** (quit nicotine and vaping products)  
Visit website or call **1-800-QUIT-NOW (1-800-784-8669)**

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**SMART Secular Recovery** in-person+online [smartrecovery.org](http://smartrecovery.org)

**Refuge Recovery** (online) [refugerecovery.org](http://refugerecovery.org) (Buddhist inspired)

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**NAMI Albuquerque 256-0288/NAMI New Mexico 260-0154**  
(see description for NAMI Albuquerque in Mental Health  
and/or Substance Use Services section above)

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**Overeaters Anonymous (OA-cnmi.org)** ..... **261-3553**  
**PeopleWorks-NM (peopleworksnm.org)** ..... **990-4186**  
for people who have a gambling problem and/or their family  
--Free—online or in-person (privacy respected)

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**Al-Anon** for family members: **262-2177**

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**Adult Children of Alcoholics (ACA)**—in-person and virtual

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**Parents of Addicted Loved Ones (PAL)** see [PALgroup.org](http://PALgroup.org)  
--virtual meetings only – see website for online meeting times

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

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**Central Desert Behavioral Health Hospital** ..... **243-3387**  
1525 North Renaissance NE (psychiatric inpatient—referrals can  
only be made from an ER after a psych eval there)

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**Haven Behavioral Hospital** ..... **254-4502**  
--Psychiatric inpatient & outpatient services; also SUD (see above  
listing for detailed description)

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**NM Behavioral Healthcare (NMBH)** (call 24/7) ..... **257-5760**  
1801 Randolph SE; website: [nmbehavioralhealthcare.com](http://nmbehavioralhealthcare.com)  
All programs serve adults and adolescents (ages 12+):  
Short-term Inpatient psychiatric hospitalization; PHP; medical  
detox (alcohol and drugs); accepts all insurances

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**New Mexico Wellness** ..... **560-9355**  
4210 Meadowlark Ln SE, Rio Rancho (campus was Felician  
Sisters convent) medical inpatient detox and holistic treatment  
up to 90 days – can self-refer  
Email: [reachout@newmexicowellness.com](mailto:reachout@newmexicowellness.com)  
2<sup>nd</sup> location in Taos, (575) 224-6320

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

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**Turquoise Lodge** (inpatient and outpatient treatment) **841-8978**

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**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 – 3:00**

### Located outside of Albuquerque:

**Carlsbad LifeHouse**, Carlsbad ..... **575-725-5552**  
--medical detox; 28-day adult residential treatment for men,  
women, and women with children (MAT for opioids is not an  
option); Medicaid; Medicare

**Four Corners Detox Recovery Ctr**, Gallup **505-413-3447**, x1  
Inpatient medical detox & 30-day residential treatment program;  
currently only a men's program (Santa Fe Recovery Center is their  
parent organization)  
--Medicaid (or may possibly be covered by a grant)

**Mesilla Valley Hospital**, Las Cruces ..... **800-877-3500**  
Inpatient programs (acute psychiatric and PHP) for adults and for  
youth/adolescents (ages 7-17); also inpatient for dual diagnosis  
(substance use disorder and mental health)

**The Mountain Center Aspen House Women's Recovery** (90 day)  
in Pena Blanca (accept mothers, too) ..... **505-690-0351**  
or email intake@themountaincenter.org

**New Mexico Behavioral Health Institute**, Las Vegas **454-2100**  
(State Owned psychiatric hospital)

**Peak Behavioral Hospital**, Santa Teresa ..... **575-589-3000**  
Crisis stabilization psychiatric hospital for adults and adolescents:  
residential, inpatient, PHP

**Santa Fe Recovery Center** ..... **471-4985**  
--Medical detox (5 days) – alcohol and drugs  
--30-day residential treatment for adults 18+ with substance use  
disorder  
--residential treatment for women with children (age 4 & younger)  
call for intake and to reserve bed

**Zia Recovery Center**, Las Cruces ..... **575-523-0111**  
Residential addiction treatment center (alcohol and drugs);  
Withdrawal Management (not MAT, though can taper off  
Methadone or Suboxone)

### Free Computer Use (and other services)

**Goodwill, 5000 San Mateo NE**  
Free computer use just inside the Opportunity Center:  
--Walk-ins: Monday to Friday, 8:00 am to 4:30 pm  
Also at the Lomas/San Pedro location: **6001 Lomas NE**, Suite R

**Albuquerque Public Libraries**  
see [abqlibrary.org/hours-locations](http://abqlibrary.org/hours-locations) (click on "Branch Map  
Hours" link to see map) – computer use with library card  
(no ID required to get a library card)  
Also note: 3 of the libraries have Community Services  
Coordinators who can offer resource info: Main Library on 6th &  
Copper, the International District Library (on Central west of  
Pennsylvania) and the Central & Unser Library.

**City of Albuquerque Community Centers**  
Free computer use with membership (which is free—can do  
online). For locations and "Get Membership Free" online  
registration tab, go to [cabq.gov/family/crei/community-centers](http://cabq.gov/family/crei/community-centers)  
Note: Summer and after school programs may limit the hours for  
computer use, so call the specific center ahead of time for hours to  
use their computers

**City of Albuquerque Senior and Multigenerational Centers**  
Computer use for individuals who pay the adult membership fee  
(\$20) in person. Membership gives access to all of the senior and  
multigenerational centers (age 50+ for senior centers; all adults for  
multigenerational centers). For locations and info, see  
[cabq.gov/seniors/senior-multigenerational-centers](http://cabq.gov/seniors/senior-multigenerational-centers)

### Pet Resources for Low-Income Individuals and Households

#### Free Pet food

**Storehouse New Mexico**, 106 Broadway SE (& Central)  
--Pet food is given out at Storehouse the **3<sup>rd</sup> Friday of the month,**  
**9 am - 12 pm**  
--Food boxes for people given out **Wed/Fri/Sat, 9-12**

**Animal Humane**, 615 Virginia SE (west of Wyoming)  
Pet food **every Sunday & Thursday, 10-12pm**

Pet food given out by **NM Street Pet Project & CARMA-4 PAWS**  
on the **1<sup>st</sup> Friday of the month, 11 am – 2 pm**, at High Desert  
United Methodist Church, 1201 Golf Course Rd SE, Rio Rancho  
(south of Southern Blvd.)

#### Veterinary Care

**City of ABQ Animal Welfare:**  
EAST: 8920 Lomas NE; WEST: 11800 Sunset Gardens SW  
Contact: EAST **505-768-2000**; WEST **505-768-1975**  
FREE or low-cost spay & neuter. Lottery based. Submit application  
to: [www.cabq.gov/pets/spay-neuter/spay-and-neuter](http://www.cabq.gov/pets/spay-neuter/spay-and-neuter)

**ABQ Spay & Neuter:**  
Low-cost & sliding scale surgical care. Contact: **505-532-3325**.  
Low-cost vaccine clinic (no appointment) every Fri, 10am–2pm

**Animal Humane**, 615 Virginia SE (west of Wyoming)  
--Donor subsidized clinic. Appointment is required (Mon-Thurs).  
Contact: **505-255-5223**.  
--Assistance for non-emergency care: submit form to:  
[Animalhumanenm.org/safety-net](http://Animalhumanenm.org/safety-net)

**BERNCO Animal Care:**  
3001 2<sup>nd</sup> St. NW; contact: **505-314-0281**  
FREE vaccine clinic every other Wed. Appointment required.  
Call to register.

#### Pets allowed and/or sheltered

Co-sheltering: up to 2 pets allowed per resident at **Gateway West  
shelter**

Victims of domestic violence (housed or unhoused) can call the  
**NM Coalition Against Domestic Violence, 505-246-9340**, to  
ask to have your pet safely sheltered.

## Homeless Services

(also see "Drop-In Centers" section)

**ID clinic** to assist unhoused or transitionally housed people to obtain IDs or birth certificates (bring any documentation you have):  
--Every Wednesday at Central United Methodist Church, 201 University NE. (n. of Lomas): 10 am-12 pm  
--2<sup>nd</sup> Thursday of the month (except Oct. 15) at Gibson Gateway Center, 5400 Gibson SE (east of San Mateo), 10 am-12 pm  
Questions? Call 505-226-3143 or cumcidclinic@gmail.com

**APS McKinney-Vento program** for unhoused or unstably housed students or in transitional living (+ pregnant women) **256-8239 x0**

### **Albuquerque Health Care for the Homeless AHCH**

--General phone number is **766-5197**

1217 1<sup>st</sup> St. NW (Mon/Tu/Th/Fri **8:00-4:00**; Wed **8-12**)

**Medical Clinic & Behavioral Health Clinic** (walk-in)

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

**Dental Clinic** (call or walk in for appointment) ..... **242-8288**

**Resource Center/case management** – walk in **7:30 am - 4:00 pm**

--sign in for showers begins at 7:30 am

**ArtStreet** has open studio hours for all on Mon/Tues, **11 am-4 pm**

weekly pottery group Thurs **10-1**; various art media on Fridays

as well as other groups on Tues & Thurs

### **Barrett Foundation**

**Barrett House** (shelter for women & children--boys <18) (not DV)

No walk-ins - call **243-4887** daily 8 am-5 pm (7 days/week);

short wait list -- leave a message with name, phone number &

how many beds needed, then answer phone when they call you

--also, medical respite for women (medical provider referral only)

### **Crossroads for Women** (Mon-Fri, 9 to 5) ..... **242-1010**

**806 Dr. Martin Luther King, Jr. Blvd. NE**

(east side of Elm St. in the former Eye Associates Building)

walk in, call or complete application online

--Phoenix program for women needing resources, peer support, counseling, housing navigation, groups, case management, PSR

--PSR (Psychosocial Services Rehabilitation) offers pro-social supports, community integration, vocational skills

--Transitional living (1 yr) – referral or self-referral -- for women on probation/parole (not women in presentencing)--may be openings

### **First Nations Community Healthsource**

**Zuni Clinic** (medical), 5608 Zuni Road SE ..... **262-2481**

---**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)

**Native American Traditional Wellness**, 634 Manzano NE

--(shares parking lot with Truman Clinic): **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 (8:00 – 9:30 am); Lunch (12 - 1:30 pm)**

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

**Vision Clinic**, 505 Madeira Dr. SE, **944-7397 (M-F 8-5)**

**Good Shepherd Center, 218 Iron SW 243-2527 x100**

**Mon/Tues/Wed/Fri** meal for all (**2-3 pm**); **Sat Lunch: 11:30 - 12**

--Mail service for unhoused people **M-F, 2-3:30 pm** (bring ID)

--Clothing (men only) **Mon/Tues/Wed/Fri, 9-11 am**

--Overnight shelter for men--check in at **5 pm**--line begins 4:30

--**Reentry residential program** (60) days for unhoused men,

apply Monday to Friday, **2-3:00 pm** at **218 Iron SW**

(may be required to have some non-employment income)

--**Fresh Start Substance Use Recovery Program** for men,

**6 month program**--apply Mon to Fri, **9-11 am** at **218 Iron SW**

--Medical respite for men (medical provider referral only)

### **HopeWorks** ..... **242-4399**

**Day Shelter, 1201 3<sup>rd</sup> St. NW**, open **Mon-Fri, 7 am – 3 pm**

Meal **10 am - 12 pm**; phone use, showers (**8 am – 12 pm**);

Clothing **8 am – 12 pm**; mail & long-term storage **12 - 2 pm**

Client advocate **8:30-11:30 am Mon, Wed, Fri**: help with IDs,

Medicaid, SNAP; referrals; housing & shelter navigation;

referrals to HopeWorks Behavioral Health program

Note: Client Advocate days & hours will increase this Spring

### **New Day Youth Drop-In Center** for ages **16-22 717-8371**

**142 Truman St. NE** (north of Central) -- **Tues-Fri 9:30 am - 5 pm**

### **The Harbour**--a **NM Dream Center** drop-in for ages **14-21**

**126 General Chennault NE, Wed to Fri 2-8 pm** ..... **900-3833**

### **The Rock at Noon Day, 2400 2<sup>nd</sup> St. NW**

(north of I-40/south of Menaul)

Hours: Tues-Fri **9am–1pm**; Breakfast **9-9:30**, Lunch **12-12:30**;

Showers **9:00-10:30 am**; clothing **9–11 am**; Mail **9–1:00 pm**

Laundry Service first come, first served, beginning **9 am**;

Weekend hours: **9 am–1 pm** (meals only):

--every Saturday and Sunday: Lunch at **12 pm**;

--2<sup>nd</sup> & 4<sup>th</sup> Saturdays: Breakfast **9 am** & Lunch **12 pm**

### **Steelbridge** ..... **346-4673**

**12-mo residential programs** for men and women (Bible-based)

**214 Coal SW** – can apply online: [mysteelbridge.org/apply](http://mysteelbridge.org/apply) or

call **Mon-Fri 8 am – 4 pm**, or walk in & ask for a paper application

### **Veterans Integration Center (VIC) M-F 8-4:30 296-0800**

**2701 Mulberry SE** (turn south off Gibson, west of University Blvd, just east of I-25,); veterans can call or walk in for intake to address needs (including housing);

--Transitional housing for homeless veterans (all genders and can be a family)

--SSVF: rental assistance and Rapid Rehousing for veterans and families (best to call first) and other services

--food pantry Friday 10 am - 1 pm only for veterans and

widows/widowers of veterans, National Guard and Reserves

### **God's Warehouse** will be moving to a new location

**Heading Home**- see Overnight Shelters--AOC men's shelter and medical respite for men (if referred by medical provider)

**NOTE:** The **Albuquerque Indian Center** has closed down

## OVERNIGHT SHELTERS for Unhoused

### Gateway West (west side emergency shelter/CPLC)

for adult individuals and couples (no families), up to 2 pets;  
Open 24/7 (3 meals/day); bus leaves from **6 to 8 am** to drop off

#### Bus Pickup sites for individual adults (& pets):

**1<sup>st</sup> St NW @, Indian School:** 7 days/wk hourly pickups 3-7 pm  
**HopeWorks,** 1201 3<sup>rd</sup> St. NW (**3:15** pm Mon-Fri);  
**First Nations,** 5608 Zuni SE (on Palomas) (**6:30** pm 7 days/wk)

**Family Housing Navigation Center/YDI:** – no self-referrals;  
to refer a homeless family (1 or 2 parent), use the online referral  
form at [gatewayservicescabq.com](http://gatewayservicescabq.com)

**Gateway Center** – no self-referrals; separate 90 day programs for  
men and women; to refer an individual adult, use an online referral  
form at [gatewayservicescabq.com](http://gatewayservicescabq.com) (separate referrals for women  
and men).

**Young Adult Housing Navigation Campus ([Gateway Young Adult](http://Gateway Young Adult))** is a transitional (90-day) program for adults ages 18-25.  
The online referral form is posted on [gatewayservicescabq.com](http://gatewayservicescabq.com)  
(No self-referral)

**AOC Men's Shelter/Heading Home** ..... **344-4340**  
Located at **715 Candelaria NE**, but **no walk-ins**  
Best time to call to ask for a bed is 8 am, 7 days/wk  
--medical respite for men (medical provider referral only)

**Good Shepherd Center (men) 218 Iron SW**  
--Overnight shelter 7 nights, check in at **5 pm**—line begins at **4:30**  
--**Reentry residential program** (60) days for unhoused men,  
apply Monday to Friday, **2-3 pm** at **218 Iron SW**  
(may be required to have some non-employment income)  
--**Fresh Start Substance Use Recovery Program** for men,  
6 month program--apply Mon to Fri, **9-11 am** at **218 Iron SW**  
--Medical respite for men (medical provider referral only)

**Barrett House** (shelter for women & children--boys <18) (**not DV**)  
No walk-ins - call **243-4887** daily 8 am-5 pm (7 days/week);  
short wait list -- leave a message with name, phone number &  
how many beds needed, then answer phone when they call you  
--also, medical respite for women (medical provider referral only)

**Joy Junction** (women & families (1 or 2 parent), limited # of men)  
--4500 2<sup>nd</sup> St. SW (call first—you can call 24/7 and they will run  
a criminal background check) ..... **877-6967**

#### Youth Shelters (also see "Drop-In Centers")

**Amistad Shelter**, ages **12–17** (24 hours 7 days/wk) **877-0371**  
--YDI's crisis youth shelter (short-term, 14-30 days)

**New Day Safe Home Shelter**, ages **11–17** (24/7) .... **938-1060**  
--Basic needs, stability & goal planning, connection to resources

**Casa Q** (24/7 for LGBTQ+ youth ages **14-17**) ..... **872-2099**  
--Shelter and Transitional Living Program (TLP)  
See [referral page](#) and email form to [referral@casaq.org](mailto:referral@casaq.org)

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--**Human trafficking hotline ([NM Dream Center](#))**--all ages  
**505-504-1301** (24/7 call or text)

## 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**

## Pet Resources for Unhoused Persons

(Also see "Pet Resources for Low Income" section on p. 14)

**Storehouse New Mexico**, 106 Broadway SE (& Central)  
Food boxes **Wed/Fri/Sat 9-12** ..... **842-6491**  
**NM Street Pet Project @ Storehouse:**

--**Free vaccination & microchip clinic** for unhoused persons'  
pets will be held only the 3<sup>rd</sup> Saturday of March, April, Sept. and  
October (9-12 at Storehouse)  
--Pet food is given out at Storehouse the **3<sup>rd</sup> Friday of the month,**  
**9 am to 12 pm**

--Food boxes for people are given out **Wed/Fri/Sat, 9-12**

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**Gateway West shelter:** up to 2 pets allowed per resident

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Victims of domestic violence (housed or unhoused) can call the  
**NM Coalition Against Domestic Violence, 505-246-9340**, to  
ask to have your pet safely sheltered.

## Some options for phones (free or low cost)

--[textnow.com](http://textnow.com) offers free talk and text if you have access to Wi-Fi  
--**Lifeline program: Assurance Wireless** offers free service or  
**\$10/year** for unlimited text/internet if you have your own  
smart phone: [assurancewireless.com](http://assurancewireless.com) or **888-321-5880**  
--You can set up a free **Google Voice** phone number once you  
have a gmail address. (See YouTube for instruction videos)

## Albuquerque Job Corps for ages 16-24

This is a 2 year trade and career preparation school with many  
options:

--if needed, can get High School diploma or GED  
--can board for free on campus (meals provided) or live off campus  
--no felonies and no current involvement with the justice system  
--drug tests assure sober campus (including no marijuana).

Apply online or refer someone: [albuquerque.jobcorps.gov](http://albuquerque.jobcorps.gov)

Applications processed weekly year round.

Questions? Call **505-346-2562, ext. 1** (M-F 8 to 5)

(Do not call the 800- number on website--it is a national number)

**Outreach Court** for homeless or unstably housed adults with  
misdemeanor charges and/or warrants – **must be** referred by a  
staff member or volunteer who will submit an advocacy letter and  
will start the referral with the online referral form (click on "Forms"):  
[metro.nmcourts.gov/services-programs/outreach-court/](http://metro.nmcourts.gov/services-programs/outreach-court/)  
Questions? Call **841-8142**