

Out on My Own

A project of the Youth Transitioning Workgroup of Cochise, Graham, Greenlee, and Santa Cruz Counties.

Budgeting Information: Learn how here: <http://www.nolo.com/legal-encyclopedia/article-29781.html> or here: <http://www.thedigeratolife.com/blog/index.php/2009/02/03/how-to-make-a-budget-steps-ynab-you-need-a-budget/>

Transportation: Public transportation might be an option. Learn more here, or contact your local public transportation office. <http://www.publictransportation.org/systems/state.asp?state=AZ>

Education Counseling: Your high school or college will have a program to help you. Just ask. If not, get them to start one!

University of Arizona South:
<http://www.uas.arizona.edu/>

Cochise College: <http://www.cochise.edu/>
Eastern Arizona College:
<http://www.insidecollege.com/reno/Eastern-Arizona-College--Graham-County-Community-College-District/3300051/school.do?itemId=24233>

Free scholarship information: Don't be fooled. Many websites say free, but charge a fee. This one does NOT. www.fastweb.com

Be sure to ask the college you want to attend for a list of scholarships they offer!

Federal Student aid: Student loans may seem like free money, but must be paid back. Research before you borrow! This website is for applying for Pell Grants as well as student loans.

www.federalstudentaid.ed.gov or ask your high school or college counseling office.

Free Online Tutoring: This website is free to access even if you do not live in Safford. All levels of help available www.saffordlibrary.org then click on tutor.com.

Parenting Skills: For of Graham, Greenlee, Cochise, and Santa Cruz Counties: www.arizonaschildren.org/preventionprograms.htm Graham County:

www.saffordlibrary.org/plan.php
http://www.easterseals.com/site/PageServer?pageName=AZTU_children_family_services&printer_friendly=1

Life Skills: These skills are not automatic, like cleaning, shopping and meal planning. They can be learned. Here is information for foster care youth in Cochise, Graham, Greenlee, and Cochise County: http://www.fosteryouth411.org/index.php?option=com_content&view=article&id=42

Or <http://www.caseylifeskills.org>
Checking Account: Learn all about the rights and responsibilities in owning a checking account. You can ask at the bank or credit union or look here: http://www.ehow.com/how_2814_open-bank-account.html

Legal Information: Know where to get help for any number of things legal. <http://www.sazlegalaid.org/http://www.lawforkids.org>

Landlord/Tenant laws and handbooks:
<http://www.supreme.state.az.us/info/brochures/landlord.htm>
<http://www.azlawhelp.org/viewresults.cfm?mc=3&sc=24>
http://www.azag.gov/civil_rights/TenantRightsResponsibilities.pdf

Always call the agencies to find out their hours of operation and if you need an appointment.

Resume and interviewing skills: The better your resume and you look (present), the better the chances of getting that job! Don't leave it to chance. Check out: <https://www.azdes.gov/wia/>

Cochise County Resources:
<http://www.docstoc.com/docs/6759789/Resume-Writing-az>

Santa Cruz County Resources:
<http://nogales-santacruz.lib.az.us/>
Graham County:

http://www.jobbankusa.com/jobs/arizona_az/job_employment_government.html

Greenlee County:
http://www.jobbankusa.com/jobs/arizona_az/job_employment_government.html

Career Interest/Abilities Inventories:
Don't know what you want to do for a living? Check out this website to find an office near you! <https://www.azdes.gov/wia/> to find information about your local Workforce Investment Act office.

Also ask your high school or College for help.

Vocational Rehabilitation: See your local DES office for more information.

Birth Certificate: If you were born in Arizona, you can get a copy of your birth certificate at any county health department in the State of Arizona. There is a cost. Your local health department may also be

able to help.

You can also go to the Office of Vital Statistics in the state you were born to order while on line. You will need a debit or credit card.

Driver's License/State ID: These can be obtained at any state Department of Motor Vehicle Office. You must be able to present two forms of identification. Accepted proof of id can be found at www.mvd.azdot.gov.

Social Security Card: You will need to prove you are who you say you are. If you have never had a Social Security Card go in person, to the nearest Social Security Office. All applications can be found on line, and should be filled out before going to the office. www.ssa.gov. Replacements can be done on line.

Register to vote You must be 18 or older, have ID, and no felony conviction, unless your rights have been restored.

Online:

www.azsos.gov/election/How_to_register

By Mail: Request an Arizona Voter Registration form from the County Recorder in the county where you are a legal resident.

In Person: Visit the County Recorder in the county you are a legal resident and complete an Arizona Voter Registration form.

Selective Service: Men ages 18-25. Can be done on line www.sss.gov Arizona requires registration as a condition for state financial aid for school as well as a precondition for state employment. Arizona men, 18-25, must register to get a driver's license.

Food Stamps/DES: Apply for food stamps and other DES benefits on line! Don't forget Voc Rehab. https://www.azdes.gov/common.aspx?menu=108&menu_c=162&id=1712

Food boxes. Most DES offices have a list of organizations that provide food boxes, when, and where commodities are distributed. <http://communityfoodbank.com/> Click on *Food Box Distribution Sites*, then at bottom of page, *Pantry Directory for Graham, Greenlee, Santa Cruz and Cochise Counties*.

Medical Records: how to obtain your records on line or ask your doctor: <http://patients.about.com/od/yourmedicalrecords/a/getmedrecords.htm>.

Family Medical History: Family medical history can tell you what to look for with your own health! Here is a website: <http://www.mayoclinic.com/health/medical-history/HQ01707>

Medical Help: Chiricahua Community Health Centers 520-515-0140 www.cchci.org

Birth Control:

Cochise County Health Department.

www.cochise.az.gov

Graham County Health Department:

http://www.graham.az.gov/Graham_CMS/PublicHealth.aspx?id=2824

Greenlee County Health Dept:

<http://www.co.greenlee.az.us/health/nursing.aspx>

Santa Cruz Health Department:

<http://www.santacruzhealth.org/scip/archive.htm>

Planned Parenthood of Arizona:

<http://www.plannedparenthood.org/ppaz/>

Crisis Help: For all of Graham, Greenlee, Cochise, and Santa Cruz Counties:

Open Inn 1-877-456-8336 (Up to age 18 but they will find you help even if you are over 18!)

SEABHS 1-800-586-9161

Suicide Prevention: SEABHS 1-800-586-9161

Community Support Groups: (Not all are about drugs and alcohol!)

Cochise County AA: <http://www.aa-cochisecounty.org/CPC.aspx> (520) 459-0031

Other Cochise County Support Groups: <http://www.seago.org/aaa/pdfs/2008/CochiseWellnessDirect908.pdf>

Santa Cruz County Resources: <http://shopnogales.com/non-profit%20agency%20listings.htm>

For all of Graham, Greenlee, Santa Cruz and Cochise Counties:

http://www.infoseaz.org/documents/SupportGroups4Counties111708_000.pdf More AA info:

<http://www.usrecovery.info/AA/Arizona.htm>

NA Info: <http://www.arizona-na.org/>

Homeless Shelters: Website

For all of Arizona:

<http://www.homelessshelterdirectory.org/arizona.html>

Arizona Department of Housing Website: <http://www.homelessshelterdirectory.org/arizona.html>

Domestic Violence Shelters: Graham, Greenlee, Cochise, and Santa Cruz Counties:

<http://www.azcaa.org/pdf/English%20PIG/17-20.pdf>

<http://www.americanhumane.org/human-animal-bond/programs/pets-and-womens-shelters/domestic-family-violence-shelters.html>