

## **Resource List Zones 1-4**

### **Mental Health**

A Child's Voice, [www.acvnm.org](http://www.acvnm.org), 505-916-2007

- 5201 Venice Ave. NE Suite A, 87113
- 2440 Louisiana NE Suite 300, 87110
- 500 NE Unser Blvd NE, Rio Rancho, 87124

Age to Age Counseling, 5916 Anaheim Ave. NE, 87113, [www.agetooage.net](http://www.agetooage.net) 505-291-6314

Albuquerque Psychiatry and Psychology, 4308 Carlisle Blvd. NE Suite 210 87107, [www.appnewmexico.com](http://www.appnewmexico.com), 505-247-1921 (group practice that specialize in a variety of areas. Bilingual therapists available.)

Alexander J. Paret & Associates, 500 Marquette Ave NW Suite 1200 87102, [www.paretandassociates.com](http://www.paretandassociates.com), 505-340-6400

All Faith's, 1709 Moon St. NE, 87112, [allfaiths@allfaiths.org](mailto:allfaiths@allfaiths.org), 505-271-0329

Attachment Healing Center, 1025 Hermosa Dr. SE, 87108, <https://www.attachmenthealingcenter.com/> 505-237-0061

Autism Learning Partners, 3311 Candelaria Rd. NE 87110, [www.autismlearningpartners.com](http://www.autismlearningpartners.com), 855-295-3276

Awake and Aware, 10555 Montgomery Blvd. NE Bldg 2, 87111, 505-503-7946, [www.awakeawareabq.com](http://www.awakeawareabq.com)

Breaking the Silence, [breakingthesilence.org.il](http://breakingthesilence.org.il), [info@breakingthesilence.org.il](mailto:info@breakingthesilence.org.il)

Bridges, Inc. - Success with Autism, 9019 Washington St. NE Building A 87113,

[www.bridgesinc.info](http://www.bridgesinc.info), 505-856-6880

Centro Savila, 1317 Isleta Blvd. SW, <https://www.centrosavila.org/> 505-312-7296

Centro Savila, 7401 Copper Ave. NE, <https://www.centrosavila.org/> 505-312-7296

Children's Grief Center, 3001 Trellis Dr. NW 87107, [info@childrensgrief.org](mailto:info@childrensgrief.org), 505-323-0478

Children's Treatment Center, 6611 Gulton Ct. NE 87109, 505-296-3965

Christopher Alexander, Ph.D, 2320 Grande Blvd SE Suite C, Rio Rancho 87124, [www.alexanderphd.com](http://www.alexanderphd.com), 505-898-1117

Circle of Life Behavioral Health Network, 2201 San Pedro Dr. NE Bldg 1 Suite 220 87110, 505-830-3153 (assisting the Native American community)

Community Lighthouse, 3301-B Candelaria Rd. NE, 87107, <http://www.thecommunitylighthouse.com/>, 505-273-6300

Cottonwood Counseling, 6330 Riverside Plaza Lane NW Suite 260 87120, [www.cottonwood-counseling.com](http://www.cottonwood-counseling.com), 505-226-2839

Counseling & Psychotherapy Institute, 803 Tijeras Ave. NW, 87102, 505-243-2223

Elevation Counseling, 6612 Gulton Ct. NE, 87109; <https://www.elevationcounseling.com/> 505-888-1686

Enhancement Center Behavioral Health, [www.abqmentalhealth.com](http://www.abqmentalhealth.com), 505-891-1583 network of mental health providers in multiple locations throughout ABQ, Corrales & Rio Rancho

Engender, Inc., 2632 Pennsylvania St NE, Suite E, 87110; <https://engenderwellness.com/>; 505-242-4400

The Evolution Group, 218 Broadway Blvd. SE, 87102; email: [info@theevolutiongroup.com](mailto:info@theevolutiongroup.com); <http://www.theevolutiongroup.com/>; 505-242-6988 ext. 129

Family Workshop, 7027 Montgomery NE #F, 87109, fshopweb@aol.com, <http://www.familyworkshopcounseling.com/home.html>, 505-880-0100

Family Workshop, 2218 Southern Blvd. #14, Rio Rancho 87124, [www.familyworkshopcounseling.com](http://www.familyworkshopcounseling.com), 505-994-0161

First Nations Community Healthsource Zuni, 5608 Zuni Rd. SE, 87108, 505-262-2481

First Nations Community Healthsource Truman, 625 Truman St. NE, 87110, 505-248-2990

Grief Resource Center, 1113 University Blvd. NE, 87102, <https://griefnm.org/>, 505-842-7166

Healthy Families, 1805 Carlisle Blvd. NE, 87110; 1709 Girard Blvd. NE, 87106 <https://www.healthyfamiliesabq.com/> 505-842-9911

Holistic Mental and Physical Health, 2601 Wyoming Blvd. NE, 87112, <http://albuquerquementalhealth.org/index.html> 505-503-0272

The Manzanita Counseling Center, The University of New Mexico Manzanita Hall; (Free service; will only see children individually 11 years+) <https://coe.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html>; 505-277-731

NM Solutions <http://www.newmexicosolutions.com/contact/>

- 707 Broadway NE, Suite 500, 87102; 505-268-0701
- 2551 Coors Blvd NW, 87120; 505-833-2300

Open Skies Healthcare, Bernalillo County, 707 Broadway Blvd. NE #401, 87107, email: [info@openskieshealthcare.org](mailto:info@openskieshealthcare.org), 505-342-5454 <http://www.openskieshealthcare.org/>

Open Skies Healthcare - Sandoval County, 2600 American Rd. SE Suite 216, Rio Rancho 87124, [www.openskieshealthcare.org](http://www.openskieshealthcare.org), 505-891-9797

Outcomes Inc., 1503 University Blvd. NE, 87102, <https://outcomesnm.org>, 505-243-2551

People Works NM, 1005 21<sup>st</sup> St. NE #B, RR, 87124, [peopleworksnm@gmail.com](mailto:peopleworksnm@gmail.com), 505-990-4186

Perfectly Imperfect/Tree Frogs, 146/148 Quincy St. NE, 87108, [dominiccagliostro@perfectlyimperfectnm.com](mailto:dominiccagliostro@perfectlyimperfectnm.com), 505-550-1306

Pinwheel Healing Center, 1424 Deborah Rd. Suite 205, Rio Rancho 87124, [www.pinwheelhealing.com](http://www.pinwheelhealing.com) (limited availability, current waitlist), 505-750-4855

Raven Counseling & Wellness, 10511 Golf Course Rd NW Suite 102, 87114, [www.ravencounseling.com](http://www.ravencounseling.com), 505-508-0808

Red Mountain Family Service (Treatment Foster Care Services), 2001 Spring Dr. SE, Rio Rancho, 87124, [www.redmountainfamilyservices.com](http://www.redmountainfamilyservices.com), 505-994-0364

Rio Grande Counseling and Guidance Services, 1010 Las Lomas NE, Suite 4, 87102; <http://riograndecgs.com/>; 505-246-8700

Sage Neuroscience Center, 7850 Jefferson St. NE Ste 300, 87109; [www.sageclinic.org](http://www.sageclinic.org); 505-884-1114

Share NM Resource Directory, [sharenm.org/nm-resources](http://sharenm.org/nm-resources)

Small Steps Child Counseling, 707 Broadway Blvd. NE #103, 87102, [julie@smallstepscounseling.net](mailto:julie@smallstepscounseling.net), <http://smallstepscounseling.com/>, 505-933-4639

Southwest Family Guidance Center & Institute <https://swfamily.com/>

- Albuquerque Main Office, 2221 Rio Grande Blvd. NW, 87104; 505-830-1871
- Albuquerque Old Town Office, 901 Rio Grande Blvd. NW, Suite G-250, 87104; 505-830-1871
- Albuquerque East Office, 2612 Texas St. NE, 87110; 505-830-1871
- Corrales Office, 2469 Corrales Road NW, Suite F; Corrales, 87048; 505-830-1871

Streetwise Inc., 3232 Candelaria Rd. NE, 87107, 505-323-3785

The Family Connection, 2441 Cabezon Blvd SE, Rio Rancho 87124,  
[www.nmfamilyconnection.com](http://www.nmfamilyconnection.com), 505-717-1155

The Treehouse, 3805 Atrisco Rd. NW, Suite C., 87120, <https://www.treehousenm.com>,  
505-750-3233

UNM Children's Psychiatric Center, 1001 Yale Blvd NE. 87131, 505-272-2890

UNM Psychiatric Emergency Services (Adults), 2600 Marble Ave. NE 87106 505-272-2800 or  
505-272-2920

YDI Prevention, Intervention & Treatment, 6301 Central Ave. NW, 87105, [pit@ydinm.org](mailto:pit@ydinm.org),  
505-352-3444

### **Inpatient**

Mesilla Valley Hospital, 3751 Del Rey Blvd., Las Cruces 88012; 575-382-3500; No-cost  
assessment 800-877-3500; [www.mesillavalleyhospital.com/programs-and-services/adolescents/](http://www.mesillavalleyhospital.com/programs-and-services/adolescents/)

Peak Behavioral Health, 5055 NcNutt Rd., Santa Teresa 88008; 575-589-3000; Free  
confidential assessment: 575-268-2017; <https://www.peakbehavioral.com/>

Presbyterian Kaseman Hospital, 8300 Constitution Ave. NE, 87110; 505-291-2540, [https://  
kaseman-hospital.phs.org/services/Pages/clinics.aspx](https://kaseman-hospital.phs.org/services/Pages/clinics.aspx)

### **Health**

Casa De Salud, 1608 Isleta Blvd. SW, 87105, <https://www.casadesaludnm.org/>, 505-907-8311

First Choice Community Healthcare, <http://www.fcch.com/>

- Alameda Health Center, 7704-A 2nd St. NW 87107, 505-890-1458
- Alamosa Health Center, 6900 Gonzales Rd. NW 87121, 505-831-2534
- North Valley Health Center, 1231 Candelaria NE 87107, 505-345-3244.
- Rio Grande High School SBHC, 2300 Arenal Rd SW 87105, 505-873-0220 ext. 50086
- South Broadway Health Center, 1401 William St. SE 87102, 505-768-5450
- South Valley Health Center, 2001 N. Centro Familiar, SW, 87105, 505-873-7400

First Nations Community Healthsource Zuni, 5608 Zuni Rd. SE, 87108, 505-262-2481

First Nations Community Healthsource Truman, 625 Truman St. NE, 87110, 505-248-2990

Medicaid Enrollment Program at APS, Brian Bolding - 505-855-5261 or Christina Almanza - 505-855-9820

NM Department of Health Midtown, 2400 Wellesley Dr. NE, 87107, 505-841-4100

NM Department of Health NE, 8120 La Mirada NE, 87109, 505-332-4850

NM Department of Health NW, 7704 2<sup>nd</sup> St. NW, 87107, 505-222-6500

NM Department of Health South Valley, 2001 El Centro Familiar SW, 87105, 505-873-7477

NM Department of Health SE, 7525 Zuni SE, 87108, 505-841-8928

NM Department of Health Taylor Ranch, 6911 Taylor Ranch Rd. #C12 NW, 87120, 505-899-8574

Share NM Resource Directory, [sharenm.org/nm-resources](http://sharenm.org/nm-resources)

## Crisis

Agora Crisis Center, UNM 1; MSC 02 1675 87131, 505-277-3013 or 855-505-4505, <http://>

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

Albuquerque Family Advocacy Center, 625 Silver SW, 87105, 505-243-2333

Barrett Foundation Women and Children, 10300 Constitution Ave. NE, 87112,  
receptionist@barrettfoundation.org, 505-246-9244, 505-243-4887

Domestic Violence Resource Center, 625 Silver SW, Suite 185, 87102, [www.dvrcnm.org](http://www.dvrcnm.org) Main  
505-843-9123 or Helpline 505-248-3165

National Center for Missing & Exploited Children, 800-843-5678, [http://  
www.missingkids.com/](http://www.missingkids.com/)

National Domestic Violence Hotline, [www.thehotline.org](http://www.thehotline.org), 800-799-7233 (SAFE)

National Suicide Prevention Lifeline, 800-273-8255, <https://suicidepreventionlifeline.org/>

NM Coalition Against Domestic Violence, 2340 Alamo Ave. SE #120, 87106,  
info@nmcadv.org, 505-246-9240

New Mexico Crisis and Access Line, 855-662-7474 Open 24/7/365, [www.nmcrisisline.com](http://www.nmcrisisline.com) or  
Peer to Peer Warmline for calls or text to connect to a peer 855-466-7100 Calls  
3:30pm-11:30pm or Text 6pm-11pm

New Day Youth and Family Services, [info@ndnm.org](mailto:info@ndnm.org), 505-260-9912

Rape Crisis Center of Central NM, 9741 Candelaria Rd. NE, 87112, [info@rapecrisiscnm.org](mailto:info@rapecrisiscnm.org),  
505-266-7711

S.A.F.E. House Shelter and Family Empowerment, PO Box 25363, 87125,  
info@safehousenm.org, 505-247-4219

SANE Sexual Assault, 625 Silver SW, 87102, info@abqsane.org, 505-883-8720

Share NM Resource Directory, [sharenm.org/nm-resources](http://sharenm.org/nm-resources)

YDI Independent Futures Youth Transitional Services, 505-212-7405, <http://www.ydinm.org/independent-futures-1.aspx> (outpatient transitional living services)

## **LGBTQ+**

Casa Q, PO Box 36168, 87176, 505-565-5810

Engender, Inc., 2632 Pennsylvania St NE, Suite E, 87110; 505-242-4400; <https://engenderwellness.com/>

Equality NM, 400 Gold Ave. SW, Floor 7, 87102, info@eqnm.org, 505-224-2766

PFLAG, 136 Washington St. SE, Suite E, 87108, 505-873-7373

Transgender Resource Center NM, 149 Jackson St. NE, 87108, 505-200-9086

## **Tutoring**

A+ Academic Coaching, 2500 Louisiana Blvd. NE #305, 87110, arlene@apluscoaching.com, 505-888-7643

Club Z In-Home Tutoring Services, [www.clubztutoring.com/albuquerque](http://www.clubztutoring.com/albuquerque), 505-313-0073

Huntington Learning Center, 8201 Golf Course Road NW, 87120, 505-897-9100

Kumon Tutoring, 5850 Eubank Blvd. NE, 87111, 505-250-0621



Oasis Lifelong Adventure Tutoring, 3301 Menaul Blvd. NE #18, 87107,  
OasisAbq@oasisnet.org, 505-884-4529

Sylvan Learning Center East, 10555 Montgomery Blvd. NE, #70, 87111, 505-404-9332

Sylvan Learning Center West, 10200 Golf Course Rd. NW, Suite G, 87114, 505-545-8361

The Tutor Doctor, info@tutordoctor.com, 505-384-6110

YDI Education, Employment and Training, 6306 Central Ave. NW, 87105, <http://www.ydinm.org/education-employment-and-training.aspx>, 505-352-3469

### **Food/Shelters/Housing/Utilities**

Albuquerque Housing Authority, 1840 University Blvd. SE, 87106, mpetroff@abqha.org,  
505-764-3920

Assistance League Albuquerque, 5211 Lomas NE, 87110, [www.assistanceleagueabq.org](http://www.assistanceleagueabq.org)  
505-226-0367

Good Shepherd Homeless Center, 218 Iron Ave. SW, 87102, 505243-2527

Hope Works/St. Marten's Hospitality Center, 1201 3rd St. NW, 87102, 505-843-9405

Human Services Department Income Support Field offices (SNAP - Supplemental Nutrition Assistance Program), [www.hsd.state.nm.us](http://www.hsd.state.nm.us), 800-432-6217 or contact specific ISD Field Office

- Living in the NW part of the county/city - 1041 Lamberton Pl. NE 87110, 505-222-9200
- Living in the SW part of the county/city - 3280 Bridge Blvd. SW 87121, 505-841-2300
- Living in the SE part of the county/city - 1711 Randolph Rd. SE 87106, 505-383-2600
- Living in the NE part of the county/city - 4330 Cutler Ave. NE 87110, 505-222-9200

Joy Junction Shelter, 4500 2nd St. SW, 87105, info@joyjunction.org, 505-877-6967

LIHEAP (Low-Income Home Energy Assistance Program), [www.hsd.state.nm.us](http://www.hsd.state.nm.us),  
800-283-4465

NM Beds 4 Kidz, PO Box 7311, 87194, upb4soncontact@gmail.com,

Rio Grande Food Project, 600 Coors Blvd. NW, 87121, rgfp@rgfp.org, 505-831-3778

Roadrunner Food Bank Resource List (mobile food pantry information included),  
info@rrfb.org, 505-349-5340/505-247-2052

Safelink (free cell phones), [www.safelinkwireless.com](http://www.safelinkwireless.com), 800-723-3546

Share NM Resource Directory, [sharenm.org/nm-resources](http://sharenm.org/nm-resources)

Society of St. Vincent de Paul, 4120 Menaul Blvd. NE 87110, 505-346-1504

The Rock at Noonday Meals, 2400 Second St. NW, 87102, 505-246-8001

The Salvation Army, 411 Broadway Blvd SW 87102, [www.salvationarmyalbuquerque.org](http://www.salvationarmyalbuquerque.org),  
505-872-1171

The Storehouse Food, 106 Broadway Blvd. SE, 87102, info@storehousenm.org, 505-842-6491

The Storehouse West, 1030-F Veranda Dr. SE, Rio Rancho, NM 87124, storehousewest.org,  
505-892-2077

Women's Housing Coalition, [angieludi@yahoo.com](mailto:angieludi@yahoo.com), 505-884-8856

## **Legal**

New Mexico Legal Aid, 301 Gold Ave. SE 87102, 833-545-4357 (intake line M-Thurs.  
10am-4pm), 866-416-1922 (business line), <https://www.newmexicolegalaid.org/>

Pegasus Legal Services for Children, 3201 4th St. NW 87107, 505-244-1101,  
[www.pegasuslaw.org](http://www.pegasuslaw.org)

## **Other**

Catholic Charities of New Mexico, 505-724-4670 - Offers a wide range of services including housing/rental assistance, immigration and citizenship legal services, educational opportunities and refugee support. <http://www.ccasnm.org/>

City of Albuquerque, call 311 or online list of resources, <http://www.cabq.gov/help>, <http://www.cabq.gov/help/documents/abq-resource-card.pdf/view>

Explorabilities, 5006 Copper NE, 87108; 505-268-7988; email:  
[info@explorabilitiestherapy.com](mailto:info@explorabilitiestherapy.com); <http://www.explorabilitiestherapy.com/>

Healthy Families, 1805 Carlisle Blvd. NE, 87110; 505-842-9911 - Parenting Groups; Mindy Cancer Program <https://www.healthyfamiliesabq.com/>

Indigo Therapy Services, Inc., 6817 Academy Parkway West NE, 87109; 505-508-0505; email:  
[itsikids@comcast.net](mailto:itsikids@comcast.net); <https://www.indigotherapyservices.com/default.html>

KidPower Therapy Associates, P.C., 3530 Pan American Freeway NE, Suite D, 87107;  
505-888-4469; email: [kidpower@spinn.net](mailto:kidpower@spinn.net); <http://www.kidpowertherapyassociates.com/home.html>

La Plazita Institute, 831 Isleta Blvd. SW, 87105, 505-508-1802 – Youth support programs

PB&J Family Services, 1101 Lopez Rd. SW 87105, [www.pbjfamilyservices.org](http://www.pbjfamilyservices.org), 505-877-7060  
(Therapeutic Parenting Program and Child Development Centers/Early Intervention Services, Family Infant & Toddler Programs)

United Way 211, call 211 or <https://uwcnm.org/211>

UNM Addiction and Substance Abuse Program (ASAP) for adults, 2600 Yale Blvd, SE 87106,

505-994-7999