



Sunday Meals distributed
on Saturdays at all Locations

FREE MEALS For Kids & Teens



Monday- Saturday 8:00am-11:00am

Arizona Desert Elementary School

8803 W. Van Buren St, Tolleson, AZ 85353

Porfirio H. Gonzales Elementary School

9401 W. Garfield St, Tolleson, AZ 85353

Tolleson Garden Apartments

900 N. 95th Ave. Tolleson AZ 85353

Sundancer Apartments

400 N. 96th Ave. Tolleson AZ 85353

Copper Cove Apartments

101 N. 91st Ave. Tolleson, AZ 85353

Monday-Saturday 9:30am-10:30am

Sheely Farms Elementary

9450 W. Encanto Blvd, Phoenix, AZ 85353

Desert Oasis Elementary School

8802 W. McDowell Rd. Phoenix, AZ 85353

Red Hawk Apartments

9330 W. McDowell Rd. Phoenix AZ 85037

San Lucas Apartments

8701 W. Van Buren St. Tolleson AZ 85353

Del Mar Apartments

8550 W. McDowell Rd. Phoenix AZ 85037

Monday-Saturday 9:00am-11:00am

Street Drop Off

Porfirio H. Gonzales School Area

Latham and 91st Ave. by Stegel Suites

Monday-Saturday 8:30am-9:30am

Street Drop Off

Sheely Farms School Area

Encanto Blvd. and Monte Vista Rd. Phoenix 85037

Encanto and Hubble St. Phoenix AZ 85037

Monday-Saturday 8:30am-9:45am

Drive Up- Pick Up

- *Meals are free for 18 and under.
- * Children **do** need to be present
- * Children/families do not have to be part Tolleson Elementary Schools to participate.
- * Drive up line will be in front of schools.
- *We will provide with Breakfast and Lunch at the same time.
- Times and date are subject to change*

- * *Las comidas son gratis para menores de 18 años.*
- * *Los niños si necesitan estar presentes*
- * *Los niños / familias no tienen que ser parte del Distrito de Primarias de Tolleson*
- * *La línea de conducción estará enfrente de las escuelas.*
- * *Proporcionaremos desayuno y almuerzo al mismo tiempo. Las horas y la fecha están sujetas a cambios.*

This institution is an equal opportunity provider



Where do I go if I need...

Food

TUHSD MEAL SERVICES- Wednesday, March 25, Tolleson Union High School District students can pick up a Meal Pack at the high school where they are currently enrolled. Meal Packs will be distributed from 4:00 p.m. to 6:00 p.m. Please note meal service process will change after this week. Beginning **Monday, March 30,** Tolleson Union High School District students can receive a 5-day Meal Pack for the week. Monday Meal Packs will include breakfast and lunch for 5 days for Tolleson Union High School District students. Meals will be distributed from 4:00 p.m. to 6:00 p.m. each Monday. Tolleson Union High School District students must be present in order to receive the 5-day Meal Pack.

Find a Food Bank Near you: Receiving emergency food from a food bank, pantry, soup kitchen or shelter is just one option that may be available to you and your family. If you are struggling to put food on the table, make sure you have explored the SNAP (Food Stamps) program and learned about other programs and resources available. Check with www.azfoodbanks.org for additional resources.

Stress During an Infectious Disease Outbreak Can Look Like

If your child needs individual counseling services call **Touchstone** for a School Based Services referral. (602) 618-9815

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Irritability and "acting out" behaviors.
- Unexplained headaches or body pain.
- Increased use of alcohol, tobacco or drugs.

Practice self care- [Try this](#) or maybe [this!](#)

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Internet Accessibility

The FCC has an agreement which states that providers will waive late fees, not cutoff services for lack of payment, and open hot-spots for increased accessibility to the internet. Check out deals from the following companies on their websites, including free hot-spots and internet for \$10 a month:

- Cox
- T-Mobile
- Verizon
- Comcast
- Sprint
- AT&T
- Charter

People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

Family Crisis Support

National 24-Hour Crisis Hotlines:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357)
- Text: Text the word "HOME" to 741741

Suicide & Crisis Hotlines by County:

- Maricopa County served by Mercy Care: 1-800-631-1314 or 602-222-9444
- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties: 1-866-495-6735
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties: 1-877-756-4090
- Gila River and Ak-Chin Indian Communities: 1-800-259-3449
- Salt River Pima Maricopa Indian Community: 1-855-331-6432

If you are in need of an additional resource or referral please email misti.andrews@tuhsd.org with support needed, current city, and student's name. Emails will be monitored Monday-Friday 8:00-5:00.

Especially for Veterans:

Veterans Crisis Line: 1-800-273-8255 (press 1)
Be Connected: 1-866-4AZ-VETS (429-8387)

SAMHSA's (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline: 1-800-985-5990 (or text TalkWithUs to 66746) is a 24/7, 365-day-a-year national crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. It is toll-free, multilingual, confidential, and available to all residents of the US and territories.

Teen LifeLine 602-248-8336 (TEEN) or teenlifeline.org/ . In Arizona 800-248-8336 (TEEN) Texting hours: 12-9pm