

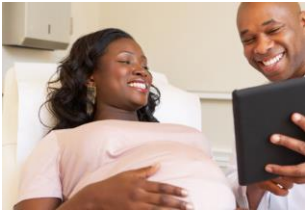
# Community Resources in Northern Nevada



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# Substance Use, Addiction and Recovery

## [In The Rooms](#)

Online NA and AA meetings.

## [Alcoholics Anonymous](#)

AA meeting directory.

## [Behavioral Health Nevada](#)

Database of behavioral health providers specializing in substance use disorder and co-occurring mental health disorder treatment services.

## **Crisis Text Line**

Text **HOME** to **741741**

24/7 crisis text line for any type of crisis.

## [Substance Abuse and Mental Health Services Admin. \(SAMHSA\)](#)

Toll-free **1-800-985-5990**

Mental health assistance to ensure substance abuse treatment is not disrupted during the COVID-19 pandemic.

## [Narcotics Anonymous](#)

Narcotics Anonymous meeting directory.

## **24/7 Substance Use Disorder Hotline**

Toll-free **1-800-450-9530**

Text **IMREADY** to **839863**

## **Nevada Department of Health & Human Services (DHHS)**

Toll-free **1-800-985-5990**

Text **TalkWithUs** to **66746**

Substance abuse and mental health services. Admin. disaster distress hotline is 24/7.

## [Catholic Charities of Northern Nevada](#)

395 Gould St

Reno, NV 89502

**775.322.7073 Ext. 330**

Substance use treatment program for men. Call first.

## [Foundation for Recovery](#)

621 Pyramid Way

Sparks, NV 89431

Toll-free **1-800-509-7762**

Substance use treatment program and peer warm-line.

## [The Life Change Center – Reno](#)

130 Vine St

Reno, NV 89503

**775-900-8522**

Substance use treatment program.

## [The Life Change Center – Sparks](#)

1755 Sullivan Ln

Sparks, NV 89431

**775-355-7734**

Substance use treatment program.

## [The Life Change Center – Carson City](#)

1201 N Stewart St

Carson City, NV 89701

**775-350-7250**

Substance use treatment program.



# Education

## [TMCC – Re-Entry Program](#)

475 Edison Way, Rm 119  
Reno, NV 89502

**775-442-4781**

Academic support and services.  
Personalized educational support and plan, paying for books and school supplies, gas cards, pre-employment expenses, etc.

## [ABC Mouse](#)

Online education program for preschool through 8<sup>th</sup> grade.  
Code for free program while it lasts:  
**SCHOOL7774**

## [Fluency & Fitness](#)

Learn and burn energy at home with free unlimited access to online topics for K through 2<sup>nd</sup> grade.

## [Learn in Color](#)

Free online education for math, social studies, science and other.

## [Northern Nevada Literacy Council](#)

1400 Wedekind Rd  
Reno, NV 89512

**775-356-1007**

Helps adult learn and achieve their educational and career goals, including GED classes and testing.

## [Washoe County School District](#)

Information regarding school reopening plans, school registration, food resources, educational resources, etc.

## [University Of Nevada, Reno](#)

1664 N Virginia St  
Reno, NV 89557

**775-784-1110**

School website. General information.  
Guidance for alternate campus operations while classes are held online during COVID-19.

## [Federal Student Aid](#)

Toll-free **1-800-433-3243**

TTY **1-800-730-8913**

Current FSA information during pandemic.

## [King COVID & The Kids Who Cared](#)

Free downloadable book for children.  
Tailored toward children to help them understand how COVID-19 works.

## [Washoe County Library](#)

Current status of library offices, services and operational updates.



# Infant and Children

## [HPN 24/7 Advice Nurse](#)

Toll-free **1-800-288-2264**

Our 24/7 advice nurse is available to answer questions, provide self-care advice and help you decide whether to seek urgent care, emergency care, or schedule an appointment with your provider.

## [Women & Children's Center of the Sierra](#)

3905 Neil Rd, #2  
Reno, NV 89502

**775-825-7395**

Supportive services for women moving out of poverty. Services include ESL, GED education, job search and prep, diaper bank, crisis intervention and more.

## [Eddy House](#)

888 Willow St  
Reno, NV 89502

**775-384-1129**

Center for homeless, runaway, foster and at-risk youth. Food, clothing, hygiene items, safe and secure shelter, drop in center, supportive services, counseling services, life skills and more.

## [Human Milk 4 Human Babies](#)

Facebook: Human Milk 4 Human Babies Nevada  
Informed milk sharing network.

## [REMSA](#)

**775-858-5700 ext. 3139**

Multiple programs including free car seat inspections, cribs for kids, hands only CPR and more.

## [The Children's Cabinet](#)

1090 S. Rock Blvd  
Reno, NV 89502

**775-856-6200**

Child and family resources/programs, child care resources, food, shelter, crisis intervention, case management, academic support, tutoring, transitional living, free family counseling and more.

## [Boys & Girls Club of Truckee Meadows](#)

**775-331-5437**

Serves Reno, Sparks and Fernley areas. Programs, events and activities for youth age 6-18. Before and after school programs, school break programs, grab and go meals, food pantry and more.

## [Beachbody for Kids](#)

FREE online workouts for kids through Beachbody online in order to stay healthy.

## [YMCA 360](#)

On-demand at-home exercise classes at no charge for a limited time, for all ages. Sports classes and more for young people.

## [Food Bank of Northern Nevada – Kids Café](#)

**775-331-3663**

Free meals for kids.

## [Laughing Planet Café](#)

650 Tahoe St, Reno, NV 89509

**775-360-2592**

941 N. Virginia St, Reno, NV 89503

**775-870-9633**

Call to schedule a pickup for a free meal for kids on the MAP program.

## [Immunize Nevada](#)

[info@immunizenevada.org](mailto:info@immunizenevada.org)

**775-624-7117**

Look up immunization records, learn more about immunizations, find vaccine clinic locations and more.

## [Family Resource Center – Central Reno](#)

1950 Villanova Dr.

Reno, NV 89502

**775-321-3185**

Social assistance for families; hygiene packs, utility assistance, food assistance, bus passes and more.

## [Family Resource Center – Desert Skies Middle School](#)

7550 Donatello Dr.  
Sun Valley, NV 89433  
**775-674-4411**

Social assistance for families; hygiene packs, utility assistance, food assistance, bus passes and more.

## [Family Resource Center – Sparks](#)

921 12<sup>th</sup> St.  
Sparks, NV 89431  
**775-335-5733**

Social assistance for families; hygiene packs, utility assistance, food assistance, bus passes and more.



# Infant and Children

## [WIC \(Women, Infants, and Children\)](#)

Multiple Locations

1001 East 9<sup>th</sup> St.

Reno, NV 89512

**775-328-2299**

Supplemental nutrition program for women, infants and children.

Breastfeeding services, supplemental foods, nutrition education and more.

## [Urban Lotus Project](#)

**775-319-7670**

Trauma informed yoga and meditation for at-risk youth. Online classes and classes in the park. Visit website for class schedules.

## **Renown Health – Safe Kids**

[kmetz@renown.org](mailto:kmetz@renown.org)

Virtual home safety education with maternal child educators, including information on immunizations and more.

## [24/7 NowClinic Virtual Visits](#)

See a provider from your desktop computer or mobile device for common care issues or illnesses. Available to qualifying health plan members. Download the NowClinic app.

## [Crisis Pregnancy Center](#)

853 Haskell St

Reno, NV 89509

**775-826-5144**

Free services and resources for women and men through pregnancy.

## [ICAN Family Services](#)

Toll-free **1-833-828-6329**

Provides option of telehealth services to youth, adults and seniors in Nevada, including rural areas. Services available in English and Spanish.

## **Wanda's Closet**

1290 Mill St

Reno, NV 89502

**775-329-3211** – Call to make a reservation.

Provides essentials to infants and children under age 5. Diapers, clothing, food and more.

## [Awaken Reno](#)

435B Spokane St

Reno, NV 89512

**775-393-9183**

Drop in center for women and youth who are victims of sexual exploitation. Access to food, showers, water and case management.

## [Children's Mobile Crisis Response Team](#)

**775-688-1670**

**702-486-7865** – Rural Nevada

Provides professional, same day intervention for youth experiencing mental health crisis.

## [Salvation Army](#)

1931 Sutro St

Reno, NV 89512

**775-688-4555** – select option 2

Diapers, formula, clothing vouchers, food pantry, bread and pastries, furniture vouchers and more.



# Housing and Shelter

## Eddy House

888 Willow St  
Reno, NV 89502

**775-384-1129**

Center for homeless, runaway, foster and at-risk youth. Food, clothing, hygiene items, safe and secure shelter, drop-in center, supportive services, counseling services, life skills and more.

## Awaken Reno

435B Spokane St  
Reno, NV 89512

**775-393-9183**

Drop-in center for women and youth who are victims of sexual exploitation. Access to food, showers, water and case management.

## PENFED Foundation

Emergency financial relief program, including possible funding relating to housing.

## Safe Embrace

**775-322-3466**

Domestic violence resources and 24/7 crisis hotline for those forced to stay in a home environment with or in close proximity to an abuser.

## Eviction/Housing Resource

FAQ regarding housing.

## Casa De Vida

1290 Mill St  
Reno, NV 89502

**775-384-1854**

Provides housing and supportive services for young pregnant women. This program is part of Eddy House.

## NID Housing Counseling

**775-322-5695**

Offers foreclosure intervention counseling and mortgage default counseling.

## Salvation Army

1931 Sutro St  
Reno, NV 89512

**775-688-4555** ext. 240

Rent/mortgage assistance. Call for details and to verify availability of resources.

## Gospel Mission

355 Record St  
Reno, NV 89512

**775-323-0386**

Offers a variety of services to those overcoming homelessness.

## Volunteers of America

335 Record St  
Reno, NV 89512

**775-329-4141**

Emergency shelter for veterans and men, including access to showers and laundry services. Restart program offers clinical and non-clinical services for eligible individuals and families who are homeless or at-risk of homelessness and have a mental illness.

## Family Resource Center – Central Reno

1950 Villanova Dr.  
Reno, NV 89502

**775-321-3185**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## Family Resource Center – Desert Skies Middle School

7550 Donatello Dr.  
Sun Valley, NV 89433

**775-674-4411**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## Family Resource Center – Sparks

921 12<sup>th</sup> St.  
Sparks, NV 89431

**775-335-5733**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.





# Housing and Shelter

## [Domestic Violence Resource Center](#)

**775-329-4150**

Offers emergency short-term housing in a confidential location, designed to shelter individuals and families. Offers many other supportive services.

## [City of Reno](#)

435B Spokane St  
Reno, NV 89512

**775-393-9183**

Drop-in center for women and youth who are victims of sexual exploitation. Access to food, showers, water and case management.

## [Reno Housing Authority](#)

Section 8 housing, public housing and other housing related resources.

## [The Children's Cabinet](#)

1090 S. Rock Blvd  
Reno, NV 89502

**775-856-6200**

Child and family resources/programs, child care resources, food, shelter, crisis intervention, case management, academic support, tutoring, transitional living, free family counseling and more.

## [State Veterans Home](#)

**775-827-2955**

Housing and other resources for veterans and their families.

## [Northern Nevada Community Housing](#)

2757 Beck St  
Reno, NV 89509

**775-337-9155** x114

[assistance@nnch.org](mailto:assistance@nnch.org)

## [Nevada Legal Services](#)

204 Marsh St, Ste 101  
Reno, NV 89509

**775-284-3491** ext. 316

[renotrc@nlslaw.net](mailto:renotrc@nlslaw.net)

Free legal services and support regarding housing.

## **Washoe Legal Services – Tenants Rights**

299 S. Arlington Ave  
Reno, NV 89501

**775-284-3491** ext. 316

[renotrc@nlslaw.net](mailto:renotrc@nlslaw.net)

Information on Reno tenants' rights and legal services to those in need including questions about evictions during the eviction and foreclosure stay.

## [RISE](#)

[info@renoinitiative.org](mailto:info@renoinitiative.org)

The Reno Initiative for Shelter & Equality is a nonprofit organization. Their initiative is to cultivate a greater sense of dignity and humility by providing equal access to shelter, knowledge, and opportunity. They seek to create a stronger community through the use of shared resources and mutual aid.

## [Catholic Charities of Northern Nevada](#)

500 E. 4<sup>th</sup> St  
Reno, NV 89512

**775-322-7073**

Offers social support to families and individuals, including housing assistance to those who qualify.

## [Our Place](#)

605 S. 21<sup>st</sup> St  
Sparks, NV 89431

**775-327-7501**

Women and family shelter including many wrap around services.



# Employment and Unemployment Resources

## [USBG National Foundation Charity](#)

Bartender emergency assistance program providing immediate financial assistance for those in the hospitality industry who encounter temporary, emergent, financial hardship due to unforeseen and/or catastrophic life events. Eligibility for a BEAP grant is not based on loss of income. BEAP grants are not intended to serve as either wage or unemployment insurance, but may supplement these programs in certain circumstances.

## [BlewCrew](#)

Staffing agency for part-time and full-time jobs. Download the **BlewCrew app** or visit the website to apply and find out more.

## [Community Services Agency](#)

Agency assisting individuals and families to become self-sufficient through advocacy, results-based programs and community partnerships in Northern Nevada. Visit website to find out more and to search for jobs.

## [FAQ: Unemployment Insurance](#)

## [Disaster Unemployment Assistance](#)

Unemployment benefits for individuals due to a major disaster.

## [Nevada Unemployment Insurance](#)

Instructions on how to bypass weekly work search activity page when filing weekly claims online.

## [EmployNV](#)

Pandemic unemployment assistance. Visit website for more information or to apply.

## [Department of Labor](#)

FAQ regarding COVID-19 and the workplace.

## [Women & Children's Center of the Sierra](#)

3905 Neil Rd, #2  
Reno, NV 89502  
**775-825-7395**

Supportive services for women moving out of poverty. Services include ESL, GED education, job search and prep, diaper bank, crisis intervention and more.

## [FAQ: CARES ACT for Small Business Owners](#)





# Behavioral Health and Mental Health Resources

## [Sanvello](#)

Behavioral health app providing a range of behavioral health supportive services.

## [American Psychological Association](#)

Article on keeping your distance to stay safe, what to expect, how to cope and more.

## [Behavioral Health Nevada](#)

A database of behavioral health providers.

## [Optum](#)

Toll-free **1-866-342-6892**  
24/7 free emotional support helpline, online resource guide and webinars.

## **Crisis Text Line**

Text **HOME** to **741741**  
Text 24/7 crisis assistance from anywhere in the U.S. about any type of crisis.

## [Headspace](#)

Free access to Headspace Plus through 2020 for all U.S. healthcare professionals who work in public health settings.

## **The Trevor Project**

Toll-free **1-866-488-7386**  
Text **START** to 678678  
24/7 hotline for LGBTQ youth.

## **CARE Team**

Toll-free **1-877-283-2437**  
Mental health support serving rural Nevada communities.

## [Children's Mobile Crisis Response Team](#)

**775-688-1670**  
**702-486-7865** – Rural Nevada  
Provides professional, same-day intervention for youth experiencing mental health crisis.

## [Crisis Support Lines](#)

Toll-free **1-800-273-8255**  
Text **CARE** to **839863**  
24/7 mental health and crisis support services.

## [National Alliance of Mental Illness \(NAMI\)](#)

**775-242-4212**  
24/7 mental health support online or by phone.

## **National Suicide Prevention Line**

Toll-free **1-800-273-8255**  
Available 24/7

## [TAPS Talks](#)

Virtual gatherings to bring comfort and connection.

## [ICAN Family Services](#)

Toll-free **1-833-828-6329**  
Telehealth for mental health services for medication management and therapy for youth and adults throughout Nevada.

## **Nevada Department of Health & Human Services (DHHS)**

Toll-free **1-800-985-5990**  
Text **TalkWithUs** to **66746**  
24/7 substance abuse and mental health services and disaster distress hotline.

## [Mobile outreach Safety Team \(MOST\)](#)

[MOST@washoecounty.us](mailto:MOST@washoecounty.us)  
MOST is available to assess a person's mental health status and needs, directing and/or transporting them to the most appropriate resource to assist them and keep them out of the criminal justice system.



# Food Distribution and Groceries

## [Raley's](#)

Bulk delivery or pickup of \$35 ready to eat meals bag for orders of 20-1000.

EMAIL to request 24 hours in advance: [community@raleys.com](mailto:community@raleys.com)

## [Boys & Girls Club of Truckee](#)

### [Meadows](#)

Anne Studebaker **775-360-2401**

Xavier Gonzalez **775-360-2420**

Esmeralda Flores **775-360-2421**

Food pantry on Thursdays by appointment only and dependent on availability of supplies. Call one of the numbers listed above to schedule.

## [Boys & Girls Club of Truckee](#)

### [Meadows](#)

**775-331-5437**

Monday through Friday Grab & Go breakfast and lunch to drive-by-families or walk-up between 9 a.m. to 11 a.m. Visit website or call for locations and to confirm program details have not changed.

## [Catholic Charities of Northern Nevada St. Vincent's Food Pantry](#)

500 E. 4<sup>th</sup> St

Reno, NV 89512

**775-786-5266**

Monday through Friday, 9 a.m. to noon and 1 p.m. to 4 p.m.

## [Catholic Charities of Northern Nevada St. Vincent's Dining Room](#)

325 Valley Road

Reno, NV 89512

**775-329-5363**

Free hot lunch daily from 11:30 a.m. to 12:30 p.m. 7 days/week

## [Food Bank of Northern Nevada](#)

**775-331-3663**

Food pantry at multiple locations and times. Visit website or call for location details and schedule.

## [Food Bank of Northern Nevada](#)

**775-331-3663**

Mobile harvest at multiple locations and times. Visit website or call for location details and schedule. New schedule each month.

## [Food Bank of Northern Nevada](#)

**775-331-3663**

The Emergency Food Assistance Program (TEFAP) has multiple locations and times available. Visit website or call for location details and schedule.

## [Food Bank of Northern Nevada](#)

**775-331-3663**

Kids café dinner program serves free nutritious dinners to children ages 1-18. Visit website or call for location details and schedule

## [Food Bank of Northern Nevada](#)

**775-331-3663**

Commodity Supplemental Food Program (CSFP) provides a box of nutritious food to low-income seniors 60 years and over. Multiple locations. Visit website or call for location details and schedule.

## [Food Bank of Northern Nevada](#)

**775-331-3663**

SNAP Outreach (formerly food stamps) has multiple locations and times. Visit website or call for details and schedule.

## [Meals on Wheels](#)

**775-328-2575**

Provides meals to homebound seniors who are at high nutritional risk. Visit website or call for more information and to apply.

## [Salvation Army Reno](#)

1931 Sutro St

Reno, NV 89512

**775-688-4555**

Food pantry and bread line. Food boxes available 8 a.m. to 11 a.m. Bread line is located outside social services office. Call or visit website for more details.

## [Washoe County Senior Center](#)

1155 E. 9<sup>th</sup> St

Reno, NV 89512

**775-328-2575**

Food distribution for seniors. One meal per day to seniors 60+ and qualified individuals. Multiple locations and times available. Visit website or call for details and schedule.

## [Delivering with Dignity](#)

**775-391-0525**

Food delivery of high-quality meals directly to the most vulnerable individuals and families in the Reno/Sparks area. Call or visit website for more information and to sign up.

## [Target](#)

Store hours reserved for vulnerable guests. Call your local store or visit website for store details near you.



# Food Distribution and Groceries

## **Access to Healthcare**

**1-877-385-2345**

AHN has been awarded emergency food delivery and purchase for seniors who are unable to leave their home during the COVID-19 pandemic. Call the AHN access medical resource line for questions and assistance.

## **Smart & Final**

Store hours reserved for 60+, expectant mothers, those with disabilities and first responders in the medical field. Call your local store or visit website for store details near you.

## **Walmart**

Dedicated senior shopping hours:  
Every Tuesday 6 a.m. to 7 a.m.

## **Shopping Angels**

**702-526.9856**

[ShoppingAngelsNV@gmail.com](mailto:ShoppingAngelsNV@gmail.com)

Free grocery delivery to those with impaired immune systems and 60+ seniors from community volunteers. Visit their Facebook page @Shopping Angels.

## **Family Resource Center – Central Reno**

1950 Villanova Dr.

Reno, NV 89502

**775-321-3185**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## **Family Resource Center – Desert Skies Middle School**

7550 Donatello Dr.

Sun Valley, NV 89433

**775-674-4411**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## **Family Resource Center – Sparks**

921 12<sup>th</sup> St.

Sparks, NV 89431

**775-335-5733**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## **Whole Foods**

Serving customers 60+ one hour prior to opening to the public. Call your local.

## **WIC (Women, Infants, and Children)**

Multiple Locations

1001 East 9<sup>th</sup> St.

Reno, NV 89512

**775-328-2299**

Supplemental nutrition program for women, infants and children. Breastfeeding services, supplemental foods, nutrition education and more.

## **Smith's**

Reserved store hours for seniors on Monday, Wednesday and Friday, 7 a.m. to 8 a.m. Call your local store or visit website for store details near you. store or visit website for store details near you.



# COVID-19 Information and Other Community Resources

## [HPN 24/7 Advice Nurse](#)

Toll-free **1-800-288-2264**

Our 24/7 advice nurse is available to answer questions, provide self-care advice and help you decide whether to seek urgent care, emergency care, or schedule an appointment with your provider.

## [COVID-19 Testing Locator](#)

Find COVID-19 test locations near you.

## [COVID-19 Case Updates](#)

Visit website to view COVID case updates for different counties in Northern Nevada.

## [COVID-19 Resource Information](#)

Resource page on steps to take if you have COVID-19 symptoms.

## [COVID-19 Facts](#)

Find facts and resources relating to COVID-19.

## [COVID-19 Resource Guide](#)

COVID-19 related resource guide.

## [Guia de recursos COVID-19](#)

## [COVID-19 Resource Center - UHC](#)

COVID-19 resource center, symptom checker and diagnostic testing centers.

## [Covid-19 Testing - Quest](#)

Quest Diagnostics has multiple testing locations. Visit their website to find one near you and for more information.

## [COVID-19 Testing – Washoe County](#)

1350 N Wells Ave

Reno, NV 89512

**775-328-2427** from 8 a.m. to 5 p.m.

Dial **311** after hours

COVID-19 testing for Washoe County residents.

## [FAQ: Information for Veterans](#)

## [FAQ: COVID-19, Health Insurance Coverage and Access to Services](#)

## [Housing & Urban Development \(HUD\)](#)

Information regarding disease risk and homelessness. Links on website for COVID-19 resources, updates on community planning and more.

## [Nevada Health Response](#)

Statewide information from DHHS and Governor's office pertaining to current status of COVID-19 and its impact on Nevada.

## [United Way of Northern Nevada & the Sierra](#)

Information and resources surrounding COVID-19.

## [National Alliance to End Homelessness](#)

Information concerning the homeless population and COVID-19.

## [World Health Organization \(WHO\)](#)

Information and advice on COVID-19

## [COVID-19 Nevada Resources – Battle Born Progress](#)

## [COVID-19 Resources - The Nevada Independent](#)

## [COVID-19 Resources for Providers of Homeless Services](#)

## [Assistance League](#)

Statewide volunteer program helping children, seniors and veterans with many different programs.

## [FAQ: Information for Tribal Communities through COVID-19](#)

## [FAQ: Resources for Hospitals & Health Systems](#)

## [Liberty Dental Plan](#)

Community resource site. Search by zip code.

## [UndocuCouncil - Immigrant Resource Guide](#)

Resource guide created by immigrants for immigrants. Immigrants and refugees across the state of Nevada can find resources for sensitive immigration status during the pandemic.

## [Immigrants Rising](#)

Tangible support for undocumented communities during COVID-19.

## [Opportunity Alliance Nevada](#)

Helping Nevadans through the financial strain caused by COVID and long after the crisis.



# Health, Wellness and Dental

## [24/7 NowClinic Virtual Visits](#)

See a provider from your desktop computer or mobile device for common care issues or illnesses. Available to qualifying health plan members. Download the NowClinic app.

## [HPN 24/7 Advice Nurse](#)

Toll-free **1-800-288-2264**

Our 24/7 advice nurse is available to answer questions, provide self-care advice and help you decide whether to seek urgent care, emergency care, or schedule an appointment with your provider.

## [National Hemophilia Foundation](#)

NHF offers webinars and other resources to help individuals learn more about home delivery for prescriptions and their insurance options.

## [WellRX](#)

Toll-free **1-800-407-8156**

Discounted prescriptions.

## [Beachbody for Kids](#)

FREE online workouts for kids through Beachbody online in order to stay healthy

## [FamilyWize](#)

Prescription savings program.

## [REMSA](#)

**775-858-5700** ext. 3139

Multiple programs including free car seat inspections, Cribs for Kids, hands only CPR and more.

## [YMCA 360](#)

On-demand at-home exercise classes at no charge for a limited time, for all ages. Sports classes and more for young people.

## [Immunize Nevada](#)

[info@immunizenevada.org](mailto:info@immunizenevada.org)

**775-624-7117**

Look up immunization records, learn more about immunizations, find vaccine clinic locations and more.

## [Renown Health – Safe Kids](#)

[kmetz@renown.org](mailto:kmetz@renown.org)

Virtual home safety education with maternal child educators, including information on immunizations and more.

## [Crisis Pregnancy Center](#)

853 Haskell St

Reno, NV 89509

**775-826-5144**

Free services and resources for women and men through pregnancy.

## [305 Fitness](#)

20 free classes on YouTube. 305 Fitness is known for making cardio a dance party.

## [Novocare](#)

Insulin cost assistance.

## [Nevada Health Link](#)

Don't qualify for Medicaid? Find an affordable health individual plan that fits your needs and budget.

## [Community Health Alliance](#)

Insurance enrollment assistance. CHA has seven health centers across Reno/Sparks that offer a wide range of services, including medical, dental and behavioral health care along with community education on health issues and outreach to underserved populations.

## [CVS Pharmacy](#)

Free 1- to 2-day delivery on all medications and every day essentials.

## [Walgreens](#)

Prescription delivery program, check website for full details.

## [Walmart Pharmacy](#)

Drive-thru, no contact curbside pickup and mail delivery for prescription and other products at select locations.

## [Raleys](#)

Free curbside prescription pickup.

## [ICAN Family Services](#)

Toll-free **1-833-828-6329**

Provides option of telehealth services to youth, adults and seniors in Nevada, including rural areas. Services available in English and Spanish.

## [Liberty Dental Plan](#)

Toll-free **1-866-609-0418**

[Community resources](#)

## [Access to Healthcare](#)

Nonprofit medical discount program offering care management services and programs to support those they serve. Many programs available, check website for details.



# Social Services

## [Family Resource Center – Central Reno](#)

1950 Villanova Dr.  
Reno, NV 89502

**775-321-3185**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## [Family Resource Center – Desert Skies](#)

### [Middle School](#)

7550 Donatello Dr.  
Sun Valley, NV 89433

**775-674-4411**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## [Family Resource Center – Sparks](#)

921 12<sup>th</sup> St.  
Sparks, NV 89431

**775-335-5733**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## [Community Services Agency](#)

Agency assisting individuals and families to become self-sufficient through advocacy, results based programs and community partnerships in Northern Nevada. Visit website to find out more and to search for jobs.

## [Salvation Army](#)

1931 Sutro St  
Reno, NV 89512

**775-688-4555** – Select option 2

Diapers, formula, clothing vouchers, food pantry, bread and pastries, thrift stores, furniture vouchers and other social services.

## [Eddy House](#)

888 Willow St  
Reno, NV 89502

**775-384-1129**

Center for homeless, runaway, foster and at-risk youth. Food, clothing, hygiene items, safe and secure shelter, drop-in center, supportive services, counseling services, life skills and more.

## [Catholic Charities of Northern Nevada](#)

500 E. 4<sup>th</sup> St  
Reno, NV 89512

**775-322-7073**

Offers many social supports to families and individuals, including housing assistance to those who qualify.

## [Helping Nevada](#)

Providing support for seniors by picking up and delivering supplies, food, toiletries, hand sanitizer and more.

## [Social Security Administration](#)

Toll-free 1-800-772-1213  
Social security and disability assistance.

## [Women & Children’s Center of the Sierra](#)

3905 Neil Rd, #2  
Reno, NV 89502

**775-825-7395**

Supportive services for women moving out of poverty. Services include ESL, GED education, job search and prep, diaper bank, crisis intervention and more.

## [Volunteers of America](#)

335 Record St  
Reno, NV 89512

**775-329-4141**

Emergency shelter for veterans and men, including access to showers and laundry services. Restart program offers clinical and non-clinical services for eligible individuals and families who are homeless or at-risk of homelessness and have a mental illness.

## [Food Bank of Northern Nevada](#)

550 Italy Drive  
Sparks, NV 89437

**775-331-3663**

[email@fbnn.org](mailto:email@fbnn.org)

## [American Sign Language Video](#)

CDC helping adults cope during an emergency.

## [DMV - Department of Motor Vehicles](#)

See DMV reopening information and office locations. Limited services available during the pandemic. Please use online services available.

## [Nevada CAN](#)

Assistance for homebound elders in NV. They can connect seniors to local providers, volunteer or government agency for your needs.

## **Shopping Angels**

702-526.9856

[ShoppingAngelsNV@gmail.com](mailto:ShoppingAngelsNV@gmail.com)

Free grocery delivery to those with impaired immune systems and 60+ seniors from community volunteers. Visit their Facebook page @Shopping Angels.

## [Tu Casa Latina](#)

**775-432-9929**

Relief services for immigrant men, women and children who are victims of crime, domestic violence, abuse, and trafficking in Northern Nevada.

## [Medical Transportation Management \(MTM\)](#)

Toll-free **1-844-879-7341**

Non-emergency medical transport, covered by Medicaid for eligible individuals.





# Social Services

## **Richwood Transport**

608-219-8062

[Holly.Richwood@gmail.com](mailto:Holly.Richwood@gmail.com)

Non-emergency medical transportation company. They are able to help deliver groceries and other needed essentials to people who are not able to leave their homes.

## **RTC Washoe**

Public transport through bus, RTC access and more. Visit website to view schedules, routes and to view application for RTC access Washoe.



# Domestic Violence Resources and Help

## [Awaken Reno](#)

435B Spokane St  
Reno, NV 89512

**775-393-9183**

Drop-in center for women and youth who are victims of sexual exploitation. Access to Food, showers, water and case management.

## [Safe Embrace](#)

**775-322-3466**

Domestic violence resources and 24/7 crisis hotline available for those forced to stay in a home environment with or in close proximity to an abuser.

## [Domestic Violence Resource Center](#)

**775-329-4150**

Offers emergency short-term housing in a confidential location, designed to shelter individuals and families. Offers many other supportive services in addition.

## **24/7 National Domestic Violence Hotline**

Toll-free **1-800-799-7233**

Text **LOVEIS** to **22522**

## [TMCC – Re-Entry & Displaced Homemakers Program](#)

Truckee Meadows Community College  
7000 Dandini Blvd, RDMT 325  
Reno, NV 89512-3999

**775-673-7060**

Displaced “homemakers” are provided services that can enable them to gain the knowledge, experience and self-esteem to become employed and self-sufficient.

## [NV 211 – Domestic Violence Resources](#)

Resources for anyone experiencing domestic violence for groups, individuals and families.



# Transportation

## [RTC Washoe](#)

Public transport through bus, RTC access and more. Visit website to view schedules, routes and to view application for RTC access Washoe.

## [Medical Transportation Management](#)

### [\(MTM\)](#)

Toll-free **1-844-879-7341**

Non-emergency medical transport, covered by Medicaid for eligible individuals.



# Financial Support and Programs

## [TMCC Re-Entry – SNAP & E&T Program](#)

Those enrolled in SNAP benefits may be eligible for furthering their education through TMCC or completing a job certification course with funding provided.

## [USBG National Foundation Charity](#)

Bartender emergency assistance program providing immediate financial assistance for those in the hospitality industry who encounter temporary, emergent, financial hardship due to unforeseen and/or catastrophic life events. Eligibility for a BEAP grant is not based on loss of income. BEAP grants are not intended to serve as either wage or unemployment insurance, but may supplement these programs in certain circumstances.

## [Federal Student Aid](#)

Toll-free **1-800-433-3243**

TTY **1-800-730-8913**

Current FSA information during pandemic.

## [PENFED Foundation](#)

Emergency financial relief program.

## [Reno Housing Authority](#)

Section 8 housing, public housing and other housing related resources.

## [FAQ: CARES ACT for Small Business Owners](#)

## [FAQ: Economic Impact Payments](#)

## [Family Resource Center – Central Reno](#)

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Reno, NV 89502

**775-321-3185**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## [Family Resource Center – Desert Skies Middle School](#)

7550 Donatello Dr.

Sun Valley, NV 89433

775-674.4411

Social assistance for families; hygiene packs, utility assistance, food assistance, bus passes and more.

## [Family Resource Center – Sparks](#)

921 12<sup>th</sup> St.

Sparks, NV 89431

**775-335-5733**

Social assistance for families including hygiene packs, utility assistance, food assistance, bus passes and more.

## [Salvation Army](#)

1931 Sutro St

Reno, NV 89512

**775-688-4555** ext. 240

Rent/mortgage assistance. Call for details and to verify availability of resources.

## [Sun Valley General Improvement District](#)

**775-673-2220**

Temporarily suspending water shut-offs.

## [The Children’s Cabinet](#)

1090 S. Rock Blvd

Reno, NV 89502

**775-856-6200**

Child and family resources and programs including child care, food, shelter, crisis intervention, case management, academic support, tutoring, transitional living, free family counseling and more.

## [Catholic Charities of Northern Nevada](#)

500 E. 4<sup>th</sup> St

Reno, NV 89512

**775-322-7073**

Social support for families and individuals, including housing assistance to those who qualify.

## [WellRX](#)

Toll-free **1-800-407-8156**

Discounted prescriptions.

## [Novocare](#)

Insulin cost assistance.

## [FamilyWize](#)

Prescription savings program.

## [Access to Healthcare](#)

Nonprofit medical discount program. Offers care management services and programs to support those they serve. Many programs available, check website for details.

## [Truckee Meadows Water Authority](#)

1355 Capital Blvd

Reno, NV 89502

**775-835-8080**

## [The Division of Welfare and Supportive Services \(DWSS\)](#)

**775-684-0505** - Julie Balderson

Apply online for welfare benefits, including Medicaid. Or call Julie to find out where you can pickup a paper application.

## [FAQ: Corona Virus Relief Fund](#)

## [WIC \(Women, Infants, and Children\)](#)

Multiple Locations

1001 East 9<sup>th</sup> St.

Reno, NV 89512

**775-328-2299**

Supplemental nutrition program for women, infants and children. Breastfeeding services, supplemental foods, nutrition education and more.

## [Internal Revenue Service \(IRS\)](#)

Tax filing and impact payment information.

## [United Way](#)

File taxes online for free with a simple tax return.

# Financial Support and Programs

## [FEMA Grant](#)

Funding under public assistance (PA) program, category B – emergency protective measures. Visit website for full details.

## [Food Bank of Northern Nevada](#)

**775-331-3663**

SNAP Outreach (formerly food stamps) with multiple locations and times. Visit website or call for details and schedule.

## [CORE \(Children of Restaurant Employees\)](#)

Grants and support for children of restaurant employees.

## [Small Business Administration Loans](#)

Small business loan for COVID 19 relief.

## [Small Business Administration – Paycheck Protection Program](#)

## [NV Energy](#)

**775-834-4700**

Suspending disconnects for non-payment and waiving late fees and deposits.

## [Opportunity Alliance Nevada](#)

Helping Nevadans through the financial strain caused by COVID and long after the crisis.



# Legal and Immigration Resources

## [Guia de recursos COVID-19](#)

## [FAQ – Information for Immigrants](#)

## [UndocuCouncil - Immigrant Resource Guide](#)

Resource guide created by immigrants for immigrants. Immigrants and refugees across the state of Nevada can find resources for sensitive immigration status during the pandemic.

## [Immigrants Rising](#)

Tangible support for undocumented communities during COVID-19.

## [Tu Casa Latina](#)

**775-432-9929**

Relief services for immigrant men, women and children who are victims of crime, domestic violence, abuse, and trafficking in Northern Nevada.

## [Catholic Charities of Northern Nevada](#)

500 E. 4<sup>th</sup> St  
Reno, NV 89512

**775-393-3877**

Offers immigration assistance. Call ahead to make an appointment and verify walk-in hours.

## [Nevada Legal Services](#)

**775-284-3491 ext 316**

204 Marsh St, Ste 101  
Reno, NV 89509

Toll Free: [1-800-323-8666](tel:1-800-323-8666)

Fax: **775-284-3497**

[renointake@nlslaw.net](mailto:renointake@nlslaw.net)

Free legal assistance to eligible clients for different needs including 'ask-a-lawyer' events. See online calendar for details.

## [Washoe Legal Services](#)

299 S. Arlington Ave  
Reno, NV 89501

**775-329-2727**

[intakeuser@washoelegalservices.org](mailto:intakeuser@washoelegalservices.org)





# LGBTQ+

## **The Trevor Project**

Toll-free **1-866-488-7386**

Text **START** to **678678**

24/7 hotline for LGBTQ youth.

## **OUR Center**

1745 South Wells Ave

Reno, NV 89502

**775-624-3720**

Center provides Northern Nevada's LGBTQ community with access to advocacy, support, educational programs, services and resources.

## **Northern Nevada HOPES**

Northern Nevada transgender resource guide including advocacy and allies, medical, transition services and products, mental health services, spiritual support and other resources.

## **Promotes support, education & advocacy (PFLAG)**

## **Transgender Allies Group (TAG)**

Meetings, information, transition forms and other resources.

## **Spectrum Northern Nevada**

[info@spectrumnv.org](mailto:info@spectrumnv.org)

Connecting LGBTQ people and allies to the community.

## **Northern Nevada LGBTQ Leadership Alliance (NALA)**

NALA aims to bring the LGBTQ leadership of Northern Nevada together in greater solidarity.



# Events

## [HPN Community Outreach Calendar](#)

View calendar to find out where you can stop by and meet the HPN Medicaid Outreach team.

