

Parks and Recreation

Chandler	480 786-2727	Peoria	623 412-7137
Fountain Hills	480 837-2003	Phoenix	602 262-6861
Gilbert	480 503-6200	Queen Creek	480 987-0497
Glendale	623 930-2820	Scottsdale	480 994-2772
Goodyear	623 932-3910	Surprise	623 583-0653
Mesa	480 644-2351	Tempe	480 350-5200

Outdoor and Desert Awareness Program provides desert information. Other outdoor programs include outdoor survival and orienteering workshops. 602-262-7909

South Mountain Environmental Education Center
South Mountain Park has 16,500 acres and is the largest municipal park in the world. There are desert awareness programs, Adopt-A-Trail, interpretive programs, volunteer opportunities at this park. 602-534-6324; 602-495-5078

Piestewa Peak/Squaw Peak Hiking opportunities 602-262-7901

Papago Park contains the Phoenix Zoo (602-273-1841) and the Desert Botanical Gardens (602-941-1225).

Apache Trail/Roosevelt Dam AZ 88 links Apache Junction with Globe via Roosevelt Dam through the Superstition Mountains and the Tonto National Forest; magnificent scenery of twisted igneous mountains with dense forests of saguaro and other cacti, and several deep blue lakes. Past the lakes is the former copper mining town of Globe.

Maricopa County, the state of Arizona, and the Federal Park system have a number of parks and recreation areas. Check the government section of the phone book for listings.

Habitat for Humanity builds houses for low-income families with volunteer help. Felons can apply but need to have a 'clear' credit record for 2 years.

East Valley Habitat for Humanity (602) 649-6232
West Valley (623) 583-2417
Phoenix (602) 268-9022
www.habitataz.org

Volunteer Opportunities

Many volunteer opportunities are available in hospitals, community centers, animal shelters, etc. The **Volunteer Center of Maricopa County** keeps lists of volunteer opportunities.

Phoenix Office 602-263-9736
East Valley Office 480-461-3198

Make a Difference Foundation works with more than 50 valley area social service organizations 602-973-2212

CONTACTS is a call center for victims of domestic violence and homeless people. 602-263-8900

Family First needs others to help with homeless families with children. 602-534-1250; 602-495-5193

Phoenix RECYCLES Bicycles Used bicycles are repaired and distributed to low income people in the community for basic transportation and recreation. 602-261-8806

Senior Companion Program part-time, volunteer service for low-income people, who in turn provide supportive person-to-person services that assist adults having special needs and/or disabilities. 602-256-3353

Adopt a Street litter and trash pickup, weed & grass removal, painting over graffiti, maintaining landscaping on streets. 602-256-4334

Phoenix - Clean & Beautiful is dedicated to keeping Phoenix clean...cleaning up neighborhoods, anti-litter & recycling programs, helping the elderly improve their property, etc. 602-262-4820

GRAFFETI BUSTERS 602-495-323

Neighborhood Preservation 602-262-7844

Museums & Historical Sites

There are all kinds of interesting exhibits and activities at museums and historical sites. This list is not a complete list of all possibilities. It is meant to start creative thinking. Look for other ideas in the newspapers & phone books.

Arizona Doll and Toy Museum (602) 253-9337

Arizona Historical Society 480-965-3145 (Tempe)

Arizona Mining and Mineral Museum 602-255-3791

Museums & Historical Sites

Arizona Museum for Youth 480-644-2467 (Mesa)

Arizona Science Center 602-716-2000 (Phoenix)

Arizona State Museum

Bead Museum 623-931-2737 (Glendale)

Cave Creek Museum 480-488-2764 (Cave Creek)

Chinese Cultural Center 602-275-8578 (Phoenix)

Desert Botanical Gardens 480-941-1225 (Phoenix)

George Washington Carver Museum and Cultural Center (602) 254-7516

Hall of Flame Museum of Firefighting 602-275-3473 (Phoenix)

Heard Museum 602.252.8848 (Phoenix)

Lost Dutchman Museum (602) 983-4888 (Apache Junction)

Phoenix Museum of History (602) 253-2734

Phoenix Police Museum (602) 262-7626

Phoenix Zoo (602) 273-1341 (Phoenix)

Pueblo Grande Museum 602/495-0901 (Phoenix)

Rawhide Western Town — (480) 502-1880 (North Scottsdale)

Talesin West 480-860-8810 (North Scottsdale)

Tempe Historical Museum (480) 350-5100

Other creative suggestions:

Join family members or other pro-social people **WITHOUT the use of alcohol or other drugs.**

Go to: a ballgame, a museum, a special event, a picnic in the park, play sports, swim.

Attend a self-help meeting.

Go to church, temple or mosque services.

Corporate

Take a Class

The following Maricopa community colleges offer classes in a wide variety of subjects. Each college charges different fees for classes.

- Chandler-Gilbert**
2626 E. Pecos Rd., 480-732-7000
 - Estrella Mountain**
3000 N. Dysart Rd, Avondale, 623-935-8000
 - Gateway**
108 N. 49th St., Phoenix, 602-392-5000
 - 6000 W. Olive Ave, Glendale, 623-435-3000
 - 1833 W. Southern Ave, Mesa, 480-461-7000
 - Paradise Valley**
18401 N. 32nd St, Phoenix, 480-493-2600
 - Phoenix College**
1202 W. Thomas, Phoenix, 602-254-2492
 - Rio Salado**
2323 W. 14th St, Tempe, 480-517-8000
 - 9000 E. Chapparral, Scottsdale, 480-423-6000
 - South Mountain**
7050 S. 24th St, Phoenix, 480-243-8000
 - 1245 E. Buckeye, Phoenix, 602-238-4300
 - SW Skill Center** 602-238-4370
- Search the Yellow Pages for other schools.

Develop New Skills

EMPLOYMENT & TRAINING PROGRAM
Employment/training funded through the Job Training Partnership Act (JTPA) 602-262-5776

STEP-UP
Designed to help fathers 22 years and younger handle responsibility 602-261-8764

YOUTHBUILD PHOENIX
Inner-city high school dropouts and unemployed youth ages 18-22. Offers leadership development, job training and apprenticeships, alternative school opportunities, peers support groups and life planning assistance while building housing for low income people. 602-262-5741

CLEAR PATH JOB PROGRAM FOR PEOPLE WITH DISABILITIES
Offers paid Internships to young men and women who reside in the city of Phoenix, have disabilities and are between 15 and 26. 602-495-5717

Read, read, read

Read to a shut-in, someone who is hospitalized, a disabled person, or an illiterate person. Read a self-help book & practice one thing you learned from it.

Read a book about a new pro-social activity & practice it. Take your children/grandchildren to a children's program movie.

Libraries

- Apache Junction** - 1177 N. Idaho 480-983-0204
- Avondale** - 328 W. Western Ave. 623-932-9415
- Burton Barr Central** - 1221 N. Central Ave, 602-262-4636
- Chandler** - 222 E. Commonwealth Ave, 480-786-2314
- Gilbert** - 665 N. Gilbert Road 480-892-3141
- Glendale** - 5959 W. Brown 623-930-3530
- Mesa** - 64 E. 1st St, 480-644-3100
- Peoria** - 8463 W. Monroe 623-412-7555
- Scottsdale** - 3839 Civic Center 480-994-7670
- Tempe** - 3500 S. Rural Rd, 480-350-5555
- Tolleson** - 9555 W. Van Buren 623-956-7111

Maricopa Adult Probation Offers These Programs

Nite Hoops Program: 18-25 year old males who enjoy playing basketball. 602-252-3100

GED: Prepare for the GED (high school equivalency) test. 602-372-5788

L.E.A.R.N. (Literacy, Education & Reading Network): For those with less than a 6th grade reading level. Computers are available at each lab for learning new literacy skills. 602-372-5788

Other Activities

- Learn a new language
- Draw/paint a sign for a community event
- Join an exercise program
- Write a "thought report" about what you did
- Read self-help books/manuals
- Journal-write about events, thoughts and feelings
- Attend functions with children and family
- Attend treatment alumni group sessions
- Help "newer" clients - become a mentor/sponsor
- Go to a Little League or school sports event

PRO-SOCIAL ACTIVITIES

There are a variety of pro-social activities available in Maricopa County.

Many opportunities are available for volunteering, helping others, or learning new skills.

These activities can help to re-build family and community participation. This brochure is a random list of possibilities for pro-social activities and is not an endorsement of any particular agency/place/activity.

Be creative.

Read newspapers for special events.

Have fun in a healthy way!

Use Pro-social Activities.

12 Step Programs/Information Numbers

Alcoholics Anonymous (AA)	602-264-1341
Narcotics Anonymous (NA)	480-897-4636
Cocaine Anonymous (CA)	602-279-3838
Co-dependents Anonymous (CODA)	602-277-7991
Emotions Anonymous (EA)	480-964-6313
Gamblers Anonymous (GA)	602-266-9784
Double Trouble in Recovery (dual diagnosis)	602-264-4331
Wishes@ptions Warmline	602-327-5566
Victim and Community Help Line	602-914-3800
Community Information & Referral	602-372-8286
	602-263-8856