



Guide to Community Resources

(updated Jan 2024)

Guide to Community Resources

Finding balance between life and school can be difficult; we want you to have the resources you need to succeed.

This document serves as a guide to community-based services most used by students.

Do you have questions? Recommendations? Updates? Do you want to know more about resources for students?

Please contact:

Cami Hartman, Student Resource Navigator
575-737-3697 or chartman8@unm.edu or visit room# 200 Fred Peralta Hall
(next to UNMT Lobo Food Pantry)

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Clothing

The Giving Tree

Clothing, household items, diapers, emergency food Wed-Fri 12:30-2:30

1128 Paseo del Pueblo Sur Ste C (Behind Subway) Taos, NM

505-980-3387

givingtreetaos.com

taoshope@gmail.com

Community Against Violence (CAV) Thrift store

Clothing voucher for any individual experiencing homelessness/hardship

1509 Paseo del Pueblo Sur, Taos, NM

575-751-4824

<https://taoscav.org>

St. James Episcopal Church

Help with clothing, Household items

208 Camino de Santiago, Taos, NM

575-758-2790

Counseling Services

The following counseling services accept Medicaid/Medicare, private insurance and/or have a sliding scale option for individuals who are uninsured or have low income:

Taos Behavioral Health-Offer in person and online counseling support for individuals, couples, families or groups.

105 B Bertha Taos, NM 87571

575-758-4297

<https://taosbehavioralhealth.org/>

Teambuilders Behavioral Health-Offer in person and online counseling for children, adolescents, adults and families.

920 Salazar rd, Taos, NM 87571

575-751-7037

<http://teambuilders.org/>

Embudo Questa Health Center-PMS Offers Behavioral/Medical/Dental health support for individuals and families, also offer Medically Assisted Therapy (M.A.T.) services.

2573 HWY 522 Questa, NM 87556

575-586-0315

<https://www.pmsnm.org/locations/questa-health-center/>

El Centro Family Health-Offers Medical/Behavioral health support in Taos, Penasco and Embudo:

<https://ecfh.org>

- 1. El Centro/Taos Medical Clinic** 1331 Gusdorf rd Taos, NM 87571
575-758-3601
Open Mon-Thurs 8am-7pm; Fridays 8am-5pm
- 2. El Centro/Embudo Clinic**
2243 NM-68
Embudo, NM 87531
575-579-4255
Open: Monday to Friday: 8am – 5pm

Counseling Services continued

3. El Centro/Peñasco Clinic

State Road 75 # 15136

Peñasco, NM 87553

575-587-2205

Open: Monday to Friday: 8am – 5pm

<https://ecfh.org>

The following accept Medicaid/Medicare and/or private insurance:

Pinwheel Healing Center-Offers Individual, group and family therapy, Intensive Outpatient therapy, Medically Assisted Therapy (M.A.T).

1332 Gusdorf Unit A Taos, NM 87571

505-715-4610

<https://www.pinwheelhealing.com/>

Lancer Health Group-Offers E-counseling for individuals, families and groups, Psychiatry and Medication Assisted Treatment and crisis intervention. Services are online.

505-808-5576

<https://lancerhealthgroup.com/>

Krossroads Integrative Health and Recovery-Offers online counseling services. They also have an office in Espanola and Santa Fe, NM.

505-273-4668

<https://krossroadsnm.org/>

UNM main campus Student Health and Counseling (SHAC)-Offers online individual therapy for UNM Taos students for \$107 per semester plus a co-pay.

505-277-3136

<https://shac.unm.edu/services/mental-health/index.html>

Counseling Services continued

The following services are free:

Timely Care-Is an online platform available for all UNM enrolled students. This platform provides virtual counseling services with a licensed therapist up to 12 sessions a year for free. You must download the ap to begin the process <https://timelycare.unm.edu/> . If you have technical difficulties, please call (833) 484-6359.

Manzanita Counseling Training Clinic by the UNM Counselor Education Program at main campus-Offers free online counseling during Fall and Spring semesters for UNM Taos students. 505-277-7311

<https://coehs.unm.edu/departments-programs/ifce/counselor-education/manzanita-counseling-center.html>

UNM LGBTQ Resource Center: We are committed to serving our UNM community by providing education, advocacy, and support through our events, trainings, and student groups. The LGBTQ Resource Center was founded in 2010 by students, staff, faculty, and community members to create a space where our LGBTQIA community can not only survive, but thrive.

505-277-LGBT (5428)

<https://lgbtqrc.unm.edu/resources/index.html>

UNM Women's Resource Center Counseling Program-Offers telehealth counseling services with upper level graduate students in the final stages of their training in the UNM Counselor Education Program.

505-277-3716

<https://mentalhealth.unm.edu/resources/womens-resource-center.html>

Taos Picuris Indian Health Service- Behavioral Health, Medical/Dental (free to enrolled tribal members)

575-758-6900

<https://www.ihs.gov/albuquerque/healthcarefacilities/taospicuris/>

Golden Willow Retreat Center-offering free online grief support groups M-Th and Sat. No appointment needed.

<https://www.goldenwillowretreat.org/>

Online therapeutic skill development

Therapy Assistance Online (TAO)-Offers an online platform in skill development and educational needs in well-being and behavioral health.

<https://shac.unm.edu/services/mental-health/index.html>

Crisis Lines

In case of immediate emergency call 911 or visit the nearest emergency room.

Suicide and Crisis Lifeline: Call or text **988**. Available for those who are experiencing mental health-related distress or are worried about someone else who might need support. Callers can connect with a trained crisis counselor for free, confidential support 24/7/365.

NM Crisis line 24/7 855-662-7474 (1-855-NMCRISIS) You can find help 24 hours a day, seven days a week for any kind of emotional crisis, mental health or substance use concern.

NM Crisis and Access line also offers a Peer-to-Peer Warm line-Call or text 1-855-466-7100 to connect with a peer.

Crisis Text Line: Text **741741** from anywhere in the U.S. 24/7. Connect with a trained counselor for support during crisis.

AGORA Crisis Center 505-277-3013 (Helpline hours 6:00am-midnight (based on availability of volunteers). As trained crisis hotline specialists, our volunteers are ready to provide compassionate, non-judgemental help for anyone in need of emotional support. Anyone is welcome to use our service, and you do not need to be “in crisis” to call or chat with us.

National Sexual Assault hotline-RAINN is fully confidential and available 24/7. 1-800-656-4673

<https://www.rainn.org/resources>

Crisis lines continued

LGBTQ Crisis lines:

The Trevor Project: This organization provides confidential support for LGBTQ+ youth in crisis, 24 hours a day, 7 days a week.

TrevorLifeline 866-4-U-TREVOR (1-866-488-7386): Crisis intervention and suicide prevention phone service available 24/7/365

TrevorChat: Confidential online instant messaging with a Trevor counselor, available 24/7. Access via computer.

TrevorText – Text START to 678-678: Confidential text messaging with a Trevor counselor, available 24/7/365. Standard messaging rates may apply.

SAGE LGBT Elder Hotline: 1-877-360-LGBT (5428) Connects older members of the LGBTQ community with friendly, helpful responders. Confidential support and crisis response available 24/7.

Trans Lifeline: 877-565-8860. This grassroots hotline provides direct emotional and financial support to trans people in crisis. It offers peer support for trans individuals given by trans individuals. The lifeline is available daily 7am-1am PST. Volunteers may be available during off hours.

Crisis lines for Veterans:

Veterans Crisis Line: Call 800-273-8255 or text 838255 – Offers confidential crisis support. Responders are specially trained to work with Veterans and their loved ones. Available 24/7.

Lifeline for Vets: Call 888-777-4443. Provided by the National Veterans Foundation. Offers crisis management and support for veterans in need.

Homelessness Hotline: 877-424-3838. A crisis line for veterans who are currently experiencing homelessness or at risk of homelessness. Family members and supporters of veterans at risk can also call.

Financial Assistance

Emergency funds available for UNM Taos students contact Cami Hartman, Student Resource Navigator
575-737-3697
chartman8@unm.edu

Financial aid/scholarship support contact the financial aid department:
Crystal Martinez, Financial aid officer
575-737-6220
cmarti17@unm.edu
finaidtaos@unm.edu

HELP NM-Depending on grant availability, the Office of Economic Opportunity (OEE) provides services to individuals and families, youth, veterans, migrant and seasonal farm workers and seniors. Our priority is to provide general services related to economic security for employability, attaining educational goals, and income management. OEE also provides services that support family well-being through housing, health, and nutrition to help families in crisis.

106 Gusdorf Pl, Taos, NM
505-437-1327
<https://helpnm.com/>

Self Help Inc. Each year, through grants and private and public contributions, our organization is able to support those who need help most, during emergencies or in the quest to become economically self-sufficient. Self Help is a member of United Way of Northern New Mexico Serving Los Alamos and Rio Arriba Counties.

2390 North rd Los Alamos, NM
505-662-4666
<https://selfhelpla.org/>

Financial Assistance continued

Apply for Supplemental Nutrition Assistance Program (S.N.A.P) at <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

Apply for heating/cooling assistance with LIHEAP
https://www.hsd.state.nm.us/wp-content/uploads/2020/12/LHP-602-LIHEAP-Application-Revised-83116_fillable.pdf

Help paying for utility bills-Holy Trinity Parish/St. Vincent De Paul
Call Francis 575-776-2273 (bring driver's license, copy/proof of bill)
498 NM-150 Arroyo Seco, NM 87514

Apply for Medicaid/Medicare/Health insurance or for coverage on the Health Exchange call Megan Lopez, Benefit Navigation Coordinator at Holy Cross Medical Center
575-751-5848

<https://holycrossmedicalcenter.org/?s=Benefits+Navigation>

Or make an appt with **Be Well NM** to learn about the health exchange program in NM or how to qualify for Obamacare (833) 862-3935

<https://bewellnm.com>

Support for renters facing eviction: NM Eviction Prevention
<https://www.nmevictionprevention.com/>

Home owner assistance fund- The New Mexico Homeowner Assistance Fund (HAF) program will provide housing grants to income-eligible households experiencing financial hardship associated with the COVID-19 health crisis. These grants are to fund mortgage payments, taxes, and insurance up to \$20,000 per household, to maintain housing and/or to reduce housing cost delinquency.

<https://housingnm.org/new-mexico-homeowner-assistance-fund>

Help paying for phone service-Lifeline is an FCC program that helps make communications services more affordable for low-income consumers. Lifeline provides subscribers a discount on qualifying monthly telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers. The discount helps ensure that low-income consumers can afford 21st century broadband

and the access it provides to jobs, healthcare, and educational resources.
<https://www.fcc.gov/lifeline-consumers>

Financial Assistance continued

Help paying for internet services- The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

<https://www.fcc.gov/acp>

File taxes to apply for the Earned Income Tax Credit (EITC) helps low- to moderate-income workers and families get a tax break. If you qualify, you can use the credit to reduce the taxes you owe – and maybe increase your refund. <https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit-eitc>

Apply for the child tax credit by filing taxes (even if you don't earn enough to file taxes) The child tax credit is a federal tax benefit that plays an important role in providing financial support for American taxpayers with children. People with kids under the age of 17 may be eligible to claim a tax credit of up to \$2,000 per qualifying dependent. \$1,500 of that credit may be refundable if you file taxes <https://www.irs.gov/help/ita/does-my-childdependent-qualify-for-the-child-tax-credit-or-the-credit-for-other-dependents>

Free tax preparation support thru AARP (Feb-mid April)

Lynn Aldrich 575-770-5044

Food

Apply for Supplemental Nutrition Assistance Program (S.N.A.P) at <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
or for assistance applying for SNAP contact Cami Hartman, Student Resource Navigator.
575-737-3697
chartman8@unm.edu

If you are pregnant or have children 5yrs or younger-apply for food assistance with the NM Women, Infant, and children (WIC) office in the Taos Public Health Office
1400 Weimer rd, Taos, NM 87571
575-758-1078
<https://www.nmwic.org/>

Food Pantries

UNM-Taos Lobo Food Pantry

Cabinets in front of Fred Peralta Hall (art building on Klauer campus) and at Rio Grande Hall (ask Barb where it is if have difficulty finding it). Free for students and family of students. Open everyday/night except for school breaks.

Shared Table/Food Distribution

Food distribution 2nd and 4th Wednesdays/ month 9:30-11:30am at **El Pueblito Methodist Church** 1309 Paseo del Pueblo Norte, El Prado, NM 575-758-2790

& from 1:30-3:00pm at the **Talpa Community Center** 3 Archuleta Rd, Ranchos De Taos, NM 87557
575-751-1014

La Jicarita Food Basket

Penasco Community Center
14136 NM-75, Peñasco, NM 87553
2nd and last Wednesday of the month 9:00 am.
505-480-3846

Food/Food pantries continued

North Central Food Pantry (Questa) (Next to Ancianos)

Food distribution 2nd and 4th Friday from 9am-12pm

Must fill out registration form and stay in car for food delivery to your trunk of your vehicle

Contact: wrmesquire2@gmail.com or Jeannie Masters 575-586-0486

<https://www.ncfpquesta.com/>

Our Lady of Guadalupe Food Pantry

Our lady of Guadalupe Church

205 Don Fernando St Taos, NM 87571

2nd and 4th Thursday of every month 9am-11:30am

(575)758-9208

<https://www.ologtaos.com/>

St. James Episcopal Church/food pantry

Food distribution every Thursday 12:30-4:00

208 Camino de Santiago, Taos, NM

575-758-2790

<http://www.stjamestaos.com>

The Giving Tree

Food distribution the last Wednesday of the month 12:00-3:00pm

Emergency Food Wed-Fri 12:30-2:30

1128 Paseo del Pueblo Sur Ste C (Behind Subway) Taos, NM

505-980-3887 givingtreetaos.com

taoshope@gmail.com

Lil Food Pantries around town sponsored by Taos Immigrant Allies.

Locations include: Gusdorf Park by bench. Fred Baca Park under tree in

front parking lot, Rio Lucero Road across from #118, Mariposa Road just

off Kit Carson, Civic Plaza - in front of Bataan Hall, In Front of First Pres.

Church, Vigil Trailer Park under Taosnet sign, Straight Arrow Road -at start

by mailboxes, Arroyo Seco behind the Church.

Food continued/Prepared Meals

Ancianos Senior Center

Free lunch for people over 60 (\$1.50 donation optional)

601 Lovato Place, Taos, NM

575-758-4091

<http://www.taoscounty.org> › Senior-Services

Taos Men's Shelter

Evening meal every day for **men and women** at 6:00pm

220 Albright Street, Taos, NM

575-779-9198

<https://www.taosmensshelter.org/>

Housing (Emergency/Low Income)

DreamTree Project offers emergency and transitional housing for youth 16-24yrs. 128 La Posta rd
575-758-9595
<https://www.dreamtreeproject.org/>

DreamTree Project is also coordinating shelter stay at the N.E.S.T.
Taos **NEST (Navigating Emergency Support Together)** is opening for winter crisis shelter on November 30th, 2023 at 601 Lovato Place in Taos. Adult (18+ years old) women, men, and gender expansive individuals who are in need of emergency overnight shelter can check in by 8 p.m. nightly for a bed.

Families with children in need of shelter can come to NEST by 8 p.m. for the Emergency Family Shelter Program, which is operated by DreamTree with financial support from HEART of Taos.

For more info contact Mat Whitener
575-224-2654
mat@dreamtreeproject.org

Community Against Violence addressing the needs of victims of domestic violence/assault with emergency shelter and transitional housing support.

945 Salazar rd, Taos, NM
575-758-8082
<https://taoscav.org/>

Taos Men's Shelter
220 Albright st. Taos, NM
575-779-9198
<https://www.taosmensshelter.org/>

Taos County Housing Authority apply for low income or section 8 housing.

525 Ranchitos Rd UNIT 962
575-758-3930

Low income/Subsidized Housing

Housing Cont'd

Low income/Subsidized Housing

Mariposa Apartments, 201 Mariposa Pl, 575-751-0910

Tierra Montosa, 750 Gusdorf Rd, 575-758-0471

El Cerrito Apartments, 250 Paseo del Canon E, 575-751-1892

Loma Parda, 1200 Camino de la Cruz, 575-758-4400

Ochenta Housing, 120 Herdner Rd, 575-770-7829

Cielo Azul, 400 Wiemer Road #23, 575-751-9582

Bella Vista Apartments, 110 Otono Rd, 575-751-1017

Support for renters facing eviction: NM Eviction Prevention

<https://www.nmevictionprevention.com/>

Housing Navigation Support

Youth Heartline Assistance for community members to navigate housing challenges.

Call Misty in Raton/Clayton at 575-445-2400 and in Taos call Amy at 575-758-0106 for more information.

Self Help, Inc.

Housing Stability Coordinator Priscilla Garcia

505-662-4666

email priscilla@selfhelpla.org

Immigrant and Refugee Support

Las Cumbres Community Services-Sanctuario de Corazon
free immigrant and refugee support (including legal support)

Jose Gonzales at 575-779-9119

<https://www.lascumbres-nm.org/immigrant-refugee-services>

Taos Immigrant Allies- To support immigrant families educationally, financially, and emotionally, and educate our community on immigration issues to become a more supportive, integrated, and prosperous Taos community. <https://www.taosimmigrantallies.org/>

Other resources available for undocumented students through UNM main campus

<https://undocumented.unm.edu/resources/community-resources.html>

Internet/Phone

UNM-Taos Library-loans internet hot spots and laptops to students (when available). UNM Taos library can also provide a list of free wifi access sites around Taos County. Call 575-737-6242 or visit UNM Taos Klauer campus in the Pathways building.

Help paying for phone service-Lifeline is an FCC program that helps make communications services more affordable for low-income consumers. Lifeline provides subscribers a discount on qualifying monthly telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers. The discount helps ensure that low-income consumers can afford 21st century broadband and the access it provides to jobs, healthcare, and educational resources.
<https://www.fcc.gov/lifeline-consumers>

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<https://www.fcc.gov/acp>

Phones that work with the Affordable Connectivity Program/Lifeline
<https://standupwireless.com/>
<https://qlinkwireless.com/>

Legal Support

NM Legal Aid- Our services range from education, advice and brief services, to full representation in some cases. No one is denied access on the basis of race, age, gender, religion, political affiliation, beliefs, or disability. New Mexico Legal Aid (NMLA) has practice groups in four areas of law, providing legal services in state and tribal jurisdictions: Consumer Law, Domestic Violence and Family law, Economy Security Law, Housing Law and include other special project areas.
575 758 2218

<https://www.newmexicolegalaid.org/>

Immigrant and Refugee Support and legal support

Las Cumbres Community Services

Jose Gonzales at 575-779-9119

<https://www.lascumbres-nm.org/immigrant-refugee-services>

Free Legal resources for the Elderly:

<https://www.nmbar.org/Public/LREP>

LGBTQ Support

UNM Taos Gender Sexuality Alliance (GSA) Club: Contact Enrico Trujillo (GSA Advisor) 575-737-3763, Rachel Gift (GSA Advisor) 575-737-6257. We provide a safe space for LGBTQ students/staff/faculty to find community, fun activities and safety.

UNM LGBTQ Resource Center: Call 505-277-LGBT (5428) We are committed to serving our UNM community by providing education, advocacy, and support through our events, trainings, and student groups. The LGBTQ Resource Center was founded in 2010 by students, staff, faculty, and community members to create a space where our LGBTQQIA community can not only survive, but thrive.

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Medical

El Centro Family Health (ECFH) (Medical and Mental Health Services in Taos, Embudo and Penasco. Dental services also provided in Taos clinic.) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#)

1-800-284-7284

<https://ecfh.org>

El Centro/Taos Medical Clinic 1331 Gusdorf rd Taos, NM 87571

575-758-3601

Open Mon-Thurs 8am-7pm; Fridays 8am-5pm

El Centro/Embudo Clinic

2243 NM-68

Embudo, NM 87531

575-579-4255

Open: Monday to Friday: 8am – 5pm

El Centro/Peñasco Clinic

State Road 75 # 15136

Peñasco, NM 87553

575-587-2205

Open: Monday to Friday: 8am – 5pm

<https://ecfh.org>

Questa Health Center-Presbyterian Medical Services (Medical, Dental, Behavioral Health, M.A.T.-substance use, reproductive health) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#)

2573 Hwy 522

Questa, NM

575-586-0315

<https://www.pmsnm.org/locations/questa-health-center/>

Medical continued

Taos Picuris Indian Health Service- Behavioral Health, Medical/Dental
(free to enrolled tribal members) 575-758-6900

<https://www.ihs.gov/albuquerque/healthcarefacilities/taospicuris/>

Holy Cross Medical Center is the central hub for health care in north-central New Mexico. Our hospital and clinics are home to over 80 physicians, covering a variety of ever-expanding specialties that include internal medicine, wound care, dermatology, ob/gyn, orthopedics, general surgery, urology and a fully-staffed emergency department.

1397 Weimer Rd.

Taos, NM 87571

575-758-8883

<https://holycrossmedicalcenter.org/>

NextCare Urgent Care

330 C Paseo Del Pueblo Sur Taos, NM 87571

575-758-1414

https://nextcare.com/locations/nm/taos-urgent-care/?utm_source=GoogleMaps&utm_medium=Local&utm_campaign=taos

Family Practice of Taos

630 Paseo Del Pueblo Sur #150 Taos, NM 87571

575-758-3005

<https://www.familypracticeassociatesoftaos.com/>

Schreiber Family Medicine

630 Paseo Del Pueblo Sur Suite 125

575-751-7430

<https://schreiberfamilymedicine.com/>

Taos Medical Group

1399 Weimer Rd, Taos, NM

575-758-2224

<https://www.taosmedicalgroup.com/>

Medical continued

Taos Whole Health Integrative Care- We offer a spectrum of Eastern & Western approaches to restore balance and give voice to what is happening within. Co-Medical Directors, Lilly-Marie Blecher ND, DOM and Joanna J. Hooper MD, and their team of health practitioners, offer care between disciplines, all under one roof.

1331 Maestas Rd

Taos, NM 87571

575-776-7806

info@taoswholehealth.org

<https://taoswholehealth.com/>

WIC/Taos Public Health Office offers breastfeeding and healthy nutrition support for birthing persons. They also offer family planning and STD testing.

1400 Weimer rd, Taos, NM 87571

575-758-1078

<https://www.nmwic.org/>

Parenting

Early Development

Children's Trust Fund/Taos Loves Kids offers classes and groups in English/Spanish for parenting support/classes. Our services are free to families/cargivers prenatally to 18 years of age.

413 Sipapu st Taos, NM

575-751-8904 or cvigil@taoshospital.org

<https://holycrossmedicalcenter.org/program/childrens-trust-fund/>

Youth Heartline- We assist families in our community with education, referrals, support, therapeutic services, and activities to foster family connection.

224 Cruz Alta Rd, Ste F Taos, NM 87571

575-758-0106

<https://www.youthheartline.org/>

Early Childhood Education and Care Dept. Financial support for childcare for eligible families who qualify.

505-753-0222 Or call 1 (800) 691-9067 to speak with a Family Specialist who can help you review your child care options and walk you through the process of applying.

<https://www.nmeced.org/child-care-assistance/>

NewMexicoKids website offers a variety of services and resources for both educators and families in the State of New Mexico. Whether searching for quality child care or looking for professional development for early childhood educators, you will find information on this site that links you to the information or services you may need.

<https://www.newmexicokids.org/>

Paso a Paso network- Paso a Paso Network is an independent volunteer organization that works with service providers, funders, advocates, families, and other stakeholders to build a comprehensive early childhood system in Taos County.

<https://www.pasotaos.org/childcare>

Parenting/Early Child Development

First Steps- Holy Cross Hospital's First Steps Program provides home visiting services to parents of children **ages prenatal to five**, including fathers, adoptive parents, and foster families in Taos and Western Colfax Counties.

413 Sipapu st. Taos, NM

575-751-5764

<https://holycrossmedicalcenter.org/program/first-steps/>

Tiwa Babies Tiwa Babies serves expectant parents/caregivers and parents/caregivers of children **0-5 years** old with a family support specialist. Tiwa Babies services promote optimal child and family development. Services are universal, at no cost, and provided in the family's home or another location of the family's choice. We offer our services to Native Families and Non-Native Families living in Taos County.

230 Rotten Tree rd. Taos Pueblo, NM

575-758-7824 ext.112

<https://www.tiwababies.com/>

Youth Development Incorporated (YDI) provides free early childhood education, family development services, and child care for children **ages 0 to 5 years old**. The Head Start curriculum supports the physical, cognitive, social, and emotional development of young children and also offers prenatal care and education for pregnant women. Eligible services based on income.

Home Visiting (pre-natal-3)

Early Headstart (12 weeks-3yrs) Enos Garcia, Llano Quemado, Vadito hours 7am-3pm

Headstart (3yr-5yr) Questa, Arroyos del Norte, Enos Garcia, Llano Quemado, Vadito hours 7am-3pm

575-758-4556

<https://www.ydinm.org/programs/early-childhood-education/>

Parenting continued

Childcare

UNM Kids Campus/Center for Early Learning serves children **6 weeks to 5 years of age.**

1157 County rd 110, Ranchos de Taos, NM

575-737-6255

<https://taos.unm.edu/community/kids-campus/index.html>

Anansi day school- Ages served: 3 years - 5 years

57 New Mexico state highway 230, El Prado, NM 87529

575-776-5711

<https://anansidayschool.org/>

Inspire Bilingual Early learning center- Ages served: 2 months - 5 years

120 Camino De La Placita, Taos, NM 87571 Contact:

inspiretaos@gmail.com https://m.facebook.com/InspireTaos/?_rdr

Little Bug Inc. Ages served: 6 weeks - 5 years

1221 Gusdorf, Taos, NM

575-751-1060

https://m.facebook.com/taoslittlebug/?_rdr

Taos family development center at Taos High (GRADS) Serves infants to 4yrs old.

134 Cervantes St, Taos, NM 87571

575 751-8070 or 575-751-3884

https://childcarecenter.us/provider_detail/taos_family_development_center_taos_nm

Ensuenos y los Angelitos Ages served: 0 - 5 years

1030 Salazar Rd, Taos, NM 87571

575-758-4274

<https://eladc.org/>

Parenting continued

Rio Hondo Learning Center - Ages served: 6 weeks - 3 years
5 Firehouse rd. Taos Ski Valley
(866) 968-7386 ext. 2340

Free Diapers

Diaper Program-offering free diapers size 0-6.

El Pueblito Methodist Church

Contact Cheri Lyons, Pastor
1309 Paseo Del Pueblo Norte, El Prado, NM 87529
575-758-3166

The Giving Tree Clothing, household items, diapers and emergency food

Wed-Fri 12:30-2:30

1128 Paseo del Pueblo Sur Ste C (Behind Subway) Taos, NM

505-980-3387

taoshope@gmail.com

<https://www.taoshope.com/>

Breastfeeding Support

Taos County Breastfeeding Resources <https://breastfeedingnm.org/wp-content/uploads/2020/04/Taos-County-Resource-List.pdf>

WIC offers breastfeeding and healthy nutrition support for birthing persons.

Taos Public Health Office

1400 Weimer rd, Taos, NM 87571

575-758-1078

<https://www.nmwic.org/>

Substance/Recovery Support

Peer support

Recovery Friendly Taos offers a peer support model/outreach for Mental Health/Substance Use and they do have a center on Sipapu to drop in and support groups for men, women and veterans. They can also help with food/clothing and employment support.

412 Sipapu St, Taos, NM 87571

575-213-6002

<https://rfnm.org/>

Taos Lead provides intensive case management and peer support for individuals 18+, individually, with a harm reduction approach. We are a community referral and/or law enforcement referral based program. The individual must have a SUD and/or unmet behavioral health needs and be at risk of incarceration or involved with the justice system due to their SUD/unmet behavioral health needs.

1335 Gusdorf Rd Bldg E Taos, NM 87571

(575) 758-5500

Contact Gina Cordova gina@taoslead.com

www.taoslead.com

Statewide Treatment options (inpatient/outpatient)

New Mexico Leaders in Recovery

Resource Guide (Spring 2023) This guide is only available online but is a comprehensive list of treatment centers across NM.

Sponsored by Vista Taos Renewal Center, Turning Point Recovery Center and Zia Recovery Center

<https://sharenm.s3.amazonaws.com/library/R7axbixjZlyU4PUhix77dYJcPMzHkX4TQd2KlIBz.pdf>

Substance/Recovery Support con't

Treatment options (Taos) (inpatient)

Vista Taos Renewal Center-Inpatient medical detox and result-based holistic residential treatment with MD board certified in addiction medicine, two physician assistants, and nurse practitioner, extended care services including structured sober-living, and 5-day per week IOP, intensive aftercare planning.

259 Blueberry Hill, El Prado, NM 87529

575-758-5858

Admissions Email: JLihte@vistataos.com

www.vistataos.com

Shadow Mountain Recovery Center -Taos Men's Detox and Residential Addiction and Treatment Center (for males 18+yrs) is a unique drug detox and residential rehabilitation treatment center built around helping you heal and rebuild. Nestled in the Sangre de Cristo Mountains in the Carson National Forest, the Shadow Mountain Recovery Center in Taos is an ideal setting for individuals who need a focused break from their daily lives to discover paths for healing and recovery.

[\(855\) 953-3725](tel:(855)953-3725)

<https://www.shadowmountainrecovery.com/programs/>

Substance/Recovery Support con't

Treatment options (Taos) (Outpatient)

Rio Grande ATP- Intensive Outpatient services for substance use disorders, peer support, comprehensive assessments, individual and group therapy, drop-in support.

105 Paseo Del Canon W Suite A, Taos, NM 87571

Admissions Phone: 575-737-5533

Admissions Email: mmartinez@riograndeatp.org

<https://riograndeatp.org/>

Pinwheel Healing Center- Intensive Outpatient treatment for substance use disorders (both adult and adolescence), MAT, Medication management, outpatient services for cases of primary mental health, peer support, and recovery tools. Pinwheel is one of the very few programs equipped to treat sex offenders.

1130 Butterfly Rd, Taos, NM 87571

505-636-6100

Admissions Email: info@pinwheelhealing.com

www.pinwheelhealing.com

Intensive Outpatient (Española)

Krossroads Integrative Health & Recovery Solutions- Assessment, Intensive Outpatient, CCSS, MAT, Medical evaluations and management, family programming, and crisis intervention. Albuquerque, Santa Fe, Las Vegas, Raton, Espanola NM and **virtual appts available online**.

(505) 715-4610

Admissions Email: victoria.urquidey@krossroadsnm.org

www.krossroadsnm.org

Substance/Recovery Support con't

Harm Reduction/Medically Assisted Therapy (M.A.T.) (This includes Suboxone, Methadone and Naloxone treatments).

Pinwheel Healing Center- Intensive Outpatient treatment for substance use disorders (both adult and adolescence), MAT, Medication management, outpatient services for cases of primary mental health, peer support, and recovery tools. Pinwheel is one of the very few programs equipped to treat sex offenders.

1130 Butterfly Rd, Taos, NM 87571

505-636-6100

Admissions Email: info@pinwheelhealing.com

www.pinwheelhealing.com

Questa Health Center-Presbyterian Medical Services (Medical, Dental, Behavioral Health, M.A.T.-substance use, reproductive health) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#)

2573 Hwy 522

Questa, NM

575-586-0315

<https://www.pmsnm.org/locations/questa-health-center/>

El Centro Family Health (ECFH) (Medical and Mental Health Services in **Taos, Embudo and Penasco.** Dental services also provided in Taos clinic.) [Accept Medicaid, Medicare and most insurances; if no insurance have a sliding scale based on income.](#)

1-800-284-7284

<https://ecfh.org>

Taos Medical Group

1399 Weimer Rd, Taos, NM

575-758-2224

<https://www.taosmedicalgroup.com/>

Substance/Recovery Support con't

Harm Reduction/Medically Assisted Therapy (M.A.T.) (This includes Suboxone, Methadone and Naloxone treatments).

Taos Whole Health Integrative Care- We offer a spectrum of Eastern & Western approaches to restore balance and give voice to what is happening within. Co-Medical Directors, Lilly-Marie Blecher ND, DOM and Joanna J. Hooper MD, and their team of health practitioners, offer care between disciplines, all under one roof.

1331 Maestas Rd

Taos, NM 87571

575-776-7806

info@taoswholehealth.org

<https://taoswholehealth.com/>

Lancer Health Group-Offers E-counseling for individuals, families and groups, Psychiatry and Medication Assisted Treatment and crisis intervention. Services are online.

505-808-5576

<https://lancerhealthgroup.com/>

Taos Behavioral Health

Teambuilders

Textbooks

UNM-Taos Library-students may check out (available) textbooks or can request for copies to be made of the first few chapters until a textbook is obtained. To check for availability, visit or call 575-737-6242.

<https://taoslibrary.unm.edu/library>

UNM Bookstore online

1-800-981-2665

<https://bookstore.unm.edu/>

Thriftbooks- online platform for ordering used books.

<https://www.thriftbooks.com/>

Chegg books-online platform for renting or buying used books.

<https://www.chegg.com/books>

HELP NM-Depending on grant availability, the Office of Economic Opportunity (OEE) provides services to individuals and families, youth, veterans, migrant and seasonal farm workers and seniors. Our priority is to provide general services related to economic security for employability, **attaining educational goals**, and income management.

106 Gusdorf Pl, Taos, NM

505-437-1327

<https://helpnm.com/>

Self Help Inc. Each year, through grants and private and public contributions, our organization is able to support those who need help most, during emergencies or in the quest to become economically self-sufficient. Self Help is a member of United Way of Northern New Mexico Serving Los Alamos and Rio Arriba Counties.

2390 North rd Los Alamos, NM

505-662-4666

<https://selfhelpla.org/>

Transportation

North Central Regional Transit Department (NCRTD)-provides transportation services in Taos County (see schedules).

New RTD Service to UNM-Taos provides door to door pickup/drop off within the Town of Taos for qualifying areas. Passengers must reserve a ride at least 24 hours in advance by calling 1-866-206-0754 ext. 2. (6am-6pm) If this number doesn't work please call 505-629-4725 for dispatch and for scheduling. Cost is \$1 each way.

<https://www.ncrtd.org/routes-by-area/taos-area/>

Private drivers in the Taos area:

Terrie Perez 575-613-6137

John Pruitt 575-770-1040

Veteran Services

Veterans Upward Bound (VUB) at UNM-Taos

VUB is designed to assist veterans in the development of academic and other requisite skills necessary for acceptance and success in a program of post-secondary education. The project provides assessment and enrichment of basic skills through instruction, advising, and tutoring. The goal of the program is to increase the rate at which participants enroll in and complete post-secondary education programs.

Contact Kelly Fitzpatrick, Program Manager

575-425-1724 kfitzpatrick@unm.edu

UNM-Taos Klauer campus

1157 County rd 110 Ranchos de Taos, NM 87571

<https://taos.unm.edu/students/vet/index.html>

Not Forgotten Outreach Inc. is dedicated to the reintegration and whole health healing of Military, Veterans, Military Families, and Gold Star Families of fallen heroes. Our goal is motivating our clients to participate in the restorative and regenerative programs available at our locations. We welcome our heroes and their families to join us in our programs, classes, and events to improve relationships, and build comradery within the military and local community.

575-758-0433

610 Paseo Del Pueblo Norte, Taos, NM 87571

<https://notforgottenoutreach.org>

Veterans Off grid helps veterans in need of community, shelter and social services while helping the earth by teaching and practicing sustainable building and agriculture principles.

(919) 673-0398

veteransoffgrid@gmail.com

50 USFR 600 Carson, NM 87517

<https://www.veteransoffgrid.org>

Veteran Services Continued

Recovery Friendly Taos offers a peer support model/outreach for Mental Health/Substance Use and they do have a center on Sipapu to drop in and support groups for men, women and veterans.

412 Sipapu St, Taos, NM 87571

575-213-6002

<https://rfnm.org/>

National Association of County Veterans Service Officers

Lety Cano, Veteran Service Officer

505-709-5263

<https://www.nacvso.org/>

Taos Veterans Affairs Clinic Our outpatient clinic provides primary care and specialty health services, including telehealth (mental health, behavioral health), Laboratory (EKG) and more.

575-751-0328

1353 Paseo Del Pueblo Sur

Taos, NM 87571-5801

<https://www.va.gov/new-mexico-health-care/locations/taos-va-clinic/>

New Mexico Veterans Integration Centers Mental health counseling, emergency housing, transitional housing, food pantry, nutrition education, clothing donation and transportation services for veterans throughout the state of New Mexico. No payment required.

505-562-0800

2115 Wyoming Blvd NE Albuquerque, NM 87112

<https://www.nmvic.org/>

Crisis lines for Veterans:

Veterans Crisis Line: Call 800-273-8255 or text 838255 – Offers confidential crisis support. Responders are specially trained to work with Veterans and their loved ones. Available 24/7.

Lifeline for Vets: Call 888-777-4443. Provided by the National Veterans Foundation. Offers crisis management and support for veterans in need.

Veteran Services Continued

Homelessness Hotline: 877-424-3838. A crisis line for veterans who are currently experiencing homelessness or at risk of homelessness. Family members and supporters of veterans at risk can also call.