# DESERT MISSION LIVING WELL PROGRAM



# Resource navigation

Living Well participants focus on achieving total well-being through connection to community resources and public benefits. We help to uncover the root causes of food insecurity and provide direct connections to resources from basic needs to asset-building.

Community Service Specialists meet one-on-one with participants to identify goals and address common barriers to achieving success.

# **Community services**

Identifying benefits and services you might qualify for can be difficult. Understanding where to go and navigating complex applications sometimes proves overwhelming. Our specialists serve as a single resource for information and referral to improve your access to the many programs available in our community.

## Financial coaching

Are you prepared for a financial crisis? Do you have plans to reach your short and long-term goals? Are you satisfied with your present money situation? Our financial coaching program is a safe, confidential space to talk about money. We help to identify financial goals and action steps, complete a personalized spending and savings plan, and offer free coaching to help create a secure future.

### Want to learn more?

Interested in any of our services? Scan the QR code to get started.

### Contact us

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