



Community Bridges, Inc. (CBI) was incorporated as a private non-profit, 501(c)(3) organization in 1982 and has a 29-year history of providing substance abuse prevention, education and treatment services throughout Arizona. It utilizes cutting edge and nationally recognized treatment and prevention models. During this time period, over 700,000 individuals have received treatment and over 500,000 have benefited from our school and community-based education programs.

We believe addiction is a disease that carries tremendous consequences for individuals, families, the workplace, and the community as a whole. Prevention and treatment are the keys to combating substance abuse.

For assistance 24 hours a day
Access to Care Line • 877.931.9142

Funded in part by



A Nationally Accredited Program



Women's Outpatient Program



For assistance, to make a referral,
or for additional information,
please call 480.768.6022.

1745 South Alma School Road, #230
Mesa, Arizona 85210

Women's Outpatient Program

At ASPIRE we believe that women experience better outcomes when treated at a gender-specific, holistic treatment program that meets not only their substance abuse and mental health treatment needs, but also provides a host of gender-specific services that lead to fuller community involvement and integration. ASPIRE is designed to address the high prevalence of physical, sexual, and psychological trauma and violence experienced by women with substance abuse problems.

ASPIRE provides the following services:

- Group and Individual Counseling
- Transportation Assistance
- On-site Child Care Room
(to enable mothers to attend group and individual sessions)
- A Resource Center
(for job search and internet access)
- Supportive Housing and Rental Assistance
- Peer Recovery Support
- Intensive Case Management Services
- A Supportive Environment that Promotes Empowerment, Personal Independence, and Recovery

***For more information
or to make a referral, please call
ASPIRE • 480.768.6022.***

Our Continuing Care Program

ASPIRE is also home to our existing Continuing Care Program for women who have transitioned from the Center for Hope's (CFH) residential program for pregnant women. CFH offers long-term care to women with co-occurring disorders and their children. As women transition from residential services, they are linked to our ASPIRE outpatient program where they receive ongoing behavioral health support to include individual and group counseling, supportive housing and rental assistance, peer support, in-home visits, as well as transportation and employment assistance. ASPIRE's primary purpose is to help women implement and sustain healthy recovery.

Our Family Program

ASPIRE offers support groups for family members and/or significant others connected to women in our program. Group and individual counseling is also available for families.

Our Mission

"We believe all women and children have value and worth. We save generations one life at a time with unique programs designed to empower women, help them overcome barriers, and restore their hope for a new life."



Playground at our Supportive Housing Program