

SAM's GUIDE

to

Monterey County Family Resources



JANUARY 2017 EDITION

© Susan A. McNelley, RN, PHN, MA

SAM's GUIDE

to
Family Resources
for
Monterey County, California

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PREFACE

This eighth edition of the resource book is produced for those individuals who counsel families and need to have up-to-date resource information at their fingertips. While I have made every effort to be accurate, I apologize in advance for any errors or omissions. This is a compilation of public and not-for-profit resources and is not exhaustive. It should be emphasized that there are frequent changes in community resources. Details should be confirmed with individual agencies. Inclusion of agencies and programs in this directory does not imply recommendation or endorsement.

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I hereby give my permission to distribute copies of the PDF file and to print and distribute paper copies of the Guide to anyone providing counseling and assisting families in Monterey County, California. Permission is NOT given to copy and paste any part of this guide into another document.

Please feel free to contact me if you would like to link to my website or if you have any questions or comments: samsresources@comcast.net

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ADOPTION AND FOSTER CARE

ALL AREAS OF MONTEREY COUNTY

Family and Children's Services

Monterey County Department of Social Services

1000 S. Main Street, Suite 205; Salinas, CA 93901

Tel (831) 755-4475; Family to Family: (800) 850-0006

Websites: www.mcdss.co.monterey.ca.us; www.f2fmc.org

Services:

The following are programs for children, families and caregivers coming through the child welfare system: **Licensed public adoption agency** works to arrange permanent home placements for children. Services include recruitment and screening of prospective parents, educational services, and finalizing adoptions. **Foster care services** provides temporary out-of-home care for children who have been abused or neglected. **Family to Family** works with community agencies to provide a variety of support services for relative caregivers and foster parents with the goal of keeping children in their own communities.

Kinship Center

124 River Road; Salinas, CA 93908

Tel (831) 455-9965; (800) 454-6744

Website: www.kinshipcenter.org

Services:

Licensed, non-profit adoption agency serving all of Monterey County. Offers adoption services, foster family care, relative care (Family Ties), mental health counseling for children and families, a support group for birth parents and adult adoptees, as well as parent and professional education. Wraparound services provide intensive support to families in crisis, in order to keep children in a family setting. Under the **Family Ties** program, the agency provides assistance to relatives who are caring for children who are related to them, including support groups, legal assistance, parent education, counseling, advocacy, and recreational activities.

Foster & Kinship Care Education

Offered through **Hartnell Community College**

411 Central Ave; Salinas, CA 93901

Tel (831) 755-6709; Registration: (831) 755-6807

Website: www.hartnell.edu

Services:

A variety of classes and workshops are offered for foster parents, relatives, near kin, and group home staff who care for other people's children, including classes that address the needs of at-risk children. Classes are also appropriate for social service professionals. Classes are in English and in Spanish.

ADULT EDUCATION

(Including Adult Schools, State and Community Colleges, Literacy Programs)

ADULT SCHOOLS

Salinas Adult School (Salinas Education Center)

20 Sherwood Place; Salinas, CA 93906
Main Number: (831) 796-6905 or 796-6908
Website: www.salinasuhdsd.org

Monterey Adult School, King Campus

1713 Broadway Avenue, Room B6; Seaside, CA 93955
Tel (831) 392-3565
Website: www.mpusd.k12.ca.us or www.montereyadultschool.org

Pacific Grove Adult School

1025 Lighthouse Avenue; Pacific Grove, CA 93950
Tel (831) 646-6580
Website: www.pgusd.org

Carmel Adult School

8421 Carmel Valley Road; Carmel, CA 93923
Tel (831) 624-1714 or (831) 624-3855
Website: www.carmelunified.org

Soledad Adult School

690 Main Street; Soledad, CA 93960
Tel (831) 678-6300
Website: www.californiaadultschools.org

Gonzales Adult School

650 Elko Street, Gonzales, CA 93926
Tel (831) 675-0100 or (831) 675-1081

Services:

The adult schools listed above offer a variety of courses, tailored to their community's needs. These may include courses in English as a Second Language, GED, high school completion, citizenship classes, parenting education, computer literacy, vocational skills training, and personal enrichment classes. Fees are charged for courses. Call the individual schools above for classes offered through their school.

ADULT EDUCATION (Continued)

(Including Adult Schools, State and Community Colleges, Literacy Programs)

STATE UNIVERSITY

California State University, Monterey Bay

100 Campus Center; Seaside, CA 93955

Tel (831) 582-3000

Website: www.csumb.edu

Services:

Academic coursework and learning opportunities leading to a bachelor of arts or a bachelor of sciences degree. Some masters degree programs. The university places particular emphasis on access to quality higher education for traditionally underserved and low-income populations.

COMMUNITY COLLEGES

Hartnell Community College

411 Central Avenue; Salinas, CA 93901

Tel (831) 755-6700; For GED: (831) 770-7070

Website: www.hartnell.edu

Services:

Vocational training, English as a Second Language, Early Childhood Education, courses for GED, college credit and an Associate of Arts Degree. Some programs are offered at satellite campuses. Call for more information.

Monterey Peninsula College

980 Fremont Street; Monterey, CA 93940

Tel (831) 646-4000

Education Center at Marina (MPC Satellite Campus)

289 12th Street; Marina, CA 93933

Tel (831) 646-4850

Website: www.mpc.edu

Services:

Vocational training, English as a Second Language, Early Childhood Education, Older Adult programs, continuing education, courses for college credit and an Associate of Arts Degree. No GED classes. A "Public Safety Training Center" (Fire, police, EMT training) is offered at a satellite campus in Seaside.

OTHER EDUCATION PROGRAMS FOR ADULTS

The Osher Lifelong Learning Institute (OLLI Program)

Based at **Cal State University, Monterey Bay**

Tel (831) 582-5500

Website: <http://olli.csumb.edu/>

Services:

A variety of classes are offered for older adults (those 50 and over) who are interested in university-level courses without the pressure of course grades or credits. A listing of courses is available online. Classes are offered throughout the community, although most are offered at Ryan Ranch. Fees range from \$20-\$70. Students receive discounts to CSUMB events and other perks.

ADULT EDUCATION (Continued)

(Including Adult Schools, State and Community Colleges, Literacy Programs)

Read with Monterey County Free Libraries

188 Seaside Circle; Marina, CA 93933

Tel (831) 883-7597

Website: www.montereycountyfreelibraries.org

Services:

Adult literacy program. Volunteer tutors teach English-speaking adults to read and write. Also help adults with obtaining GED and prep for citizenship exam. Program coordinator matches volunteers to clients. Services offered in Seaside, Marina, Castroville, Soledad, Carmel Valley and possibly other locations. No fee.

John Steinbeck Adult Literacy Services

350 Lincoln Avenue; Salinas, CA 93901

Tel (831) 758-7916

Website: www.salinaspubliclibrary.org

Services:

Volunteer tutors teach English-speaking adults to read and write. Program coordinator matches volunteers to clients. For residents of Monterey County. No fee.

Plaza Comunitaria

Offered at **Alisal Family Resource Center** (located behind Alisal Community School)

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 775-4500

Website: www.alisalfrc.org

Services:

The Plaza Comunitaria program provides classes to help Spanish-speaking adults complete their elementary and secondary school education. No fee for program. Childcare provided. ESL classes also offered.

Casa de la Cultura

225 Salinas Road, Suite 4A; Watsonville, CA 95076

Tel (831) 763-0702

Services:

Music, sewing and cooking classes are offered in Spanish for residents of the Pajaro area, as well as “platicas” (discussions) on health and other topics. Call for more information.

ALCOHOL AND DRUG COUNSELING AND TREATMENT

CRISIS INTERVENTION

If this is a medical emergency, call 911 or go to the nearest hospital emergency room.

TWELVE-STEP PROGRAMS

Alcoholics Anonymous, Monterey Bay Area

1015 Cass Street, Suite #4; Monterey, CA 93940

24-hour Helpline: Tel (831) 373-3713

Website: www.aamonterey.org

Services:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other in order to address their common problem. Helpline and website provide information on AA meetings on the Monterey Peninsula. Meetings in English & Spanish.

Alcoholics Anonymous, Salinas Valley

9 West Gabilan Street #11; Salinas, CA 93901

24-hour Helpline: (831) 424-9874

For meetings in Spanish, call 757- 8518

Website: www.aasalinas.org

Services:

Alcoholics Anonymous meetings are offered at sites throughout the Salinas valley. Website and Helpline provide information on these AA meetings. Meetings in Spanish & in English.

Alanon / Alateen

24-hour Tel (English) (831) 373-2532

24-hour Tel (Spanish) (831) 424-6207

Website: www.montereycounty-alanon.org

Services:

Helpline provides information and referral to support groups in the county for teens, families and friends of alcoholics. Support groups in English and in Spanish.

Narcotics Anonymous

Salinas Tel (831) 758-1630

Monterey Tel (831) 624-2055

Website: www.monterey-sbna.org

Services:

A fellowship of recovering addicts that utilizes the 12-step program to help people recover from drug addiction, maintain recovery, and improve the quality of life. Groups in English and in Spanish.

Celebrate Recovery

Offered by **Compass Church**

1044 South Main Street; Salinas, CA 93901

Tel (831) 422-7811

Website: www.fpcsalinas.org

Services:

A Christ-centered recovery program for individuals dealing with a variety of issues, including addiction and substance abuse. Services in English only. No fees.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

ALCOHOL AND DRUG ABUSE: COMMUNITY EDUCATION

SALINAS

Mentor Moms and Dads; Foster and Adoptive Mentors

Offered through **Door to Hope**
130 W. Gabilan Street; Salinas, CA 93901
Tel (831) 758-0181
Website: www.doortohope.org

Services:

Mentor Moms and Dads are mentors who work with parents who have substance abuse problems and have lost custody of their children through the courts, but now have the opportunity for reunification. Mentor moms and dads offer emotional support, advice, and guidance to the parents as they work their way through the legal process. **Foster and adoptive mentors** are experienced foster and adoptive parents who provide support for families who are fostering or adopting an at-risk child.

Foster and Kinship Care Education

Offered through **Hartnell Community College**
411 Central Avenue; Salinas, CA 93901
Tel (831) 755-6709; To register, call (831) 755-6807
Website: www.hartnell.edu

Services:

A variety of classes and workshops are offered for foster parents, relatives, near kin, and group home staff who care for other people's children, including classes that address the needs of the perinatally drug-exposed child. Classes are also appropriate for social service professionals. Classes are in English and in Spanish. No fees.

Sunrise House

119 Capitol Street; Salinas, CA 93901
24-hour Crisis Line: (831) 758-3302
152 W. Gabilan Street; Salinas, CA 93901
Tel (831) 751-9350
Website: www.sunrisehouse.org

Services:

Sunrise House provides alcohol and drug counseling and a 24-hour crisis line for adolescents and their families at the center on Capitol Street. The center on Gabilan Street provides community education and prevention activities in cooperation with schools and other community agencies, including youth drug diversion and youth alternative to violence programs. Bilingual counselors and prevention specialists. Clothing distribution for needy teens. Services are free.

Community Recovery and Resource Center

Operated by **Sun Street Centers**
128 East Alisal Street; Salinas, CA 93905
Tel (831) 753-5150
Website: www.sunstreetcenters.org

Services:

Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

ALCOHOL AND DRUG ABUSE: COMMUNITY EDUCATION (Continued)

D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)

Operated by **Community Human Services**

855 E. Laurel Drive, Bldg H; Salinas, CA 93906

Tel (831) 233-9029

Website: www.chservices.org

Services:

Utilizes the Seven Challenges program to provide intervention and education services for substance-abusing youth, ages 13-18, referred by Probation, Social Services, Behavioral Health, Juvenile Drug Court, parents and schools. No charge. Services in English and Spanish.

MONTEREY PENINSULA

Community Recovery and Resource Center

Operated by **Sun Street Centers**

1760 Fremont Blvd., Suite E1; Seaside, CA 93955

Tel (831) 899-6577

Website: www.sunstreetcenters.org

Services:

Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.

D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)

Operated by **Community Human Services**

Family Service Center

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

Utilizes the Seven Challenges program to provide intervention and education services for substance-abusing youth, ages 13-18, referred by Probation, Social Services, Behavioral Health, Juvenile Drug Court, parents and schools. No charge. Services in English and Spanish. Only group sessions available at this location.

SOUTH COUNTY

Community Recovery and Resource Center

Operated by **Sun Street Centers**

2167 H. De La Rosa Sr. Street; Soledad, CA 93960

Tel (831) 385-0100

Website: www.sunstreetcenters.org

Services:

Offers education on alcohol and drug abuse prevention for parents and youth at various sites in the community, as well as the Driving under the Influence Program.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)**OUTPATIENT DRUG TREATMENT PROGRAMS****SALINAS****MCSTART**

A program of **Door to Hope**
130 Church Street; Salinas, CA 93901
Tel (831) 755-8155
Parents as Teachers Program: Tel (831)751-9660
Website: www.doortohope.org or www.mcstart.org

Services:

A community program providing prevention, diagnostic and treatment services for infants and young children who were exposed to alcohol or other drugs while in the womb. Services include screening, assessment and intervention services provided by a multi-disciplinary team, including medical and psychiatric professionals, occupational, physical, and speech therapists, parent educators (Parents as Teachers Program), and substance abuse professionals. Reimbursement from public funding sources.

Door to Hope Outpatient Program

130 West Gabilan Street; Salinas, CA 93901
Tel (831) 758-0181
Website: www.doortohope.org

Services:

Outpatient program for drug-dependent men and women. Services include individual/group counseling, life skills, family therapy, medical treatment, relapse prevention, and behavioral therapy. Reimbursed through Medi-Cal, some insurance plans, or self-pay. Door to Hope also offers residential treatment for women. (See Alcohol & Drug Residential Treatment Programs.)

ICT (Integrated Co-occurring Treatment)

Operated by **Door to Hope**
130 West Gabilan Street; Salinas, CA 93901
Tel (831) 758-0181
Website: www.doortohope.org

Services:

Professional treatment for adolescents (**boys and girls**) with co-occurring substance abuse and mental health disorders. A home-based program with additional services at the office. Services include cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy. Door to Hope also offers a group home for the adolescent girls in the program. Reimbursement through public funding sources and private pay.

Outpatient Treatment Center for Substance Abuse

Operated by **Community Human Services**
1087 South Main Street
Salinas, CA 93901
(831) 237-7222
Website: www.chservices.org

Services:

Treatment includes individual assessment, medical oversight, withdrawal management, individual, group and family counseling, addiction and recovery education, relapse prevention, drug testing, and discharge planning. Medi-Cal, private pay, some insurance plans accepted.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

Sun Street Outpatient Counseling Services

Operated by **Sun Street Centers**

11 Peach Drive; Salinas, CA 93901

Tel (831) 753-6001

Website: www.sunstreetcenters.org

Services:

Outpatient drug abuse treatment program for men and women includes individual, group and after-care counseling. Reimbursed through public funds and private insurance.

Valley Health Associates

338 Monterey Street; Salinas, CA 93901

Tel (831) 424-6655

Website: www.valleyhealthassociates.com

Services:

Outpatient treatment services (primarily methadone maintenance and detox) for drug abuse. Limited hours. Reimbursed through public funds and private pay.

Off Main Clinic

Operated by **Community Human Services**

1083 South Main Street; Salinas, CA 93901

Tel (831) 424-4828

Website: www.chservices.org

Services:

Provides methadone maintenance, detoxification, counseling, and drug testing for adults addicted to heroin and other opiates, including prescription pills. Medi-Cal and private pay.

MONTEREY PENINSULA

Community Hospital Recovery Center Adult Services

576 Hartnell Street; Monterey, CA 93940

Tel (831) 624-5311 x3269

Website: www.chomp.org

Services:

Evening intensive outpatient treatment program addressing chemical dependency in adults. Services include medical treatment, relapse prevention, family counseling, and support groups. Reimbursed through private insurance and Medicare. Individuals without insurance may qualify for sponsored care.

Outpatient Treatment Center for Substance Abuse

Operated by **Community Human Services**

2560 Garden Road

Monterey, CA 93940

(831) 658-3811

Website: www.chservices.org

Services:

Treatment includes individual assessment, medical oversight, withdrawal management, individual, group and family counseling, addiction and recovery education, relapse prevention, drug testing, and discharge planning. Medi-Cal, private pay, some insurance plans accepted.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

MONTEREY PENINSULA (Continued)

Sun Street Outpatient Counseling Services

Operated by **Sun Street Centers**
1760 Fremont Blvd. Suite E-1; Seaside, CA 93955
Tel (831) 737-9921
Website: www.sunstreetcenters.org

Services:

Outpatient drug abuse treatment program for men and women includes individual, group and after-care counseling. Reimbursed through public funds and private insurance.

RESIDENTIAL DRUG TREATMENT PROGRAMS

SALINAS

The Door

Operated by **Door to Hope**
Tel (831) 758-0181
Website: www.doortohope.org

Services:

Residential drug treatment of 3-6 months for women, ages 18 and over. Fourteen beds. Licensed or certified professional staff provides alcohol/drug education, individual/group counseling, after-care counseling, and referrals to other community programs. Pregnant women accepted. No children. Reimbursement through public funding and self-pay.

Nueva Esperanza

Operated by **Door to Hope**
Tel (831) 758-0181
Website: www.doortohope.org

Services:

A residential treatment program for low-income parenting women with mental health and substance use disorders, along with their children. Room for six women and up to ten children. Length of stay is 3-6 months. Services include individual and group counseling, parent education, aftercare, transportation, and relapse prevention. Reimbursement through public funding and self-pay.

Santa Lucia Group Home

Operated by **Door to Hope**
Tel (831) 758-0181 or 771-8555
Website: www.doortohope.org

Services:

A group home for adolescent girls, between the ages of 12 and 18, with co-occurring substance abuse and mental health disorders. Six beds. Girls stay three to six months. Girls must be medically and psychiatrically stable enough to participate in an active program of therapy, counseling, education, and be willing to participate in an intensive residential program.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

RESIDENTIAL DRUG TREATMENT PROGRAMS (Continued)

SALINAS (Continued)

Sun Street Centers Men's Residential Program

Operated by **Sun Street Centers**

8 Sun Street, Salinas, CA 93901

Tel (831) 753-5145

Website: www.sunstreetcenters.org

Services:

Residential substance abuse primary recovery center for men 18 years or older. Provides social-model detox. Fifty-four beds. Based on the social model of recovery. Education, counseling and 12 step meetings. Assistance with vocational skills building and job finding.. Reimbursement through public funding, private insurance and self-pay.

MONTEREY PENINSULA

Genesis House

Operated by **Community Human Services**

1152 Sonoma Avenue, Seaside, CA 93955

Tel (831) 899-2436

Website: www.chservices.org

Services:

State-licensed residential treatment program for adults and pregnant and parenting mothers accompanied by young children, ages 0-5. Services include individual assessment, treatment planning, medical services and withdrawal management, individual and group counseling, relapse prevention, and aftercare. Co-ed program has 28 beds for a 3-6 month stay. The perinatal program has 8 beds for women with children for a stay of 4-6 months. Reimbursement through private pay, sliding fee scale.

Bridge Restoration Ministry

P.O. Box 113; Pacific Grove, CA 93950

Tel (831) 372-2033

Website: www.tbrm.org

Services:

Christian-based residential facility for men and women (22 beds) with substance abuse problems who want to change their life. Residents must make a 12-month commitment to the program. Program focuses on spiritual principles of Christian discipleship, anger management, marriage and family reconciliation, vocational training, personal finance management, relapse prevention and aftercare.

Beacon House

468 Pine Avenue, Pacific Grove, CA, 93950

Tel (831) 372-2334 or (866) 421-6156

Website: www.beaconhouse.org

Services:

Private non-profit alcohol and drug treatment facility with residential, relapse, day and evening outpatient treatment programs. Twenty-two beds. Services are for men and women over age 18. The residential program is 30 to 90 days long. No children. A variety of after-care and family support services are offered on site. Reimbursed through private insurance or self-pay.

ALCOHOL AND DRUG COUNSELING AND TREATMENT (Continued)

TRANSITIONAL HOUSING ALL AREAS OF MONTEREY COUNTY

Pueblo del Mar Family Recovery Community

Operated by **Sun Street Centers**
3043 MacArthur Drive, Marina, CA 93933
Tel (831) 582-9461
Website: www.sunstreetcenters.org

Services:

A transitional housing program for homeless families who have completed an alcohol/drug program in Monterey County and who are committed to their recovery process and self-sufficiency. Housing for 54 families, inc. single women and men with children. Must have an income from some source. A social model of recovery. Services include parent education, financial literacy, relapse prevention classes, and recovery support groups. On-site co-op child care. May stay up to eighteen months.

Seven Suns Transitional Housing for Men

Operated by **Sun Street Centers**
7 and 9 Sun Street, Salinas, CA 93901
Tel (831) 753-5145
Website: www.sunstreetcenters.org

Services:

Self-supporting, transitional housing for adult men who have graduated from a primary recovery program. Housing for 36 men (9 4-bed/4-bath units). Must be 30 days clean and sober. Must be employed or have some means of support. This is a social model of recovery. A variety of supportive services are available.

Elm House

Operated by **Community Human Services**
Seaside, CA
Tel: (831) 920-1078
Website: www.chservices.org

Services:

Affordable sober living environment for single adult women in early recovery from substance abuse. No children. Length of stay 18 – 24 months.

ANIMAL RESCUE/ PET CARE

The SPCA for Monterey County

1002 Monterey-Salinas Highway; Salinas, CA 93908

Tel (831) 373-2631

Website: www.spcamc.org

Services:

A wide variety of services, including shelter for all animals in need, pet adoptions, lost and found services, low-cost spay and neuter services, vaccination services, microchip placement, humane euthanasia and cremation, pet meals, disaster response and rescue services.

SALINAS

Monterey County Animal Shelter

160 Hitchcock Road; Salinas, CA

Tel (831) 769-8850

Website: www.mtyhd.org/pets

Services:

Shelter cares for lost pets as well as adoptable pets, primarily cats and dogs. Website offers a searchable database for these animals. Provides dog licenses for unincorporated areas of Monterey County and for some cities.

Salinas Animal Services

144 Hitchcock Road; Salinas, CA

Tel (831) 758-7285

Website: www.salinasanimals.com

Services:

Field services include picking up deceased, stray, lost, injured, and/or aggressive animals within Salinas city limits, as well as quarantine services. To report one of above animals, call the non-emergency police dispatch line at 758-7321. Shelter services include adoption, education, licensing, and returning lost animals to owner.

MONTEREY PENINSULA

Animal Friends Rescue Project (AFRP)

560 Lighthouse Avenue; Pacific Grove, CA 93950

Tel (831) 333-0722

Website: www.animalfriendsrescue.org

Services:

Program rescues at-risk cats and dogs from local shelters. Provides adoption services for homeless cats and dogs, as well as vouchers for spaying cats and dogs for animal owners who cannot afford the cost of the procedure.

Peace of Mind Dog Rescue

Patricia Bauer Center

615 Forest Avenue; Pacific Grove, CA 93950

Tel (831) 718-9122

Website: www.peaceofminddogrescue.org

Services:

Program rescues and advocates for senior dogs and senior people on California's Central Coast. Homes are found for dogs whose guardians can no longer care for them and for senior dogs in shelters.

**CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL
for Low-Income Families**

Refer also to School Districts, as many have Pre-school and After-School programs, and to the section for Special Needs Children.

FOR ALL AREAS OF MONTEREY COUNTY

Mexican American Opportunity Foundation (MAOF)

11 Quail Run Circle, Suite 101; Salinas, CA 93907

Tel (831) 424-6939

Website: www.maof.org

Services:

Under the **Monterey County Child Care Resource and Referral Program**, MAOF provides referrals to child care centers and licensed family child care homes near family's residence or place of employment. MAOF also takes applications from low-income families in all areas of Monterey County who want subsidized childcare and/or preschool services at one of the MAOF centers or in the home of a licensed provider. A centralized program determines eligibility for subsidized child care. Women must be low-income and working, in school, or in training. MAOF operates childcare centers in Salinas, Gonzales, Soledad, Greenfield, and Spreckels. In addition, technical assistance is offered to those desiring to become licensed providers.

Head Start

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0350

Website: www.monterey.k12.ca.us

Services:

Early childhood education services for children, ages 3 - 5 (up to kindergarten age). Serves families identified as having the highest need in the community and include foster children, children with disabilities, homeless children, and children in low income families. Half-day and full-day programs. Parent education, social services and referrals provided. Sites throughout the county.

Early Head Start

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0310

Website: www.monterey.k12.ca.us

Services:

Promotes school readiness by enhancing the social and cognitive development of children, ages birth to three. Provides parent education, health and referral services through home visits and center-based activities to low-income pregnant women, infants and toddlers to age 3. Services offered to families throughout the county.

**CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL (Continued)
for Low-Income Families**

Refer also to School Districts, as many have Pre-school and After-School programs.

Migrant Education

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-6401

Website: www.monterey.k12.ca.us

Services:

School-based education and support services for migrant children, ages 3 – 21 to promote their academic success. A certificate of eligibility is required to participate in program. Services are provided throughout Region 16, which includes most of Monterey County.

SALINAS

Alisal Campus Early Education Center

Operated by **Early Development Services**

1752 East Alisal Street; Salinas, CA 93905

Tel (831) 755-6774

Website: www.earlydevelopmentservices.com

Services:

Pre-school and childcare program for children, ages 3 to 5 years old. Subsidized child care available through CalWorks and MAOF for mothers who work or are in school full time. Located at Hartnell College, East Campus.

Crescita Early Education Center

Operated by **Early Development Services**

1494 Schilling Place; Salinas, CA 93901

Tel (831) 783-1679

Website: www.earlydevelopmentservices.com

Services:

Childcare program for infants, ages 6 weeks – pre K. Priority given to Monterey County Employees. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

MONTEREY PENINSULA

Avondale Early Education Center

Operated by **Early Development Services**

1450 Elm Avenue; Seaside, CA 93955

Tel (831) 899-4757

Website: www.earlydevelopmentservices.com

Services:

Childcare program for infants, ages 6 weeks – kindergarten. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL (Continued)
for Low-Income Families

Refer also to School Districts, as many have Pre-school and After-School programs.

Peninsula Center for Infant and Toddler Development

Operated by **Early Development Services**

780 Elm Avenue; Seaside, CA 93955

Tel (831) 393-2240

Website: www.earlydevelopmentservices.com

Services:

Childcare program for infants, ages 4 weeks to 2 ½ years old. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

New West Center for School-Aged Children

Operated by **Early Development Services**

1450 Elm Avenue, Rooms 16-17; Seaside, CA 93955

Tel (831) 899-6089

Website: www.earlydevelopmentservices.com

Services:

After-school program for children from kindergarten through fifth grade. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

Highlands Early Education Center

Operated by **Early Development Services**

1650 Sonoma Ave; Seaside, CA 93955

Tel (831) 393-0750

Website: www.earlydevelopmentservices.com

Services:

Pre-school and childcare program for children ages 3 to 5 years old. Subsidized child care available through CalWorks and MAOF for mothers who work or are in school full time.

CSU Monterey Bay Childhood Development Center

Operated by **Early Development Services**

100 Campus Center, Building 91; Seaside, CA 93955

Tel (831) 582-4550

Website: www.earlydevelopmentservices.com

Services:

A childhood development center serving students, faculty and staff of the university. Provides care for children 12 months to kindergarten. Subsidized child care available through CalWorks and MAOF for mothers who work or who are in school full time.

The Sonshine Child Development Center

Operated by **The Salvation Army**

1491 Contra Costa; Seaside, CA 93955

Tel (831) 899-4911

Website: www.tsamonterey.com

Services:

Preschool and afterschool programs for children ages 2 ½ to 12 years old. Depending on space available, may provide subsidized childcare through CalWorks and MAOF for low-income mothers who work or who are in school full time.

CHILD CARE/ CHILD DEVELOPMENT/ PRESCHOOL (Continued)
for Low-Income Families

Refer also to School Districts, as many have Pre-school and After-School programs.

Cooperative Preschools

SALINAS

The Parent Center Co-op Preschool

Operated by **Salinas Adult School**
20 Sherwood Place; Salinas, CA 93906
Tel (831) 796-6900 (Choose Option 3)
Website: www.theparentcenter.org

Services:

This is an accredited cooperative preschool requiring parent participation in the classroom and attendance at parent education events. Morning or afternoon classes.

MONTEREY PENINSULA

Pacific Grove Co-op Preschool

Operated by **Pacific Grove Adult School**
485 Pine Ave; Pacific Grove, CA 93950
Tel (831) 646-6583
Website: www.pgusd.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events. Enrollment through the Pacific Grove Adult School.

Lighthouse Avenue Co-op Preschool

Operated by **Pacific Grove Adult School**
1025 Lighthouse Ave; Pacific Grove 93950
Tel (831) 646-6667
Website: www.pgusd.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events. Enrollment through the Pacific Grove Adult School.

Carmel Adult School Co-op Preschool

Operated by **Carmel Adult School**
8460 Carmel Valley Road; Carmel, CA
Tel (831) 624-8047
Website: www.carmelunified.org

Services:

This is a cooperative preschool requiring parent participation in the classroom and attendance at parent education events.

CHILD PROTECTIVE SERVICES

FOR ALL AREAS OF MONTEREY COUNTY

Monterey County Department of Social Services
Family and Children's Services
(Child Protective Services)

1000 S. Main St., Ste. 205; Salinas, CA 93901

Tel (831) 755-4475

Website: www.mcdss.co.monterey.ca.us

CHILD ABUSE REPORTING HOTLINE: (800) 606-6618 or (831) 755-4661

During non-business hours, dial 911 and ask to speak to the on-call social worker. Health care providers, teachers and others are mandated to report suspected child abuse.

Services:

Program serves children who are suspected of being in danger of abuse, neglect, and exploitation. Three levels of services: 30-day emergency response; intermediate voluntary services; and court-mandated services for high risk cases.

Pathways to Safety

369 Main Street, Suite 201; Salinas, CA 93901

Tel (831) 783-1400 or 783-1244

Website: www.mcdss.co.monterey.ca.us

Services:

Families with children AT RISK of abuse and neglect who don't meet criteria for child protective services may be followed in this community-based prevention program. Family resource specialists offer support to families and link to community resources. **Pathways to Safety is not open to direct referrals. If you are concerned for a family, start by calling the Child Abuse Reporting hotline above.**

CHRONIC DISEASES: EDUCATION AND SUPPORT
(See also HIV/AIDS Testing & Alcohol & Drug Treatment)

ALL AREAS OF MONTEREY COUNTY

DIABETES MANAGEMENT AND SUPPORT

Diabetes and Nutrition Therapy Outpatient Program

Operated by **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Drive, Bldg D-200; Monterey CA 93940

Tel (831) 649-7220

Website: www.chomp.org

Services:

Registered nurses and dieticians provide diabetes education and medical nutrition therapy for diabetics. Medical nutrition therapy is provided for individuals of all ages and all diagnoses. Services are reimbursed through Medi-Care, Central California Alliance for Health, private insurance, and self-pay. Individuals without financial resources may apply for sponsored care at CHOMP. Services in English and Spanish and through the hospital's language line.

Diabetes Support Groups

Offered by **Community Hospital of the Monterey Peninsula**

Two locations:

Oldemeyer Center; 986 Hilby Avenue; Seaside, CA 93955

Scholze Park Center; 280 Dickman Avenue; Monterey, CA 93940

Tel (831) 649-7220 (Diabetes and Nutrition Therapy Outpatient Program)

Website: www.chomp.org

Services:

Groups meet once a month at each of the above locations. Call the Diabetes and Nutrition Therapy Outpatient Program for more details.

Diabetes Education Center

Operated by **Natividad Medical Center**

1441 Constitution Blvd. Bldg. 300; Salinas, CA 93906

Tel (831) 755-6292

Website: www.natividad.com

Services:

Outpatient counseling for adults and children with diabetes and pre-diabetes provided by a diabetic educator. Services in English and in Spanish.

RotaCare Clinic

Offered at **Seaside Family Health Center**

1150 Fremont Blvd. Seaside, CA 93955

Tel (831)333-6495

Website: www.rotacarebayarea.org

Services:

Free diabetes clinic with mandatory education classes for individuals without health insurance offered on **Wednesday evening, 5-9 PM.**

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

(See also HIV/AIDS Testing & Alcohol & Drug Treatment)

Diabetes Health Center

Administered by the **Pajaro Valley Community Health Trust**

85 Nielson Street, Suite 201; Watsonville, CA 95076

Tel (831) 763-6445

Website: www.pvhealthtrust.org

Services:

The center provides diabetes education, including prevention and management, to residents of Santa Cruz County and north Monterey County, including Pajaro, Castroville and Salinas.

Services include individualized education, training in blood glucose self-monitoring, insulin injection training, nutrition counseling and group classes. Services in English and in Spanish.

Payment is through insurance and sliding scale fees. No patient turned away for inability to pay.

Casa de la Cultura

225 Salinas Road, Suite 4A; Watsonville, CA 95076

Tel 763-0702

Services:

A free health clinic in Pajaro, generally one evening a week offering complementary medicine: acupuncture and healing touch. Diabetes education and management for adults and children without health insurance. Services in Spanish.

WEIGHT MANAGEMENT, OBESITY PREVENTION

(Refer also to School Districts and to Recreation Programs for Children. There are school-based programs and recreation programs that promote physical fitness and good nutrition.

Nutrition Therapy Outpatient Program

Operated by **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Drive, Bldg D, Suite 200; Monterey CA 93940

Tel (831) 649-7220

Website: www.chomp.org

Services:

The Weigh of Life program is a 12-week course offered by a dietician for adults desiring weight loss and weight management. Overweight children and teens are seen individually, along with their parents. Those without financial resources may apply for sponsored care at CHOMP.

Some services in Spanish.

WIC - Women, Infants and Children Nutrition Program

Operated by the **Monterey County Health Department**

Sites listed under Food Distribution Services

Services: WIC provides clients with nutrition education and classes promoting physical fitness.

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

(See also HIV/AIDS Testing & Alcohol & Drug Treatment)

WEIGHT MANAGEMENT, OBESITY PREVENTION (continued)

The Family Market

Operated by the **Food Bank for Monterey County**

815 West Market St. #5; Salinas, CA 93901

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

Responding to growing concerns regarding obesity and diabetes, the Food Bank operates Family Markets from April through October each year. Food Bank clients are offered a variety of fresh produce and dairy goods. Resources are donated, locally-grown produce, as well as that obtained out of the area. Operated like a Farmers' Market, but without charge. Families select fruit and vegetables their families like and need. Each household receives approximately 50-100 pounds of food. The Family Market operates at 10 sites throughout the county. Download the Family Market calendar from the website above or call the Food Bank or 2-1-1 for a list of sites.

RESOURCES FOR A VARIETY OF CHRONIC DISEASES

Public Health Nursing

Monterey County Health Department

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Case management and home visits for individuals living with chronic diseases such as asthma and diabetes; weight management issues. Also seen are high-risk pregnant women; children of substance-abusing mothers; and children at risk for child abuse, neglect or developmental delay. Clients are seen by a team of nurses and registered dietitians. Call the above number to make a referral or for more information on public health nursing services.

Salinas Valley Memorial Healthcare System

450 East Romie Lane; Salinas, CA 93901

Tel (831) 759-1890 (Health Promotion Department)

Website: www.svmh.com

Services:

Community health education programs and support groups for various health issues, including heart health, cancer wellness, and diabetes. Classes listed on website; call and confirm.

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy.; Monterey, CA 93940

Tel (888) 452-4667

Website: www.chomp.org

Services:

Community health education programs and support groups for various health issues, including heart/lung health, bone health, weight management, cancer wellness, and diabetes. Classes listed on website.

CHRONIC DISEASES: EDUCATION AND SUPPORT (Continued)

(See also AIDS/HIV Testing & Alcohol & Drug Treatment)

RESOURCES FOR OTHER CHRONIC DISEASES

Alzheimer's Association of Monterey County

21 Lower Ragsdale Drive, Suite B; Monterey, CA 93940

Tel (831) 647-9890; Monterey Helpline (800) 272-3900

Website: www.alz.org/norcal

Services:

A wide range of services and support for people with Alzheimer's Disease or dementia and their families. Conducts support groups throughout Monterey County. Some services are in Spanish.

Multiple Sclerosis Quality of Life Project (MSQLP)

519 B Hartnell Street; Monterey CA 93940

Tel (831) 333-9091

Website: www.msqlip.org

Services:

Free case management services to people with Multiple Sclerosis and Parkinson's Disease who are residents of Monterey County. Support groups meet in Monterey and in Salinas. Twice-weekly water aerobics program at the Monterey Sports Center. Equipment reuse program

American Cancer Society

945 S. Main Street, Suite 201; Salinas, CA 93901

Tel (831) 442-2992 or call the 24/7 Helpline at (800) 227-2345

Website: www.cancer.org

Services:

Information on cancer prevention and treatment; wig assistance for people without insurance coverage. Transportation to MD appointments for eligible cancer patients.

National Cancer Institute

Tel (800) 422-6237

Website: www.cancer.gov

Services:

Information, in English and in Spanish, on causes of cancer, risk factors, prevention, screening, diagnosis, and treatment, including information on clinical trials.

Central California Alliance for Health

950 East Blanco Road, Suite 101; Salinas, CA 93901

Tel (831) 755-6000 ext. 5580 (Health Education)

Website: www.ccah-alliance.org

Services:

Health education programs for Medi-Cal recipients who are members of the Alliance, including asthma and diabetes management, prenatal and postpartum programs, breastfeeding support, smoking cessation, weight management, women's health, and lifestyle management for kids.

CLOTHING RESOURCES FOR FAMILIES
(Thrift Stores throughout Monterey County offer clothing at reasonable prices.)

SALINAS

Victory Mission

43 Soledad Street; Salinas, CA 93901

Tel (831) 424-5688

Website: www.victorymissioninc.com

Services

Men receive clean clothing twice a week. Women and children's clothing and toys are given out every Thursday morning on "Ladies' Day." No charge. Supplies dependent on donations.

Dorothy's Place

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102 or (831) 757-3838

Website: www.dorothysplace.org

Services:

Free clothing for men and women. No children's clothing. Supplies dependent on donations.

The Salvation Army Thrift Store

326 North Main Street; Salinas, CA 93906

Tel (831) 424-0889

1850 Fremont Blvd.; Seaside, CA 93955

Tel (831) 394-6507

Services:

Families may buy used clothing, including baby clothes, and home furnishings at low prices.

Goodwill Industries

1325 North Main Street; Salinas, CA 93906

Tel (831) 755-8668

708 E Alisal Street; Salinas, CA 93905

Tel (831) 424-5346

Website: www.goodwill.org

Services:

Families may buy used clothing, furniture, and home furnishings at low prices.

MONTEREY PENINSULA

Good Samaritan Center,

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Free clothing, as well as meals, laundry and shower facilities for the homeless.

CLOTHING RESOURCES FOR FAMILIES
(Thrift Stores throughout Monterey County offer clothing at reasonable prices.)

MONTEREY PENINSULA (Continued)

Gathering for Women

P.O. Box 601; Monterey, CA 93942

Tel (831) 241-6154

Website: www.GatheringforWomen.org

Services:

Provides free clothing and toiletries, as well as other support services, for homeless women living on the Monterey Peninsula.

Society of St. Vincent de Paul Thrift Store

1269 Fremont Blvd.; Seaside, CA 93955

Tel (831) 899-2211

214 Forest Ave.; Pacific Grove, CA 93950

Tel (831) 642-9387

Website: www.svdpusa.org

Services:

Offers clothing and home furnishings at low prices. Families in need may apply for a voucher for free clothing and home furnishings: call for details.

Goodwill Industries

729 Broadway Ave; Seaside, CA 93955

Tel (831) 394-1212

571 Lighthouse Ave; Monterey, CA 93940

Tel (831) 649-6056

Website: www.goodwill.org

Services: Families may buy used clothing, furniture, and home furnishings at low prices.

NORTH COUNTY

Goodwill Industries

266 Reservation Road; Marina, CA 93933

Tel (831) 233-7767

Website: www.goodwill.org

Services: Families may buy used clothing, furniture, and home furnishings at low prices.

COUNSELING
(Refer also to Alcohol and Drug Programs, Crisis Lines,
Domestic Violence & Mental Health Services)

SALINAS

Outpatient Mental Health Counseling and
C.A.T.S. Program

Operated by **Community Human Services**

Family Service Center

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

Licensed therapists and supervised interns provide individual, family and group counseling for a variety of emotional and mental health issues. Under the C.A.T.S. program, individual and group therapy is provided for those impacted by HIV/AIDS, as well as gay, lesbian, bisexual, transgender and questioning individuals and their families. Medi-Cal is accepted on referral from Monterey County Behavioral Health; sliding scale fees are assessed for private pay clients. Services may be offered in English and in Spanish.

LGBTQ Support Group

Operated by **Community Human Services**

Family Service Center

433 Salinas Street, Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

Confidential, free, informal drop-in counseling and support group every Monday from 6:30-8:00PM. This group provides a safe space for LGBTQ individuals to share their experiences in an anonymous, supportive and encouraging environment.

Celebrate Recovery

Offered by **Compass Church**

1044 South Main Street; Salinas, CA 93901

Tel (831) 422-7811

Website: www.fpcsalinas.org

Services:

Faith-based support groups for individuals dealing with a variety of recovery issues, including addiction, codependency, financial problems, divorce, blended families, abuse, grief and depression. Separate groups for men and women. Child care provided. Services in English only. No fees.

District Attorney, Victim/Witness Assistance Program

230 Church St., Modular #3; Salinas, CA 93901

Tel (831) 755-5072

Website: www.co.monterey.ca.us/da

Services:

Provides services to victims/witnesses of all types of crimes, including homicide, assault, domestic violence, and rape. Services include crisis intervention, emergency assistance, resource counseling, orientation to the criminal justice system and court escort. No charge for services.

COUNSELING (Continued)
**(Refer also to Alcohol and Drug Programs, Crisis Lines,
Domestic Violence & Mental Health Services)**

Confidence Pregnancy Center of Salinas

780 East Romie Lane, Suite C; Salinas, CA 93901

Tel (831) 757-5500

Website: www.pregnancysalinas.com

Services:

Free pregnancy tests, limited ultrasounds, pregnancy confirmation, and counseling for women . Post-abortion counseling. Material assistance (maternity and baby clothes, etc.). All services are free and confidential.

MONTEREY PENINSULA

**Outpatient Mental Health Counseling and
C.A.T.S. Program**

Operated by **Community Human Services**

Family Service Center

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

Licensed therapists and supervised interns provide individual, family and group counseling for a variety of emotional and mental health issues. Under the C.A.T.S. program, individual and group therapy is provided for those impacted by HIV/AIDS, as well as gay, lesbian, bisexual, transgender and questioning individuals and their families. Medi-Cal is accepted on referral from Monterey County Behavioral Health; sliding scale fees are assessed for private pay clients. Services may be offered in English and in Spanish.

The Village Project

1069 Broadway Avenue, Suite 201; Seaside, CA 93955

Tel (831) 392-1500

Website: www.thevillageprojectinc.org

Services:

This African-American family resource center provides counseling for adults, couples, children, and families; cultural competency trainings; after-school tutoring for students in first through twelfth grade; teen empowerment groups, anger management classes. Focus on African-Americans, but open to serve anyone in need. No charge for services.

Compassion Pregnancy Center of the Monterey Peninsula

640 Cass Street; Monterey, CA 93940

Tel (831) 373-8535

Website: www.montereycpc.com

Services:

State-licensed medical clinic offering free pregnancy tests, limited ultrasounds, pregnancy confirmation, and counseling for women . Post-abortion counseling. Material assistance (maternity and baby clothes, etc.). All services are free and confidential.

COUNSELING (Continued)
**(Refer also to Alcohol and Drug Programs, Crisis Lines, Domestic Violence
& Mental Health Services)**

Safe Place

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

24-hour Runaway and Homeless Youth Helpline: (831) 241-0914

Website: www.chservices.org

Services:

A comprehensive program for runaway and homeless youth, ages 11-21, offering individual and family counseling, crisis resolution, family reunification, street outreach, food, clothing, hygiene items, 24-hour access to a crisis shelter, a 24-hour helpline and Mon-Fri. drop-in hours.

SuperKids and SuperTeens

Operated by **Community Human Services**

Tel (831) 658-3811

Website: www.chservices.org

Services:

In-school counseling programs, provided free of charge, available to elementary and middle-school children at school sites throughout Monterey County. The programs provide at-risk and emotionally troubled youth with counseling services. Individual and group counseling. Contact your school administrator to see if these services are offered at your child's school.

CRISIS LINES/ HELPLINES
(Refer also to Alcohol and Drug, HIV/AIDS, and Mental Health Services)

IF THIS IS AN EMERGENCY, DIAL 911.

For All Areas of Monterey County

2-1-1 Monterey County

A program of **United Way Monterey County**

From anywhere in Monterey County, dial 2-1-1

Website: www.211mc.org

Services:

A 24-hour free and confidential **telephone service** and **online searchable database**, providing information and referral on a broad range of services, including emergency shelter, rent assistance, food pantries, affordable housing, health resources, child care, counseling and senior services. Telephone line can provide information in more than 170 languages. Provides vital information in times of disaster.

Child Abuse Reporting Hotline

Operated by the **Monterey County Department of Social Services**

24 hours Tel: (800) 606-6618 or (831) 755-4661; After hours, call 911.

Website: www.mcdss.co.monterey.ca.us

Services:

Designated line for reporting child abuse and neglect. **During non-business hours, dial 911** and ask to speak to the on-call social worker.

Adult Protective Services Hotline

Operated by the **Monterey County Department of Social Services**

Tel Monterey (800) 510-2020 or (831) 883-7565

Call 911 if the person is in immediate danger or to make a report after hours.

Website: www.mcdss.co.monterey.ca.us

Services:

Call this line for reports of abuse or neglect of adults and elderly persons who are unable to protect themselves and are harmed or threatened with harm.

Suicide Prevention Services of the Central Coast

Operated by the **Family Service Agency of the Central Coast**

Toll-free Crisis Line: (877) 663-5433 or (831) 458-5300

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Individual does not have to be suicidal to call. Services also offered to individuals who have lost a person to suicide.

National Suicide Prevention Lifeline

24/7 Crisis Line: (800) 784-2433 or (800) 273-8255

Website: www.suicidepreventionlifeline.org

Services:

Free and confidential emotional support to individuals in suicidal crisis or emotional distress.

CRISIS LINES/ HELPLINES (Continued)
(Refer also to Alcohol and Drug, HIV/AIDS, and Mental Health Services)

Veterans Crisis Line

Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433

Website: www.veteranscrisisline.net

Services:

Connects veterans in crisis and their loved ones with qualified, caring responders. Provides free and confidential support for suicide prevention.

YWCA Domestic Violence Crisis Line

Tel: Monterey (831) 372-6300; Salinas (831) 757-1001

Website: www.ywca.org/montereycounty

Services:

24 hour crisis line for victims of domestic violence and other family crises. Provides referrals. Services in English and in Spanish.

Monterey County Rape Crisis Line

Tel 24 hour Monterey: (831) 375-4357 or (831) 424-4357

Website: www.mtryrapecrisis.org

Services:

Crisis intervention and ongoing support for victims and survivors of sexual assault and childhood sexual abuse. Services in English and in Spanish.

Senior Helpline

Operated by **Monterey County Department of Social Services**

Tel (800) 510-2020

Website: www.mcdss.co.monterey.ca.us

Services:

Provides information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement.

Runaway and Homeless Youth Helpline

Operated by **Community Human Services**

Tel 24-hour (831) 241-0914

Website: www.chservices.org

Services:

A 24-hour helpline for runaway and homeless youth of Monterey County. Services include crisis counseling, food, clothing, shelter and emergency bus passes.

Boys Town National Hotline

Tel 24-hour (800) 448-3000

Website: www.boystown.org/hotline

Services:

A 24-hour, 7 days a week crisis, resource and referral line serving teens, parents, and families. Trained counselors help with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish. Translation services for other languages available.

CRISIS LINES/ HELPLINES (Continued)
(Refer also to Alcohol and Drug, HIV/AIDS, and Mental Health Services)

Sunrise House

24-hour Crisis Line: (831) 758-3302

Website: www.sunrisehouse.org

Services:

A 24-hour crisis line, based in Salinas, for adolescents having trouble at home or in the community.

Mother to Baby California

Tel (866) 626-6847

Website: www.movertobaby.org

Services:

Information specialists provide evidence-based information and counseling, in English and in Spanish, to mothers, health-care professionals and the general public about medications and other exposures during pregnancy and while breastfeeding. A service of the non-profit Organization of Teratology Information Specialists (OTIS)

California Poison Control System

24 hour hotline: (800) 222-1222

Website: www.calpoison.org

Services:

This hotline, in English and in Spanish, provides immediate, free and expert treatment advice and assistance over the phone in case of exposure to poisonous, hazardous or toxic substances. Interpreter service.

Military One-Source Information and Referral Helpline

Tel 24 hour (800) 342-9647

Website: www.militaryonesource.mil

Services:

Employee assistance program for active duty, National Guard and Reserve service members and their families. Professionally trained consultants address a variety of issues including deployment, reunion, relationships, grief, and parenting. Translation services available.

GLBT National Help Center

GLBT National Hotline (888) 843-4564

GLBT National Youth Talkline (800) 246-7743

Website: www.glnh.org

Services:

The Gay, Lesbian, Bisexual and Transgender National Hotline serves callers of all ages (youth and adult). Peer counseling, information, and local resources. The GLBT Youth Talkline provides peer counseling, information, and local resources for youth through age 25.

Trevor Lifeline

Tel (866) 488-7386

Website: www.thetrevorproject.org

Services:

24/7 national helpline providing crisis intervention and suicide prevention for lesbian, gay, bisexual, and transgender youth. English only.

DEATH AND DYING/ GRIEF SUPPORT/ HOSPICE SERVICES

ALL AREAS OF MONTEREY COUNTY

Hospice Support Services

Offered by the **Hospice of the Central Coast**

A program of **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Drive, Suite D120; Monterey, CA 93940

Grief Line: (831) 622-2745

Website: www.chomp.org

Services:

Offers the following programs on the Monterey Peninsula at no cost:

- (1) Grief and Loss Resource Line offering help for individuals and families after a death,
- (2) Adult bereavement support group for anyone who has lost a loved one, and
- (3) Griefbusters, compassionate support for grieving children.

Suicide Prevention Services of the Central Coast

Operated by the **Family Service Agency of the Central Coast**

Toll-Free Crisis Line (877) 663-5433 or (831) 458-5300

Website: www.fsa-cc.org

Services:

Grief support group, conducted in English, for individuals and families who have experienced a sudden death by suicide. Meets in Pacific Grove. Crisis line uses multilingual interpreter services.

Sudden Infant Death Syndrome Program

Offered by the **Monterey County Health Department, Public Health Nursing**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.californiasids.com; www.mtyhd.org

Services:

Public health nurses provide assessment, information, and counseling to families experiencing Sudden Infant Death. Services in English and in Spanish.

Hospice of the Central Coast

Operated by **Community Hospital of the Monterey Peninsula**

2 Upper Ragsdale Dr. Suite D-120; Monterey, CA 93940

Tel (831) 649-7750

Website: www.chomp.org

Services:

Hospice provides a team of doctors, nurses, home health aides, social workers, counselors and trained volunteers to address a variety of physical, social, emotional and spiritual needs of the patient and caregivers. Services provided wherever the patient lives, whether in the home, in an assisted living, residential or skilled nursing facility.

DEATH AND DYING/ GRIEF SUPPORT/ HOSPICE SERVICES (Continued)**Central Coast Visiting Nurse Association and Hospice**

Hospice Services located at:

45 Plaza Circle; Salinas, CA 93901

Tel: (831) 751-5500

Website: www.ccvna.com

Services:

Hospice provides a comprehensive program of care and support for anyone who has a limited life prognosis. A team of nurses, home health aides, social workers, spiritual advisors and volunteers provides comfort, care and support to terminally ill patients and their families. Several "Life After Loss" drop-in grief support groups are offered at various locations in Monterey County.

Heartland Hospice

2511 Garden Road, Suite A 250; Monterey, CA 93940

Tel (831) 373-8442

Website: www.hcr-manorcare.com

Services:

This hospice program provides specialized care that meets the physical, emotional and spiritual needs of patients and their loved ones facing the challenges of an advanced illness. Services include pain management, comfort measures and emotional support. Medicare and most private insurances cover hospice care.

Partnership for Children (PFC)

342 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 422-3002

Website: www.partnerforkids.org

Services:

Partnership for Children increases access to medical care for children with serious illnesses and supports their families. PFC provides transportation to medical appointments at Lucile Packard Children's Hospital in Palo Alto and UCSF Benioff Children's Hospital in San Francisco, as well as local hospitals and clinics, in the form of direct rides and gas card subsidies. PFC also provides families with financial support for basic living expenses as well as other family support services. In the event of a child's death, PFC provides financial funeral support. The organization serves children and families in Monterey, Santa Cruz, and San Benito Counties.

Papillon Center for Loss and Transition

P.O. Box 4075; Monterey, CA 93942

Tel (831) 320-1188

Website: www.papillon-center.org

Services:

Services of this non-profit organization include a Drop-In Bereavement Discussion Group; Good Grief for Kids and Teens; Riding the Waves of Grief; Pregnancy and Infant Loss Support Group, Kids Camp, and Cooking for One. No cost to individuals, children, and families for bereavement programs.

**DENTAL SERVICES
For Low-Income Families**

ALL AREAS OF MONTEREY COUNTY

Denti-Cal

Toll-Free English/Spanish: (800) 322-6384

Website: www.denti-cal.ca.gov

Services:

Denti-Cal, a benefit of the Medi-Cal program, covers diagnostic, preventative care (exams, x-rays, teeth cleaning), emergency treatment, pain control, and restorative services to qualified individuals. Denti-Cal does not cover all services. Confirm with clinic or dentist what Denti-Cal covers and does not cover.

SALINAS

Alvin Dental Clinic

Operated by **Clinica de Salud del Valle de Salinas**

620 E. Alvin Drive; Salinas, CA 93906

Tel (831) 444-9722

Website: www.csvs.org

Services:

Dental care for adults and children. Accepts Denti-Cal and other insurance. Services for low-income families on a sliding fee scale.

Clinica de Salud del Valle de Salinas

2180 N. Main Street; Salinas, CA 93906

Tel (831) 443-2190

Website: www.csvs.org

Services:

Dental care for adults and children. Accepts Denti-Cal and other insurance. Services for low-income families on a sliding fee scale.

Central Coast Pediatric Dental Group

631 E. Alvin Drive, Suite E; Salinas, CA 93906

Tel (831) 443-5801

633 E. Alvin Drive; Salinas, CA 93906

Tel (831) 443-1177

945 Blanco Circle, Suite D; Salinas, CA 93901

Tel (831) 424-0641

Website: www.centralcoastpediatricdentalgroup.com

Services:

Dental care, including sedation services, for children and adolescents with Denti-Cal and CHDP/Gateway insurance.

Western Dental and Orthodontics

1229 N. Main Street; Salinas, CA

Tel (831) 442-8000

1293 N. Davis Road; Salinas, CA

Tel (831) 442-7600

Website: www.westerndental.com

Services:

Dental care for adults and children. Accepts Denti-Cal and other insurance.

**DENTAL SERVICES (Continued)
For Low-Income Families**

SALINAS (Continued)

Community Oral Health Services

A program of **Salud Para La Gente**
1441 Del Monte Ave.; Salinas, CA 93905
Tel (831) 728-0222
Website: www.splq.org

Services:

Mobile Van provides dental screenings and treatment for children, ages 0-18. Referral to dental homes and limited financial assistance provided. Located adjacent to Alisal Family Resource Center.

MONTEREY PENINSULA

Central Coast Pediatric Dental Group

1717 Fremont Blvd; Seaside, CA 93955
Tel (831) 899-5437
Website: www.centralcoastpediatricdentalgroup.com

Services:

Dental care for children and adolescents with Denti-Cal and CHDP/Gateway insurance. Children requiring sedation are referred to the Salinas office.

NORTH AND SOUTH COUNTY

Clinica de Salud del Valle de Salinas

Pajaro

29-A Bishop Road; Pajaro, CA 95076
Tel (831) 728-2505

Castroville

10561 Merritt Street; Castroville, CA 95012
Tel (831) 633-1514

Gonzalez

126 5th Street; Gonzalez, CA 93926
Tel (831) 675-2930

Soledad

799 Front Street; Soledad, CA 93960
Tel (831) 678-0881

Greenfield

808 Oak Avenue; Greenfield, CA 93927
Tel (831) 674-5344

King City

122 San Antonio Drive; King City, CA 93930
Tel (831) 385-5945

Website: www.csvs.org

Services:

Full-time or part-time dentists at the above clinics provide dental care for adults and children. Denti-Cal and most other insurance accepted. Services on a sliding fee scale.

DISABILITIES: EDUCATION AND SUPPORT

(Refer also to Special Needs Children)

ALL AREAS OF MONTEREY COUNTY

San Andreas Regional Center

344 Salinas Street Suite 207; Salinas, CA 93901

Tel (831) 759-7500

Website: www.sarc.org

Services:

Assessment, prevention, and advocacy services for individuals with developmental disabilities. Funds residential care and supported living for eligible individuals, respite care for families.

Central Coast Center for Independent Living

318 Cayuga St. Suite 208; Salinas, CA 93901

Tel (831) 757-2968

Website: www.cccil.org

Services:

Information, referral, advocacy, housing assistance, personal assistance services, peer support, assistive technology and independent living skills training for persons with disabilities. Special support services for disabled veterans and their families.

Del Mar Caregiver Resource Center

A program of the **Health Projects Center**

21 W. Alisal St. #104; Salinas, CA 93901

Tel (800) 624-8304; (831) 424-4359

Website: www.delmarcaregiver.org

Services:

Counseling, respite and referral services for caregivers of brain-impaired adults, including those with Multiple Sclerosis, Parkinson's Disease, Alzheimer's and dementia, depending on availability of funds. Main office is in Santa Cruz.

Hope Services, Monterey District

19055 Portola Drive; Salinas, CA 93908 (District Office)

Tel (831) 455-4940

Website: www.hopeservices.org

Services:

A variety of services, including employment, job training, community living services, and adult day activity programs are provided for individuals with developmental disabilities. Disability must be diagnosed before age 18. Other offices in Salinas and in Seaside.

Disability Rights California

Tel (800) 776-5746

Website: www.disabilityrightsca.org

Services:

Provides advocacy, education, and technical assistance, in English and in Spanish, to protect the rights of Californians living with disabilities.

DISABILITIES: EDUCATION AND SUPPORT (Continued)
(Refer also to Special Needs Children)

Gateway Center of Monterey County, Inc.

850 Congress Ave; Pacific Grove, CA 93950

Tel: (831) 372-8002

Website: www.gatewaycenter.org

Services:

A range of supportive services for adults over the age of 18 with intellectual disabilities, including residential care, developmental training, respite care, and day activity programs.

Deaf and Hard of Hearing Service Center, Inc.

1188 Padre Drive, Suite 115; Salinas, CA 93901

Tel (831) 753-6540; (TTY) (831) 753-6541

Website: www.dhsc.org

Services:

Services for the deaf and hard of hearing include advocacy, communications service (incl. interpreting), independent living skills instruction, employment assistance, counseling, and referral services. Special programs for deaf and hard of hearing children.

Social Vocational Services

335 Abbott Street, Suites A & C; Salinas, CA 93901

Tel (831) 751-9145

Website: www.socialvocationalservices.org

Services:

Provides an adult day center for adults with developmental disabilities, Monday through Friday. Also offers a supported employment program. Services in English and in Spanish.

Blind and Visually Impaired Center

225 Laurel Ave. Pacific Grove, 93950

Tel (831) 649-3505

Website: www.blindandlowvision.org

Services:

Information and services for the blind and visually impaired, including orientation and mobility training, Braille instruction, daily living program, assistive technology, and a support group.

Easter Seals Central California

9010 Soquel Drive; Aptos, CA 95003

Tel (831) 684-2166

Website: www.centralcal.easterseals.com

Services:

Provides services to individuals of all ages with disabilities and other special needs, as well as support for their families. Programs include autism services, educational support services, respite services, support groups and summer camp for children and adults. Some services in Spanish. District office is in Aptos. Serves individuals living in all areas of Monterey County.

California Phones (California Telephone Access Program)

Tel (800) 806-1191 (English); (800) 949-5650 (Spanish)

Website: www.californiaphones.org

Services:

Free specialized phones for people with hearing, vision, mobility, or memory problems. Must be a California resident and have telephone service. A doctor must approve the need.

DISABILITIES: EDUCATION AND SUPPORT (Continued)

(Refer also to Special Needs Children)

Multiple Sclerosis Quality of Life Project (MSQLP)

519 B Hartnell Street; Monterey CA 93940

Tel (831) 333-9091

Website: www.msqlip.org

Services:

Free case management services to people with Multiple Sclerosis and Parkinson's Disease who are residents of Monterey, Santa Cruz and San Benito Counties. Support groups meet at Salinas Valley Memorial Hospital and at the Monterey City Library. Free water aerobics program held twice a week at the Monterey Sports Center.

Josephine Kernes Memorial Pool

15 Portola Avenue; Monterey CA 93940

Tel (831) 643-9867

Website: www.kernespool.org

Services:

Warm water exercise programs for children and adults with special needs. Clients must have a referral from their physician. Call for more information or visit the website.

Paradiqm Adult Services, Inc.

325 E. Alvin Drive; Salinas, CA 93901

Tel (831) 622-7999

5716 Carmel Valley Road; Carmel, CA 93923

Tel (831) 622-7999

Services:

State-licensed adult day program offering cognitive stimulation and programming classes for adults with intellectual disabilities. Services paid through San Andreas Regional Center.

La Casa Adult Day Health Center, Inc.

909 Blanco Circle, Suite B; Salinas, CA 93901

Tel (831) 222-6122

Website: www.lacasaadhc.com

Services:

State-licensed adult day health center providing services for physically and cognitively impaired adults. Services include professional nursing, physical therapy, occupational therapy, speech therapy, psychological services, and nutritional services, as well as a variety of social activities. Operates Mon-Fri. Reimbursed through Medi-Cal, the Veterans Administration, and private pay.

Christine Marie Star Riders

Admin: 2115 N. Fremont Street; Monterey, CA 93940

Program services at the Marina Equestrian Center, corner of 5th Street and 9th Street in Marina

Tel (831) 646-1941 or (831) 915-4575

Website: www.cmstarriders.com

Services:

This is a therapeutic and recreational horseback riding program, serving children, adolescents and adults with special needs: physical, mental, emotional, behavioral and social, with the goal of maximizing the potential of differently-abled individuals. Siblings are also welcome to ride. Donations accepted. An all-volunteer organization.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES

ALL AREAS OF MONTEREY COUNTY

Emergency Shelters for Women

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel (831) 384-3388

Call 2-1-1 for emergency shelter availability

Website: www.communityhomelesssolutions.org

Services:

Two emergency shelters, one in Salinas and one in Seaside, for homeless women (single women and women with children), including victims of domestic violence. Shelter is accessible 24 hours a day. Women are limited to a thirty-day stay, however may apply for an extension. Job skill assessment, food, clothing and family case management also provided. Longer term transitional housing may be available to those who have been in the emergency shelter first. Services in English and in Spanish. Wait list.

Monterey County Rape Crisis Centers

P.O. Box 2401; Salinas, CA 93902

P.O. Box 2630; Monterey, CA 93942

Crisis Line Monterey: (831) 375- 4357; Salinas and South County: (831) 424-4357

Tel Salinas Office: (831) 771-0411; Monterey Office: (831) 373-3955

Website: www.mtryrapecrisis.org

Services:

The centers offer crisis intervention, advocacy and counseling for victims of sexual abuse, family and friends. Survivors accompanied through medical, law enforcement and /or court processes. Counseling for both adults and children. Services in English and in Spanish.

District Attorney, Victim/Witness Assistance Program

230 Church St. Modular #3; Salinas, CA 93902

Tel (831) 755-5072

Website: www.co.monterey.ca.us/da

Services:

Provides services to victims/witnesses of all types of crimes, including homicide, assault, domestic violence, and rape. Services include crisis intervention, emergency assistance, resource counseling, orientation to the criminal justice system and court escort. No charge for services.

SART (Sexual Assault Response Team)

Operated by **Monterey County Health Department**

1441 Constitution Blvd. Bldg 400, Suite 201; Salinas, CA 93906

Tel (831) 648-7731

Website: www.mtyhd.org

Services:

Women wanting to pursue legal action should call law enforcement or the Monterey County Rape Crisis Center for referral to this program. Victims of sexual assault are provided with sensitive specialty services which include medical and legal evidence gathering necessary to get perpetrators convicted in court. Services are in English and in Spanish. No charge for exam to collect evidence.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

Family Violence Unit

Monterey County Probation Department

20 East Alisal, 1st floor, Salinas CA 93905

Tel (831) 796-1200

Website: www.co.monterey.ca.us/probation

Services:

Provides referrals to domestic violence intervention and anger management programs in Monterey County that are certified by the department. Two other programs of the department for probationers or families of probationers are the Child Advocate Program, for those involved in domestic violence who have a child, age 0-5, and the Child Abusers Program (a 52-week parenting class).

Archer Child Advocacy Center/ Bates-Eldredge Clinic

1441 Constitution Blvd. Building 200; Salinas, CA 93906

Tel (831) 769-8682

Website: www.natividad.com

Services:

A child advocacy center designed to provide forensic interviews of child sexual abuse victims for law enforcement and DSES Family and Children's Services. Forensic medical-legal examinations of abused children are conducted at the Bates-Eldredge Clinic by appointment only. Services in English and in Spanish.

SALINAS

YWCA Counseling Center

236 Monterey Street; Salinas, CA 93901

Crisis Line: Salinas: (831)757-1001 or Monterey: (831) 372-6300

Tel (831) 422-8602

Website: www.ywcamc.org

Services:

The YWCA provides phone advocacy, through its crisis line, in English and in Spanish, to anyone, anywhere in the county. Individual and family counseling is provided for those who have experienced domestic violence within the previous six months. Legal advocacy (assistance with restraining orders, divorce, and custody). Fees for counseling and legal advocacy on a sliding scale.

YWCA Safe House (Lawson House)

Operated by **YWCA, Monterey County**

Call the **24-hour crisis line:** Monterey (831)372-6300; Salinas (831) 757-1001

Website: www.ywcamc.org

Services:

Emergency shelter for battered women and their children, operated by the YWCA at an undisclosed location in Monterey County.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES (Continued)

SALINAS (Continued)

Domestic Violence/ Anger Management Groups

Managed by **Community Human Services**

Family Service Center

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

Probation-certified group treatment for domestic violence offenders. Separate groups for men and women conducted in English and possibly in Spanish by trained facilitators. \$30 non-fundable intake fee, plus a “per group” fee based on ability to pay (sliding scale). Services not covered by Medi-Cal.

Harmony at Home

9 W. Gabilan Street, Suite #3; Salinas, CA 93901

Tel (831) 272-6644

Website: www.harmony-at-home.org

Services:

Serves children and families who are victim/witnesses of domestic violence. Sticks and Stones is a school-based and extended family counseling program that helps these children and their families learn to communicate in healthy, non-violent ways. No cost to student. On-site counseling for couples, families, relative caregivers, teens and children involved in issues of domestic violence. Fees on a sliding scale.

MONTEREY PENINSULA

Domestic Violence/Anger Management Groups

Managed by **Community Human Services**

Family Service Center

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

Probation-certified group treatment for domestic violence offenders. Separate groups for men and women conducted in English and possibly in Spanish by trained facilitators. \$30 non-fundable intake fee, plus a “per group” fee based on ability to pay (sliding scale). Services not covered by Medi-Cal.

Harmony at Home

3785 Via Nona Marie, Suite 300, Carmel, CA 93923

Tel (831) 625-5160

Website: www.harmony-at-home.org

Services:

Serves children and families who are victim/witnesses of domestic violence. Sticks and Stones is a school-based and extended family counseling program that helps these children and their families learn to communicate in healthy, non-violent ways. No cost to student. On-site counseling for couples, families, relative caregivers, teens and children who are involved in issues of domestic violence. Fees on a sliding scale.

FINANCIAL COUNSELING AND ASSISTANCE
(Refer also to Job Training and Employment Assistance.)

ALL AREAS OF MONTEREY COUNTY

Individuals can apply for many benefits online:

Health Care through Covered California or Medi-Cal

Website: www.coveredca.com or www.c4yourself.com

Cal Fresh

Website: www.c4yourself.com

Services:

Nutrition assistance for low-income families. Formerly known as Food Stamps. Participating households receive a monthly electronic benefits card to purchase food at grocery stores.

CalWORKS

Website: www.c4yourself.com

Services:

Temporary cash assistance for families with low or no income.

California State Unemployment Benefits

Website: www.edd.ca.gov/unemployment

Services:

Apply for Unemployment Insurance and State Disability Insurance (SDI) benefits.

Federal Benefits under Social Security

Website: www.ssa.gov/disability

Services:

Application for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). If your initial application for SSDI has been denied, you can also file an appeal online.

Cash Aid: CalWORKS and the General Assistance Program

Administered by the **Monterey County Department of Social Services**

Salinas

1000 S. Main St., Ste. 216; Salinas, CA 93901

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

Seaside

1281 Broadway Avenue; Seaside, CA 93955

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

King City

116 Broadway Street; King City, CA 93930

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

Websites: www.mcdss.co.monterey.ca.us; www.c4yourself.com

Services:

The **CalWORKS program** provides limited cash aid to low-income families with minor children. The **General Assistance Program** provides very limited financial assistance to unemployed single adults and couples who have no dependent children, scant income and resources, and who do not qualify for state and federal cash assistance programs. Clients receiving county financial assistance must meet specific eligibility requirements and may be required to reimburse the county for aid received. Clients apply at the above sites for Cash Aid, Medi-Cal, and CalFresh (Food Stamps).

FINANCIAL COUNSELING AND ASSISTANCE (Continued)

Housing Resource Center

201 A John Street; Salinas, CA 93901

Tel (831) 424-9186

Website: www.hrcmontereycounty.org

Services:

Provides emergency rent assistance, assistance with security deposits and move-in assistance for low income households. Supportive services provided for veterans' families. Also provides first-time homebuyer's workshops, foreclosure education and counseling, and financial literacy/credit education. Services are in English and in Spanish. All of these programs are dependent upon available funds.

Central Coast Energy Services

PO Box 2707; Watsonville, CA 95077

Tel (888) 728-3637

Website: www.energyservices.org

Services:

Two energy bill assistance programs for low-income Monterey county residents: **HEAP** (Home Energy Assistance Program) provides payment assistance with home energy bills. One time per calendar year. HEAP applicants may also be eligible for free home weatherization services to reduce energy costs. This agency accepts applications for **CARE** (California Alternate Rates for Energy), offered by PG&E, which gives eligible low-income households a 20% discount off their monthly energy bill.

Volunteer Income Tax Assistance Program (VITA)

Administered by **United Way Monterey County**

Administration Office Tel (831) 372-8026

Call 2-1-1 for information on sites, dates, and times of service.

Website: www.unitedwaymcca.org

Services:

This program helps low-income individuals and families prepare their income tax returns at various locations throughout the county. Volunteers help ensure that eligible people receive all income tax credits. Services, in English and in Spanish, are offered from February to mid-April. No fees charged.

Army Emergency Relief

4260 General Jim Moore Blvd.; Seaside CA 93955

Tel (831) 242-5501

Website: www.monterey.army.mil

Services:

Emergency financial assistance **for all branches of Military Service** through interest-free loans and grants for rent, utilities, food, emergency travel, medical and funeral expenses for active duty soldiers and their dependents, as well as retirees.

California Lifeline Free Cell Phones

Website: www.freegovernmentcellphones.net/states

Services:

Lifeline phone service provides free cell phones to America's financially disadvantaged. The website above lists the companies offering free government cell phones in California. Not all companies serve all areas of the state. Most companies offer unlimited voice and unlimited texting.

FINANCIAL COUNSELING AND ASSISTANCE (Continued)

SALINAS

The Salvation Army

2460 N. Main Street; Salinas, CA 93906

Tel (831)443-9655

Website: www.salvationarmyusa.org

Services:

Assistance with energy bills may be provided. Individuals are pre-screened by phone to see if they qualify. No walk-ins. Services by appointment only.

Catholic Charities

1705 Second Avenue; Salinas, CA 93905

Tel (831) 422-0602

Website: www.catholiccharitiescentralcoast.org

Services:

Offers family supportive services, including short and long term case management, financial education, limited and seasonal assistance with rent and utilities, help with CalFresh applications, and nutrition education sessions. Services in English and Spanish.

MONTEREY PENINSULA

Good Samaritan Center

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Provides assistance with food, rent and utility bills for Monterey Peninsula residents, as well as case management services.

Catholic Charities

922 Hilby Avenue; Seaside, CA 93955

Tel (831) 393-3110

Website: www.catholiccharitiescentralcoast.org

Services:

Offers family supportive services, including short and long term case management, financial education, limited and seasonal assistance with rent and utilities, help with CalFresh applications, and nutrition education sessions. Services in English and Spanish.

SOUTH COUNTY

Catholic Charities

275 El Camino Real; Greenfield, CA 93927

Tel (831) 525-6546

Website: www.catholiccharitiescentralcoast.org

Services:

Offers family supportive services, including short and long term case management, financial education, limited and seasonal assistance with rent and utilities, help with CalFresh applications, and nutrition education sessions. Immigration assistance. Services in Eng/Span.

FOOD DISTRIBUTION PROGRAMS

ALL AREAS OF MONTEREY COUNTY

Food Bank for Monterey County

815 West Market St. #5; Salinas, CA 93901

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

The Food Bank distributes U. S. Department of Agriculture (USDA) food commodities and other food to needy families at multiple sites throughout the county on a monthly basis, through the following programs:

Emergency Food Assistance program

Emergency Pantries (generally at churches located throughout the county)

Family Markets (operating April through October, offering fresh, local produce)

Call the number above or check the website for monthly food distribution sites which operate under the Emergency Food Assistance program. For a list of Emergency Pantries, call the Food Bank number above. After hours, call 2-1-1. Ask for day and time each site offers services.

Families do not need to be citizens.

2-1-1 Monterey County

A program of **United Way Monterey County**

From anywhere in Monterey County, dial 2-1-1

Website: www.211mc.org

Services:

Call 2-1-1 (Monterey County's Information and Referral Line) for information on emergency food pantries and the USDA food distribution sites in Monterey County. The emergency food pantries are voluntary efforts by various churches and these services change.

WIC - Women, Infants and Children Nutrition Program

Operated by the **Monterey County Health Department**

Salinas

632 East Alisal Street; Salinas, CA 93905

Tel (831) 796-2888

Seaside

1942 Fremont Blvd; Seaside, CA 93955

Tel (831) 393-3251

Soledad

355 Gabilan Street; Soledad, CA 93960

Tel (831) 678-5121

King City

620 Broadway Street; King City, CA 93930

Tel (831) 386-6879

Website: www.mtyhd.org

Services:

WIC is a nutrition education and supplemental food program serving low income pregnant and postpartum women, infants, and children under age 5. Call for days and hours of service. Not all sites are open Monday through Friday.

FOOD DISTRIBUTION PROGRAMS (Continued)

CalFresh (Food Stamp) Program

Administered by the **Monterey County Department of Social Services**

Salinas

1000 South Main Street, Suite 216; Salinas, CA 93901

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

Seaside

1281 Broadway Avenue; Seaside, CA 93955

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

King City

116 Broadway Street; King City, CA 93930

Tel 1-(866) 323-1953 (Community Benefits Toll-free line)

CB CARE Center (*information for customers with active CalFresh cases*): 1-877-410-8823

Website: Website: www.mcdss.co.monterey.ca.us; www.c4yourself.com

Services:

This is a program funded by the U.S. Department of Agriculture that supplements the food budget of low-income households and is administered by the Monterey County Department of Social Services, Community Benefits Branch. Eligible individuals receive an Electronic Benefits Transaction (EBT) card to buy food. **Customers may also apply for CalFresh benefits online at the C4Yourself website noted above. Website is in English and in Spanish.**

SALINAS

Dorothy's Place

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102 or (831) 757-3838

Website: www.dorothysplace.org

Services:

Dorothy's Kitchen, located in the Green-Gold Inn, serves breakfast and lunch every day to persons in need. Dinner is provided to women only. No charge. Food boxes provided for individuals and families Monday-Thursday, 11-12 noon. Emergency shelter is also provided to women (no children) at this site.

First United Methodist Church of Salinas

404 Lincoln Avenue; Salinas, CA 93901

Tel (831) 424-0855

Website: www.salinastfirst.org

Services:

Cold breakfasts and hot lunches are served Sunday through Friday. Closed on Saturday. No charge. A day center/ safe space is open Sunday through Friday from 6:00 AM to 1:00 PM. A clothes closet, computer lab, art room, support group for veterans, and AA, NA, and Al-Anon meetings are also offered on site.

FOOD DISTRIBUTION PROGRAMS (Continued)

SALINAS (Continued)

Victory Mission

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688

Website: www.victorymissioninc.com

Services

Dinner is served every night to men, women and children in need. No charge. Bags of food are distributed daily. Thursday is Ladies' Day: Women receive a special bag of food.

The Salvation Army

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655

Website: www.salvationarmyusa.org

Services:

Supper is served Monday through Friday for children and their parents through the school year. No charge. A summer program provides free breakfast and lunch for children and their parents. Lunches are provided for seniors on Mondays, Wednesdays and Fridays. Emergency food pantry for Salinas residents only. Identification and appointments required.

MONTEREY PENINSULA

Good Samaritan Center

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Lunches for the homeless are provided at the center and at the parking lot on Del Monte Blvd across from the Naval Postgraduate School on Monday through Friday. (Private organizations provide the lunch on Friday across from the Naval Postgraduate School.) No charge for lunches. Needy residents of the Monterey Peninsula with access to kitchens are also assisted with food boxes once a month. Case management program assists with other needs, such as help with housing and utilities bills.

NORTH AND SOUTH COUNTY

Call 2-1-1 or the Food Bank of Monterey County for information on food pantries and food distribution sites in these areas of the county.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES

ALL AREAS OF MONTEREY COUNTY

Clinica de Salud Mobile Medical Clinic

Tel (831) 970-1972

Website: www.csvs.org

Services:

This mobile clinic provides medical and dental care to the homeless population at locations in Salinas and at the Good Samaritan Center in Sand City on the Monterey Peninsula. There is no charge for services. Call or check website for the mobile clinic schedule and for more information.

SALINAS

Alisal Health Center

Operated by the **Monterey County Health Department**

559 E. Alisal Street, Ste. 201; Salinas, CA 93905

Tel (831) 769-8800

Website: www.mtyhd.org

Services:

Primary medical care for adults and children, including prenatal care, reproductive health services, immunizations, children's preventive health care, and breast and cervical cancer screening and treatment for low-income women over 40. Medicare and Medi-Cal insurance accepted.

Clinica de Salud del Valle de Salinas

950 Circle Drive; Salinas, CA 93905

Tel (831) 757-6237

219 Sanborn Road; Salinas, CA 93905

Tel (831) 757-1365

2180 N. Main Street; Salinas, CA 93906

Tel (831) 443-2190

Website: www.csvs.org

Services:

Community clinics providing medical care for adults and children, including perinatal care, reproductive health services and children's preventive health care. Optometry and mental health services are also offered at the clinic on Circle Drive. Services for low-income families on sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

Planned Parenthood- MarMonte

316 North Main Street; Salinas, CA 93901

Tel (831) 758-8261 or (877) 855-7526

Website: www.ppmarmonte.org

Services:

Reproductive health services for women and men. Family PACT program offered. Emergency contraception. Pregnancy testing and services. Abortions. Medi-Cal accepted. Sliding fee scale.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

Laurel Family Practice Clinic

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg.400, Suite 300; Salinas, CA 93906
Tel (831) 755-4123
Website: www.mtyhd.org

Services:

Preventive and primary care; adult and well-child exams; family planning, including STD screening and treatment; immunizations; prenatal care; adult psychiatry. Medicare and Medi-Cal insurance accepted.

Laurel Vista

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg 400 , Suite 301; Salinas, CA 93906
Tel (831) 755-4000
Website: www.mtyhd.org

Services:

Preventive and primary care; adult and well-child exams; family planning, including STD screening and treatment; prenatal care, including High Risk OB; adult psychiatry. Medicare and Medi-Cal insurance accepted.

Bienestar Clinic

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg 400 , Suite 201; Salinas, CA 93906
Tel (831) 755-4353
Website: www.mtyhd.org

Services:

Primary adult medical care. Medicare and Medi-Cal insurance accepted. Call for more details.

Laurel Internal Medicine Clinic

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg. 151, Suite 16; Salinas, CA 93906
Tel (831) 769-8640
Website: www.mtyhd.org

Services:

Preventative and primary adult and child care; adult and well child exams; chronic adult illness management; family planning, including STD screening/treatment; adult psychiatry; Adult Rheumatology. Medi-Cal and Medicare insurance accepted.

Laurel Pediatrics Clinic

Operated by the **Monterey County Health Department**
1441 Constitution Blvd. Bldg 200, Suite 101 and 103; Salinas, CA 93906
Tel (831) 755-4124
Website: www.mtyhd.org

Services:

Preventive and primary child care; well-child exams, child psychiatry. Medi-Cal and Medicare insurance accepted. A California Children's Services provider.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

Chinatown Health Services Center

Operated by Dorothy's Place

115 East Lake Street; Salinas, CA 93905

Tel (831) 757-3838

Website: www.dorothysplace.org

Services:

Outpatient mental health therapy and addiction treatment services, as well as other medical services for the homeless. The center also offers no-cost showers and restroom facilities.

NORTH COUNTY

Clinica de Salud del Valle de Salinas

10561 Merritt Street; Castroville, CA 95012

Tel (831) 633-1514

29 A Bishop Road; Pajaro, CA 95076

Tel (831) 728-2505

Website: www.csvs.org

Services:

Community clinics providing medical and dental care for adults and children, including perinatal care, reproductive health services and children's preventive health care. Services for low-income families on sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

Casa de la Cultura

225 Salinas Road, Suite4A ; Watsonville, CA 95076

Tel (831) 763-0702

Services:

This center, located in Pajaro, operates a free health clinic for adults and children without health insurance generally one evening a week. Special focus on diabetes education and management. Complimentary modalities, including acupuncture and Healing Touch.

SOUTH COUNTY

Clinica de Salud del Valle de Salinas

799 Front Street; Soledad, CA 93960

Tel (831) 678-0881

24285 Lincoln Street; Chualar, CA 93925

Tel (831) 679-0138

(Located at Chualar Elementary School -Limited days and hours. Medical care only – No dental)

126 5th Street; Gonzalez, CA 93926

Tel (831) 675-2930

808 Oak Avenue; Greenfield, CA 93927

Tel (831) 674-5344

122 San Antonio Drive; King City, CA 93930

Tel (831) 385-5944

Website: www.csvs.org

Services:

Community clinics providing medical and dental care for adults and children, including perinatal care, reproductive health services and children's preventive health care. Services on sliding fee scale. Medicare, Medi-Cal, and Covered California insurance accepted.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

SOUTH COUNTY (Continued)

Mee Memorial Hospital Medical Clinics

210 Canal Street; King City, CA 93930

Tel (831) 385-7100

467 S. El Camino Real; Greenfield, CA 93927

Tel (831) 674-0112

Specialty Clinic

400 Canal Street, Suite B; King City, CA 93930

Tel (831) 386-7401

The Women's Center

400 Canal Street, Suite C; King City, CA 93930

Tel (831) 385-7200

Website: www.meememorial.com

Services:

Primary medical care for adults and children. Services at the first two sites above include prenatal care, reproductive health services, and children's preventive health care. Medicare and Medi-Cal insurance accepted.

MONTEREY PENINSULA

Planned Parenthood- MarMonte

625 Hilby Avenue; Seaside, CA 93955

Tel (831) 394-1691 or (877) 855-7526

Website: www.ppparmonte.org

Services:

Reproductive health services for women and men. Family PACT program offered. Emergency contraception. Pregnancy testing and services. Abortions. Medi-Cal accepted. Sliding fee scale.

Monterey County Health Clinic at Marina

Operated by **Monterey County Health Department**

3155 De Forest Road; Marina, CA 93933

Tel (831) 384-1445

Website: www.mtyhd.org

Services:

Primary medical care for adults and children, including prenatal care, reproductive health services, immunizations, children's preventive health care, and breast and cervical cancer screening and treatment for low-income women over 40. Medicare and Medi-Cal insurance accepted.

Bienestar – Marina

Operated by **Monterey County Health Department**

299 12th Street; Marina, CA 93933

Tel (831) 755-4353

Website: www.mtyhd.org

Services:

Primary adult medical care. Medi-Cal and Medicare insurance accepted. Open Monday and Tuesday only. Call for more details.

HEALTH CARE CLINICS FOR LOW-INCOME FAMILIES (Continued)

MONTEREY PENINSULA (Continued)

Seaside Family Health Center

Operated by the **Monterey County Health Department**

1150 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100

Website: www.mtyhd.org

Services:

Primary medical care for adults and children, including prenatal care, reproductive health services, psychiatry, immunizations, children's preventive health care, and breast and cervical cancer screening and treatment for low-income women over 40. Medicare and Medi-Cal insurance accepted.

RotaCare Clinic

Offered at **Seaside Family Health Center**

1150 Fremont Blvd. Seaside, CA 93955

Tel (831) 333-6495

Website: www.rotacarebayarea.org

Services:

Volunteer physicians and nurses provide free treatment of minor illnesses and injuries for adults and children without insurance on **Wednesday evening, 5-9 PM.** Care may include lab work and medications. Diabetes clinic with mandatory education classes.

Dr. Mohandas Free Clinic

100 Wilson Road, Suite 110 (Ryan Ranch) ; Monterey, CA 93940

Tel (831) 642-6266

Services:

Free medical clinic on the **First Tuesday of every month from 2-5 PM** for men and women, ages 3 and older, who cannot afford health care.

HEALTH INSURANCE FOR LOW-INCOME FAMILIES

ALL AREAS OF MONTEREY COUNTY

COVERED CALIFORNIA: (800) 300-1506

Website: www.coveredca.com

Services: Legal residents of the state of California who do not have health insurance from their employer or another government program can purchase health insurance through Covered California. Apply online, by phone, or through programs listed below .

MC-CHOICE

Administered by the **Monterey County Department of Social Services**

1000 South Main Street, Suite 303; Salinas, CA 93901

Tel (866) 361-0477

Website: www.mcdss.co.monterey.ca.us; www.coveredca.com; www.c4yourself.com

Services:

This program is dedicated to improving access to health coverage for children and families in Monterey County. **Application assistance** is available at the offices of DSS and with community partners throughout the county (hospitals, clinics, schools and other community locations). These locations are listed on the website or call the number above. Outreach workers help families to enroll their families in available health insurance programs including Medi-Cal and Covered California. Assistance is also provided to families in maintaining their benefits. They also help enroll clients in the CalFresh food assistance program.

Clients may also apply for benefits online at the C4Yourself website:

www.c4yourself.com Website is in English and in Spanish.

Medi-Cal Healthcare Coverage

Administered by the **Monterey County Department of Social Services**

Community Benefits Toll-Free Number (866) 323-1953

Salinas

1000 South Main Street, Salinas, CA 93901

Tel (866) 323-1953 (Community Benefits Toll-free Number)

Seaside

1281 Broadway Avenue; Seaside, CA 93955

Tel (866) 323-1953 (Community Benefits Toll-free Number)

King City

116 Broadway Street; King City, CA 93930

Tel (866) 323-1953 (Community Benefits Toll-free Number)

CB CARE Center (*information for customers with active Medi-Cal cases*): (877) 410-8823

Website: www.coveredca.com; www.mcdss.co.monterey.ca.us; www.c4yourself.com

Services:

Medi-Cal is a state insurance program for low-income adults and families, including seniors, and adults with disabilities. The Medi-Cal program pays for medical, dental, and prescription medicine for eligible recipients. Federal, state and county guidelines determine eligibility and assistance levels. Customers are seen on a first come, first served basis. No appointments made. Individuals can apply for healthcare coverage at any of the above sites; however, they are encouraged to apply for healthcare benefits online at the C4Yourself or Covered California websites above or by phone at the Covered California number listed above.

HEALTH INSURANCE FOR LOW-INCOME FAMILIES (Continued)

Central California Alliance for Health

950 E. Blanco Road, Suite 101; Salinas, CA 93901

Tel (831) 755-6000 or (800) 700-3874

24/7 Nurse Advice Line Tel (844) 971-8907

Website: www.ccah-alliance.org

Services:

The Central California Alliance for Health is a locally governed, County Organized Health System providing services in Monterey, Merced and Santa Cruz Counties. Office for Monterey County listed above. Programs include Medi-Cal Managed Care and Alliance Care In-Home Supportive Services (IHSS). In addition to health care, members are eligible to participate in a number of health education programs, including asthma education, breastfeeding support, diabetes education, smoking cessation, and women's health.

HIV/AIDS SCREENING, SUPPORT, AND TREATMENT

SCREENING, EDUCATION, AND SUPPORT PROGRAMS

Alliance Support Network

340 Church Street; Salinas, CA93901

Tel (831) 975-5016

Website: www.asn.org

Services:

Free and confidential HIV and Hepatitis C testing. Case management services provide health and insurance benefits counseling, assistance with housing searches, financial assistance with rent and utilities, and transportation to out-of-county medical appointments.

C.A.T.S. (Counseling and Therapy Services)

Operated by **Community Human Services**

Salinas

Family Service Center

433 Salinas Street, Salinas, CA 93901

Tel (831) 757-7915

Seaside

Family Service Center

1178 Broadway, Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

Confidential individual and group therapy for those impacted by HIV/AIDS, as well as gay, lesbian, bisexual, transgender and questioning individuals and their families. Services in English and in Spanish. Fees on a sliding scale, based on ability to pay. Medi-Cal accepted. Some services are free. **LGBTQ Support Group** offers confidential, free, informal drop-in counseling and support group every Monday from 6:30-8:00PM at the Family Service Center in Salinas. This group provides a safe space for LGBTQ individuals to share their experiences in an anonymous, supportive and encouraging environment.

TREATMENT PROGRAMS – ALL AREAS OF MONTEREY COUNTY

Natividad Medical Center - NIDO Clinic

1441 Constitution Blvd. Building 760; Salinas, CA 93906

Tel (831) 796-1770

Website: www.natividad.com

Services:

A comprehensive primary care clinic serving adults with HIV/AIDS and other infectious diseases. In addition to medical services, provides free HIV testing and counseling, case management, health education, mental health counseling, outreach and referral services.

Community Hospital of the Monterey Peninsula - OPIS Clinic

23625 W R Holman Hwy; Monterey, CA 93940

Tel (831) 625-4972

Website: www.chomp.org

Services: The OPIS Clinic (Outpatient Immunology Services) offers a comprehensive HIV/AIDS treatment program, including HIV testing, medical treatment, and personal case management.

HOMELESS SERVICES
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

2-1-1 Monterey County

A program of **United Way Monterey County**

From anywhere in Monterey County, dial 2-1-1

Website: www.211c.org

Services:

A 24-hour free and confidential **telephone service** and **online searchable database**, providing information and referral on a broad range of services, including emergency shelter, food pantries, and health resources. Telephone line provide information in more than 170 languages.

HOUSING

Emergency shelter options are listed below. Many of them also offer hot meals, clothing, and other services. Other housing options are found in the Housing, Alcohol and Drug, and Mental Health sections of the Guide. Most of these other housing options are accessed through the Coordinated Assessment and Referral System (CARS), operated by the Coalition of Homeless Services Providers listed below.

Coalition of Homeless Services Providers

220 12th Street; Marina CA 93933

Tel (831) 883-3080

Website: www.chspmontereycounty.org

Services:

This organization is the lead agency for the **Coordinated Assessment and Referral System (CARS)**, which provides entry to homeless housing programs in Monterey County that receive funding through HUD. Homeless individuals and families complete a standard triage assessment survey that identifies the best type of intervention for that household. Individuals are placed on a list and the list is prioritized to ensure that the most needy are housed first. Participating programs accepting referrals from the system are listed on the coalition's website.

EMERGENCY SHELTER

SALINAS

Seasonal Warming Shelter

Operated by **Community Homeless Solutions**

20 W. Market Street; Salinas, CA 93905

Tel (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Overnight housing and an evening meal provided to 60 men and women during the winter months of December – March. Check-in between 6:00 and 8:00 PM.

Victory Mission - Emergency Shelter for Men

43 Soledad Street; Salinas, CA 93901

Tel (831) 424-5688

Website: www.victorymissioninc.com

Services:

Christian-based program providing shelter for up to 50 homeless men, more if needed. Charge of \$1/ night. Dinner served daily to men, women, and children. No charge.

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

EMERGENCY SHELTER (Continued)

Women Alive

Operated by **Dorothy's Place**
30 Soledad Street; Salinas, CA 93905
Tel (831) 424-1102 or (831) 757-3838
Website: www.dorothysplace.org

Services:

Emergency overnight shelter and dinner is provided to homeless women (no children). Sixteen beds. Women also have an opportunity to shower and do laundry. No charge. An outreach program provides advocacy for women in need.

Emergency Shelter for Women, Salinas

Operated by **Community Homeless Solutions**
P.O. Box 1340; Marina, CA 93933
Tel: (831) 422-2201 or (831) 384-3388
Website: www.communityhomelesssolutions.org

Services:

Emergency shelter for homeless women (single women, women with their children, and pregnant women). Women in domestic violence situations are the priority. Shelter is accessible 24 hours a day. Shelter stays are generally 30-90 days. Job skill assessment, food, clothing and family case management also provided.

MONTEREY PENINSULA

Emergency Warming Shelter for Homeless Youth

Operated by **Community Human Services**
590 Pearl Street; Monterey, CA 93940
Tel (831) 373-4421
Website: www.chservices.org

Services: On nights when it's raining or 45 degrees and below, the warming shelter is open overnight to homeless individuals 18 – 24 years old. Check in is from 6:00 – 7:00 PM on a first come first served basis.

Fredericksen House

Operated by **The Salvation Army of the Monterey Peninsula**
Administrative Offices: 1491 Contra Costa Street; Seaside, CA 93955
To apply for housing, call (831) 899-1071
Website: www.tsamonterey.com

Services:

Provides emergency shelter for homeless families with children under age 18 for up to 90 days. This residence is located on the Monterey Peninsula. It's four rooms can house up to 16 individuals. There may be a waiting list.

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

EMERGENCY SHELTER (Continued)

Emergency Shelter for Women, Marina (Hamilton House)

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 394-8372 or (831) 384-3388

Website: www.communityhomelessolutions.org

Services:

Sixteen emergency shelter beds for single women or women with children who are victims of domestic violence or homeless. The shelter is open 24 hours a day. Job skills assessment, food, clothing and family case management also provided.

Interfaith Homeless Emergency Lodging Program (I-HELP)

P.O. Box 1447; Marina, CA 93933

Tel (831) 251-8663

Website: www.wehelpihelp.org

Services:

Overnight shelter and a hot evening meal are offered every night to homeless individuals. I-HELP transports homeless men and women (housed separately) from a central pick-up point on the Monterey Peninsula to a hosting place of worship. Pick-up location for men: the parking lot across from the Naval Postgraduate School's entrance on Del Monte Avenue in Monterey. Pick-up location for women: Camino El Estero, at El Estero Lake near Fremont Street and across from the Asian Art Museum. No reservations. Individuals should show up at the pick-up location before 4:30 PM.

Central Coast Medical Respite Center for the Homeless

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelessolutions.org

Services:

The Medical Respite Center is a public/private partnership between Community Homeless Solutions, Community Hospital of the Monterey Peninsula, Natividad Medical Center, Salinas Valley Memorial Healthcare System, and the Hospital Council. Community Homeless Solutions operates the program in a 3-bedroom home in Seaside, housing up to 6 clients. A social worker and case manager work with clients to connect them to needed services in order to improve health outcomes. **Only the above hospitals can refer clients into the program.**

One Starfish Safe Parking

Operated by **Pass the Word Ministry, Inc.**

P.O. Box 2394; Monterey, CA 93942

Tel (831) 275-5167

Website: www.passthewordministry.org

Services:

Provides designated safe parking (generally in church parking lots) for homeless individuals living in vehicles on the Monterey Peninsula. (Most of the individuals in the program are women.) An intake interview is required; special eligibility requirements.

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

EMERGENCY SHELTER (Continued)

NORTH COUNTY

Pajaro Rescue Mission

111 Railroad Avenue; Watsonville, CA 95076

Tel (831) 722-2074

Website: www.teenchallengemontereybay.org

Services:

Emergency rescue shelter for up to 35 homeless men. Meals twice a day, showers, and additional supportive services provided.

HOT MEALS AND DAY CENTERS

(Many also distribute free clothing and provide other services.)

SALINAS

First United Methodist Church of Salinas

404 Lincoln Avenue; Salinas, CA 93901

Tel (831) 424-0855

Website: www.salinasfirst.org

Services:

Cold breakfasts and hot lunches are served Sunday through Friday. Closed on Saturday. No charge. A day center/ safe space is open Sunday through Friday from 6:00 AM to 1:00 PM. A clothes closet, computer lab, art room, support group for veterans, and AA, NA, and Al-Anon meetings are also offered on site.

Victory Mission

43 Soledad Street; Salinas, CA 93905

Tel (831) 424-5688

Website: www.victorymissioninc.com

Services:

Dinner is served every night to men, women and children in need. No charge. Bags of food are distributed daily. Thursday is Ladies' Day: women receive a special bag of food.

Dorothy's Place

30 Soledad Street; Salinas, CA 93905

Tel (831) 424-1102 or (831) 757-3838

Website: www.dorothysplace.org

Services:

Dorothy's Kitchen serves breakfast and lunch every day to persons in need. Dinner is provided to women only. No charge. Food boxes provided for individuals and families during the week. Emergency shelter and a Drop-in Center on site. Showers and laundry services. A **free health clinic**, staffed by volunteer physicians and nurses, every Wednesday from 12:30 – 2:00 PM.

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

HOT MEALS AND DAY CENTERS

MONTEREY PENINSULA

Good Samaritan Center

Operated by **The Salvation Army**
800 Scott Street; Sand City, CA 93955
Tel (831) 899-4988
Website: www.tsamonterey.com

Services:

Daily breakfast and hot lunches for the homeless provided at the center Monday through Friday. No charge for meals. Free clothing, on-site laundry and shower facilities, mail service, and access to phone for homeless men and women. Computers are available for online job searches and applications for program services. Case management program assists with rent and utilities bills and other needs.

Gathering for Women

P.O. Box 601; Monterey, CA 93942
Tel (831) 241-6154
Website: www.gatheringforwomen.org

Services:

Provides a hot meal for homeless women every Tuesday from 11:30 A.M. to 1:30 P.M. at the Unitarian Universalist Church of the Monterey Peninsula, at 490 Aquajito Road in Monterey. A service center will open in early 2017 and provide clothing, toiletries, limited emergency assistance, information, referrals, and other support services. Limited hours. Call for location and hours of service.

Safe Place

Operated by **Community Human Services**
590 Pearl Street; Monterey, CA 93940
Tel (831) 373-4421

24-hour Runaway and Homeless Youth Helpline: (831) 241-0914

Website: www.chservices.org

Services:

A comprehensive program for runaway and homeless youth, ages 11-21, offering individual and family counseling, crisis resolution, family reunification, street outreach, food, clothing, hygiene items, emergency bus passes, emergency shelter, a 24-hour helpline, and a drop-in center.

12th Street Day Center

Operated by **Community Homeless Solutions**
299 Twelfth Street, Suite C; Marina, CA 93933
Tel(831) 384-3388
Website: www.communityhomelesssolutions.org

Services:

A Day Center for homeless women, open on Tuesdays and Wednesdays from 1:30 – 3:30 P.M. Offers laundry facilities, showers, computer access, and other services. On Tuesdays, there is van transportation to the Day Center from the Unitarian Universalist Church of the Monterey Peninsula at 490 Aquajito Road in Monterey, following the luncheon provided by Gathering for Women (listing above).

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

MONTEREY PENINSULA (Continued)

Loaves and Fishes

Operated by **San Carlos Cathedral**

Tel 373-2628

Website: www.sancarloscathedral.org

Services:

Provides a hot lunch every Friday at 10 A.M. at the Window on the Bay Waterfront Park in Monterey, near the volleyball courts. Provides a hot lunch on Sundays and National Holidays at 12 noon at the parking lot near the Recreation Trail across from the entrance to the Naval Postgraduate School on Del Monte Avenue.

Pass the Word Ministry, Inc

P.O. Box 2394; Monterey, CA 93942

Website: www.passthewordministry.org

Services:

Hot breakfast served every Saturday from 9:00 A.M. to 10:00 A.M. at El Estero Park (at the picnic tables of the parking lot near the cemetery). Also distributes clothing, toiletries, tents, sleeping bags, pet food, and bicycles (when available).

EMERGENCY FOOD PANTRIES – ALL AREAS OF MONTEREY COUNTY

Food Bank for Monterey County

815 West Market St. #5; Salinas, CA 93901

Tel (831) 758-1523

Website: www.foodbankformontereycounty.org

Services:

Call the number above or check the website for monthly food distribution sites which operate under the Emergency Food Assistance program. For a list of Emergency Pantries, call the Food Bank number above. **After hours, call 2-1-1.** Ask for day and time each site offers services. Families do not need to be citizens.

CLOTHING AND HOME FURNISHINGS

(In addition to that provided by organizations offering other services for the homeless.)

Society of St. Vincent de Paul Thrift Store

1269 Fremont Blvd.; Seaside, CA 93955

Tel (831) 899-2211

214 Forest Ave.; Pacific Grove, CA 93950

Tel (831) 642-9387

Services:

Families in need may apply for a voucher for free clothing and home furnishings: Call for details.

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

HOMELESS OUTREACH SERVICES

MOST (Mobile Outreach Services Team)

Operated by **Community Homeless Solutions**

PO Box 1340; Marina, CA 93933

Tel (831) 384-3388

Website: www.communityhomelessolutions.org

Services:

A mobile van provides services Monday through Friday to men and women living on the streets, including assistance in accessing shelter, food, clothing, transportation and medical care.

Serves Salinas, Pajaro, the Monterey Peninsula, and south county to Greenfield.

MCHOME

Operated by **Interim, Inc**

P.O. Box 3222; Monterey, CA 93942

Tel (831) 883-3030 (MCHOME)

Website: www.interiminc.org

Services:

Outreach and support for homeless individuals with serious mental illness. Individuals are evaluated for chronic homelessness and psychiatric disability. Assisted with access to appropriate resources, including housing options for those with mental illness.

FREE HEALTH CLINICS

SALINAS

Chinatown Health Services Center

Operated by **Dorothy's Place**

115 East Lake Street; Salinas, CA 93905

Tel (831) 757-3838

Website: www.dorothysplace.org

Services:

Outpatient mental health therapy and addiction treatment services, as well as other medical services for the homeless. The center also offers no-cost showers and restroom facilities.

Clinica de Salud Mobile Medical Clinic

Tel (831) 970-1972

Website: www.csvs.org

Services:

This mobile clinic provides medical and dental care to the homeless population at locations in Salinas and at the Good Samaritan Center in Sand City on the Monterey Peninsula. There is no charge for services. Call or check website for the mobile clinic schedule and for more information.

HOMELESS SERVICES (Continued)
(Emergency Shelter, Hot Meals, Clothing, & Health Clinics)

FREE HEALTH CLINICS (Continued)
MONTEREY PENINSULA

RotaCare Clinic

Offered at **Seaside Family Health Center**

1150 Fremont Blvd. Seaside, CA 93955

Tel (831) 333-6495

Website: www.rotacarebayarea.org

Services:

Volunteer physicians and nurses provide free treatment of minor illnesses and injuries for adults and children without insurance on **Wednesday evening, 5-9 PM**. Care may include lab work and medications. Diabetes clinic with mandatory education classes.

Dr. Mohandas Free Clinic

100 Wilson Road, Suite 110 (Ryan Ranch) ; Monterey, CA 93940

Tel (831) 642-6266

Services:

Free medical clinic on the **first Tuesday of every month from 2-5 PM** for men and women, ages 3 and older, who cannot afford health care.

MISCELLANEOUS SERVICES

LensCrafters

Northridge Shopping Mall; Salinas, CA 93906

Tel (831) 443-6090

Del Monte Shopping Center; Monterey, CA 93940

Tel (831) 375-7755

Website: www.lenscrafters.com

Services:

Through the OneSight program, LensCrafters will provide a one-time, free eye exam and prescription glasses to disadvantaged individuals without insurance coverage. Must have a referral from a licensed non-profit organization. Call for more information.

Identification Cards

Offered through the **Department of Motor Vehicles**

1180 Canyon Del Rey Blvd, Seaside, CA 93955; (800) 777-0133

Website: www.dmv.ca.gov

Services: Provides identification cards and replacement ID cards. To obtain cards, make an appointment at the above site. Complete an application. Provide proof of your identity, your SSN, and birth certificate. Fee of \$28; Free for seniors, age 62 and older. Low-income individuals may qualify for a reduced fee of \$8. **Homeless individuals can apply for a No-fee ID card at the Department of Social Services.** More information available on website.

California Lifeline Free Cell Phones

Website: www.freegovernmentcellphones.net/states

Services:

Lifeline phone service provides free cell phones to America's financially disadvantaged. The website above lists the companies offering free government cell phones in California. Not all companies serve all areas of the state; most offer unlimited voice and unlimited texting.

HOSPITALS**ALL AREAS OF MONTEREY COUNTY****Natividad Medical Center**

1441 Constitution Blvd; Salinas, CA 93906

Tel (831) 755-4111

Website: www.natividad.com

Services:

A 172-bed acute care medical center owned and operated by the Monterey County. This safety-net hospital provides access to health care for all people, regardless of ability to pay. It is a teaching hospital, affiliated with the University of California at San Francisco School of Medicine. Services include maternity services, pediatric services, Level III neonatal intensive care, bariatric weight loss services, emergency services, a Level II trauma center, a rehabilitation center, mental health, and outpatient services.

Salinas Valley Memorial Healthcare System

450 East Romie Lane ; Salinas, CA 93901

Tel (831) 757-4333

Website: www.svmh.com

Services:

This is a 266-bed acute care hospital with several distinct specializations and programs, including a regional heart program, the comprehensive cancer center, a joint replacement center, a regional spine center, a regional wound healing center, a sleep medicine center and an emergency department. The hospital offers a number of women's and children's services, including a Level III neonatal intensive care unit for ill and premature babies. A variety of community health and wellness programs are also offered. Refer to section on chronic diseases.

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy.; Monterey, CA 93940

Tel (831) 624-5311

Website: www.chomp.org

Services:

The 258-bed acute care hospital provides inpatient care and an emergency room. A wide range of health care services are offered at 15 locations. These services include behavioral health services, a breast care center, comprehensive cardiac care services, pain management, drug and alcohol treatment services, a comprehensive cancer center, a diabetes program, nutrition therapy, outpatient surgery, and rehabilitation services. The hospital also operates a short-term extended care facility and a hospice program. A variety of community health and wellness programs are also offered. Refer to section on chronic diseases.

George L Mee Memorial Hospital

300 Canal Street; King City, CA 93930

Tel (831) 385-6000

Website: www.meememorial.com

Services:

This is a 119-bed, full service health care facility, serving residents of Southern Monterey County. Services include inpatient care, emergency services, rehab services, a skilled nursing facility, and outpatient community health clinics in King City and Greenfield. The hospital also maintains an online health library (Krames Online). This patient education material is in English and in Spanish.

HOUSING FOR LOW-INCOME RESIDENTS

(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)

Additional housing under Alcohol and Drug and Mental Health Services

ALL AREAS OF MONTEREY COUNTY

Housing Resource Center

201 A John Street; Salinas, CA 93901

Tel (831) 424-9186

Website: www.hrcmc.org

Services:

Provides emergency rental assistance, assistance with security deposits and move-in assistance for low income households. Supportive services provided for veterans' families. Also provides first-time homebuyer's workshops, foreclosure education and counseling, and financial literacy/credit education. Services are in English and in Spanish. All of these programs are dependent upon available funds.

Housing Authority, County of Monterey

123 Rico Street; Salinas, CA 93907

Tel (831) 775-5000

Website: www.hamonterey.org

Services:

The Housing Authority administers a variety of affordable housing programs, including the Housing Choice Voucher (formerly Section 8), for low-income families, the elderly and persons with disabilities. Waiting list. Call to find out when applications are being taken.

CHISPA

295 Main Street, Ste 100; Salinas, CA 93901

Tel (831) 757-6251

Website: www.chispahousing.org

Services:

Offers affordable apartments for rent in Monterey, Carmel, Marina, Salinas, Gonzales, Soledad, Greenfield, King City, Castroville, and Watsonville. Units in Monterey and Marina are for senior citizens or disabled only. Waiting period of 1-3 years for apartments. Chispa also provides home ownership opportunities for very low, low and moderate income families.

Coalition of Homeless Services Providers

220 12th Street; Marina CA 93933

Tel (831) 883-3080

Website: www.chspmontereycounty.org

Services:

This organization is the lead agency for the **Coordinated Assessment and Referral System (CARS)** which provides entry into homeless housing programs in Monterey County that receive funding through HUD. Homeless individuals and families complete a standard triage assessment survey that identifies the best type of intervention for that household. Individuals are placed on a list and the list is prioritized to ensure that the most needy are housed first. Participating programs accepting referrals from the system are listed on the coalition's website.

**HOUSING FOR LOW-INCOME RESIDENTS (Continued)
(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)**

Additional Affordable Housing Programs on the Monterey Peninsula

Monterey

Housing and Property Management, City of Monterey

Tel (831) 646-3995

Website: www.monterey.org

Carmel

Housing for low-income seniors, offered through Carmel Foundation, Carmel

Tel 831) 620-8705 or (831) 620-8706

Website: www.carmelfoundation.org

Pacific Grove

Affordable Housing Program, City of Pacific Grove

Tel (831) 648-3199

Website: www.cityofpacificgrove.org

Marina

Affordable Housing/ Rental Properties, City of Marina

Tel (831) 884-1278

Website: www.cityofmarina.org

(The city of Seaside does not manage any subsidized housing programs.)

Services:

Limited housing for low-income residents is available through the cities of the Monterey Peninsula that are listed above.

TRANSITIONAL HOUSING

(Refer also to the Transitional Housing programs under Alcohol and Drug Treatment)

SALINAS

Men in Transition

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina CA 93933

Tel (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Transitional housing for homeless men. An 18-24 month program. 24 beds. Case management services. Participants must be working or going to school and have a source of income for rent.

Women in Transition

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Transitional housing for single women without children. Twelve units. A six-month program. Support services include counseling and case management. May be a waiting list.

**HOUSING FOR LOW-INCOME RESIDENTS (Continued)
(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)**

TRANSITIONAL HOUSING (Continued)

Homeward Bound

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Transitional housing for homeless single women with children. Twenty-five 2-bedroom duplexes. An 18-24 month program. Support services include counseling, case management, parenting education. May be a waiting list.

Lexington Court

Operated by **Community Homeless Solutions**

P.O. Box 1340; Marina, CA 93933

Tel: (831) 384-3388

Website: www.communityhomelesssolutions.org

Services:

Transitional housing for homeless, dual-parent families and homeless single fathers with children. Six two-bedroom units (18 bed capacity). An 18-24 month program.

Veterans Transition Center

220 12th Street; Marina, CA 93933

Tel (831) 883-8387

Website: www.vtcmonterey.org

Services:

Provides transitional housing, as well as emergency services (food pantry, bus passes), employment services, and case management for Monterey County's homeless veterans and their families. May stay a maximum of two years. Can accommodate 4 families, 6 single women, and 46 single men. May be a wait list.

Peacock Acres Inc.

830 Park Row; Salinas, CA 93901

Tel (831) 754-3635

Website: www.peacockacres.org

Services:

Peacock Acres has transitional housing for young adults, ages 16-24, who have aged out of foster care or have been separated from their families. Case management, educational support, and life skills development also provided.

Rancho Cielo Youth Campus

710 Old Stage Road; Salinas, CA 93906

Tel (831) 444-3533 or (831) 444-3500

Website: www.ranchocieloyouthcampus.org

Services:

Offers a number of programs for at-risk youth, including transitional housing (5 homes) for current or past students (up to 30 students). Students are referred from the Monterey County Probation Program, but may also be referred by juvenile court, schools, parents, and others.

**HOUSING FOR LOW-INCOME RESIDENTS (Continued)
(EMERGENCY SHELTER LISTED UNDER HOMELESS SERVICES)**

TRANSITIONAL HOUSING (Continued)

MONTEREY PENINSULA

Casa de Las Palmas

Operated by **The Salvation Army of the Monterey Peninsula**

Administration Offices: 1491 Contra Costa Street; Seaside, CA

To apply for housing, call (831) 899-1071

Website: www.tsamonterey.com

Services:

Two transitional living centers (a total of fifteen units) assist homeless families with children (including single parents with children) to become totally self-sufficient again. May stay up to two years. May be a waiting list.

Safe Passage

Operated by **Community Human Services**

544 Pearl Street; Monterey, CA 93940

Tel (831) 717-4126

Website: www.chservices.org

Services:

Co-ed, drug and alcohol free, affordable transitional housing and supportive services for youth, ages 18-21, who are homeless or who are aging out of foster care. Six beds. 18-24 month stay. Rent calculated at 30% of adjusted gross income.

IMMIGRATION AND CITIZENSHIP ASSISTANCE

ALL AREAS OF MONTEREY COUNTY

United States Citizenship and Immigration Services (USCIS)

Tel (800) 375-5283

Website: www.uscis.gov

Services:

USCIS provides general information on immigration, including location of local INS offices, benefits, and recent changes in immigration law. Application forms for citizenship, green cards and U.S. visas on the website. Information in English and in Spanish.

SALINAS

Catholic Charities

1705 Second Avenue; Salinas, CA 93905

Tel (831) 422-0602

Website: www.catholiccharitiescentralcoast.org

Services:

Offers assistance with immigration and citizenship at the office in Salinas. Limited immigration services are also available in Greenfield and in Seaside. Call above number for more information.

Central Coast Citizenship Project

931 East Market Street; Salinas, CA 93905

Tel (831) 422-4626

Website: www.citizenshipproject.org

Services:

Low-cost help with citizenship and immigration filing. Voter registration, naturalization assistance, consular inquiries, replacement green cards, relative visa petitions, adjustment of status, temporary permit assistance.

JOB TRAINING AND EMPLOYMENT FACILITATION

ALL AREAS OF MONTEREY COUNTY

Identification Cards

Offered through the **Department of Motor Vehicles**

260 E. Laurel Drive; Salinas, CA 93906

Tel (800) 777-0133

1180 Canyon Del Rey Blvd, Seaside, CA 93955

Tel (800) 777-0133

Website: www.dmv.ca.gov

Services: Provides identification cards and replacement ID cards. To obtain cards, make an appointment at the above site. Complete an application. Provide proof of your identity, your SSN, and birth certificate. Fee of \$28; Free for seniors, age 62 and older. Low-income individuals may qualify for a reduced fee of \$8. Homeless individuals can apply for a **No-fee ID card at the Department of Social Services offices**. For more information, go to the above website.

America's Job Center of California

(Also known as **One Stop Career Center of Monterey County**)

Salinas

Salinas Airport Business Park

730 La Guardia; Salinas, CA 93905

Tel (831) 796-3600 or 755-4452;

Toll-Free: (800) 870-4750

Marina

3180 Imjin Road, Suite 102, Marina, CA 93933

Tel (831) 337-4320

(The above is a satellite office near the Marina Municipal Airport; limited hours and services.)

King City

200 Broadway, Suite 62; King City, CA 93930

Tel (831) 386-6801

Seaside

University Plaza Shopping Center

1760 Fremont Blvd. Suite D-2; Seaside, CA 93955

Tel (831) 899-8236 or 899-8250

(The Seaside site serves CALWorks recipients only.)

Websites: www.edd.ca.gov; www.mcdss.co.monterey.ca.us; www.americasjobcenter.ca.gov

Services:

An array of employment-related services provided to job seekers through the CalWORKS Employment Services (CWES), the Office for Employment Training (OED) and the Employment Development Department (EDD). Services include job search assistance, resume building, vocational training, on-the-job training, and other support services for job seekers. Client must be a citizen or permanent resident and have the right to work. Staff can assist with application for unemployment benefits as well.

California State Unemployment Benefits

Website: www.edd.ca.gov/unemployment

Services:

Apply online for unemployment Insurance and State Disability Insurance (SDI) benefits. Or apply for benefits at America's Job Center in Salinas (listed above).

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

Center for Employment Training (CET)

421 Monterey Street; Salinas, CA 93901

Tel (831) 424-0665

930 Los Coches Drive, #103; Soledad, CA 93960

Tel (831) 678-0448

Website: www.cetweb.org

Services:

Vocational classes offered daily. Classes offered in Salinas include: business office technology, and custodial services. Classes offered in Soledad include medical assistant, building maintenance and a truck driver course. Client must be 17 ½ years old, a legal resident, and have the right to work.

Loaves, Fishes, and Computers, Inc.

938 S. Main Street; Salinas, CA 93901

Tel (831) 393-9260

Website: www.loavesfishescomputers.org

Services:

Provides low-cost complete computer systems, software, and technical assistance to low-income residents of Monterey County. Individuals must complete an application and show proof of income status. Volunteer opportunities to learn computer repair.

Good Samaritan Center,

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955; Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

There are phones, a fax machine, and computers that clients may use for jobs, services and housing-related needs. Technical assistance with the use of computers is provided on Wednesdays. Services for the homeless include free clothing, laundry and shower facilities, mail services (no checks) and lockers.

Catholic Charities Tattoo Removal Program

Tel (831) 316-9121

Website: www.catholiccharitiescentralcoast.org

Services:

Tattoo removal. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Services delivered in Santa Cruz. Treatment fees on a sliding scale. For more information, call the above number.

Goodwill Central Coast

Operated by **Goodwill**

1325 N. Main Street; Salinas, CA 93901

Tel (831) 287-2350

Website: www.ccgoodwill.org

Services:

The Career Center assists low income residents identify, obtain and maintain jobs. Offers a Senior Community Service Employment Program, a culinary arts program. Job placement services.

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

California Department of Rehabilitation

928 E. Blanco Road; Salinas, CA 93901

Tel (831) 769-8066

Website: www.dor.ca.gov

Services: Support for job seekers with physical, mental, and emotional disabilities. Telephone first. Eligible clients are referred to the **SEES program** (Supported Education and Employment Services) operated by Interim.

Interim, Inc

PO Box 3222; Monterey, CA 93942

Tel (831) 800-7530 (SEES)

Website: www.interiminc.org

Services:

In addition to other services, Interim provides supported education and employment services (SEES) for adults who have serious mental illnesses. SEES also provides clients with opportunities for employment at Interim.

Hope Services, Monterey District

19055 Portola Drive; Salinas, CA 93908 (District Office)

Tel (831) 455-4940

Website: www.hopeservices.org

Services:

A variety of services, including employment, job training, community living services, and adult day activity programs are provided for individuals with developmental disabilities. Disability must be diagnosed before age 18. Other offices in Salinas and in Seaside.

Digital Nest

318 Union Street; Watsonville, CA 95076

Tel (831) 722-6378

Website: www.digitalnest.org

Services:

A career development center for young people, ages 12-24, from Santa Cruz and Monterey Counties. Students are given the tools and skills needed to thrive in a high tech, globally connected world. This education center provides access to computers, software, Wi-Fi, and other digital tools, classes and workshops, and assistance in finding employment. No fees.

Veterans Transition Center

220 12th Street; Marina, CA 93933

Tel (831) 883-8387

Website: www.vtcmonterey.org

Services:

Provides employment and case management services as well as transitional housing and emergency services (food pantry, bus passes) for Monterey County's homeless veterans and their families.

JOB TRAINING AND EMPLOYMENT FACILITATION (Continued)

Grid Alternatives, Central Coast

246 E. Abbott Street, Suite A; Salinas, CA 93901

Tel (831) 784-8675

Website: www.gridalternatives.org

Services:

A non-profit organization providing solar electric systems to low –income families, as well as valuable hands-on training in solar installation for volunteers and job trainees.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION

ALL AREAS OF MONTEREY COUNTY

California Rural Legal Assistance (CRLA)

3 Williams Road; Salinas, CA 93906

Tel (831) 757-5221; (800) 677-5221

Website: www.crla.org

Services:

Legal advice and representation for low-income county residents on housing landlord/tenant issues, as well as labor issues of farm workers. Spanish-speaking staff.

Legal Services for Seniors

915 Hilby Ave. Ste 2; Seaside, CA 93955

Tel (831) 899-0492

947-B Blanco Circle; Salinas, 93902

Tel (831) 442-7700

Website: www.legalservicesforseniors.org

Services:

Senior legal advocacy and referrals concerning social security, SSI, private pension problems, health insurance problems, consumer fraud. Assist with landlord/tenant problems, housing rights, advanced health care directives, long-term-care issues, guardianships, and simple wills. Provide outreach services at senior centers throughout the county. Services are for adults, age 60 and older. No charge for services. Donations accepted.

Monterey County Lawyer Referral Service

100 Colonel Durham Drive; Seaside, CA 93955

Tel (831) 582-3600

Website: www.calbar.ca.gov

Services:

The Monterey County Bar Association Lawyer Referral Service maintains a list of pre-screened Monterey County attorneys with specialized knowledge in particular fields of law who are available to help with specific legal needs. A special program for veterans. A 30-minute consultation in the attorney's office is \$50. After that time, regular fees apply. Call the above number for a referral to an appropriate attorney.

Monterey College of Law

Community Justice Center

2620 Colonel Durham Street; Seaside, CA 93955

Tel (831) 582-5235

Website: www.montereylaw.edu

Services:

Offers workshops to assist people with various legal issues, including restraining orders, small claims, tenant-landlord evictions, collections, guardianships and limited conservatorships. Workshops are conducted by law students under the supervision of an attorney. Workshops are nominal fees.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)

Superior Court of Monterey County Self-Help Center

1200 Aguajito Road; Monterey, CA 93940 (First Floor)

Tel (831) 647-5800 x3005

Website: www.monterey.courts.ca.gov/selfhelp

Services:

This self-help center provides free information and assistance with forms addressing the following issues: divorce, child custody and visitation, child support, spousal support, domestic violence, restraining orders, workplace violence, and elder abuse. Workshops are also offered on these topics.

Monterey County Department of Child Support Services

752 La Guardia Street; Salinas, CA 93905

Tel (866) 901-3212

Website: www.mcdcss.org

Services:

Parents have a legal duty to provide financial support for their minor children. Child Support Services will attempt to locate the absent parent, establish paternity, establish and maintain support orders, and collect support payments.

Watsonville Law Center

315 Main Street, #207; Watsonville, CA 95076

Tel (831) 722-2845

Website: www.watsonvillelawcenter.org

Services:

Free legal advice, primarily through advice clinics, to low-income individuals in the following areas of law: workers' compensation, wage claims, consumer fraud, debt, credit and identity theft issues, record clearance & license reinstatement. Child custody and visitation services provided for CalWORKS participants only. Services are in Watsonville, but Monterey County residents are eligible.

California Department of Fair Employment and Housing

Tel (800) 884-1684

Website: www.dfeh.ca.gov

Services:

Serves to protect the people of California from unlawful discrimination in employment, housing, public accommodations, and from hate violence. Provides information in English and in Spanish.

Department of Consumer Affairs Information Center

Tel (800) 952-5210

Website: www.dca.ca.gov

Services:

Answers questions and provides information on how to file complaints on many products and services. Provides information in English and in Spanish.

LEGAL ASSISTANCE, ADVOCACY, AND CONFLICT RESOLUTION (Continued)

League of United Latin American Citizens (LULAC)

Website: www.lulac.net

Services:

Addresses issues around Latino civil rights. Works to improve opportunities for Hispanic Americans.

National Association for the Advancement of Colored People (NAACP)

1104 Broadway, Suite F; Seaside, CA 93955

Tel (831) 394-3727

Website: www.montereynaacp.org

Services:

Fights for the advancement of minority groups by bridging the gaps in seven advocacy areas: education, economic empowerment, healthcare, criminal justice, civic engagement, international affairs, and poverty issues. Staffed by volunteers, serving all of Monterey County.

American Civil Liberties Union (ACLU) of Northern California

Tel: (415) 621-2488

Website: www.aclunc.org

Services:

Works to promote justice, fairness, equality, freedom, and the protection of civil liberties for all Californians. Phone line is in English and in Spanish.

LIBRARIES

MONTEREY COUNTY FREE LIBRARIES

Administrative Office

188 Seaside Circle; Marina, CA 93933

Tel (831) 883-7573

Website: www.montereycountyfreelibraries.org; www.co.monterey.ca.us/library

Branches

*(Note: **Limited Hours** - Days and hours of operation for each site are posted online at the above website.)*

Aromas Branch

387 Blohm Street; Aromas, CA 95004

Tel (831) 726-3240

Big Sur Branch

Hwy 1 at Ripplewood Resort; Big Sur, CA 93920

Tel (831) 667-2537

Bradley Branch

Dixie Street; PO Box 330; Bradley, CA 93426

Tel (805) 472-9407

Buena Vista Branch

18250 Tara Drive; Salinas, CA 93908

Tel (831) 455-9699

Carmel Valley Branch

65 W. Carmel Valley Road; Carmel Valley, CA 93924

Tel (831) 659-2377

Castroville Branch

11160 Speegle Street; Castroville, CA 95012

Tel (831) 769-8724

Gonzales Branch

851 Fifth Street; Gonzales, CA 93926

Tel (831) 675-2209

Greenfield Branch

315 El Camino Real; Greenfield, CA 93927

Tel (831) 674-2614

King City Branch

402 Broadway Avenue; King City, CA 93930

Tel (831) 385-3677

Marina Branch

190 Seaside Circle; Marina, CA 93933

Tel (831) 883-7507

LIBRARIES (Continued)

Pajaro Branch

29 Bishop Street; Pajaro, CA 95076
Tel (831) 761-2545

Parkfield Branch

70643 Parkfield-Coalinga Road; San Miguel, CA 93451
Call King City branch at (831) 385-3677 for bookmobile and library by mail information.

Prunedale Branch

17822 Moro Road; Salinas, CA 93907
Tel (831) 663-2292

San Ardo Branch

62350 College Street; San Ardo, CA 93450
Tel (831) 627-2503

San Lucas Branch

54692 Teresa Street; San Lucas, CA 93954
Call King City branch at (831) 385-3677 for bookmobile and library by mail information.

Seaside Branch

550 Harcourt Avenue; Seaside, CA 93955
Tel (831) 899-2055

Soledad Branch

401 Gabilan Drive; Soledad, CA 93960
Tel (831) 678-2430

Bookmobile – North County

17822 Moro Road; Salinas, CA 93907
Tel (831) 663-2292

Bookmobile – South County

402 Broadway Avenue; King City, CA 93930
Tel (831) 385-3677

Library by Mail

188 Seaside Circle; Marina, CA 93933
Tel (831) 883-7544 or (800) 322-6884

Read with Monterey County Free Libraries and the Library Homework Center Program

188 Seaside Circle; Marina, CA 93933
Tel (831) 883-7597 (Read with Monterey County Free Libraries)
Tel (831) 883-7573 (Library Homework Center Program)
Website: www.montereycountyfreelibraries.org

Services:

Adult literacy program: Volunteer tutors teach English-speaking adults to read and write.
Ten homework centers for students from kindergarten through college, operating on an open-door policy. These two programs are located at sites throughout Monterey County.

LIBRARIES (Continued)

INDEPENDENT CITY LIBRARIES

SALINAS

John Steinbeck Library

350 Lincoln Ave; Salinas, CA 93901

Tel (831) 758-7311

Cesar Chavez Library

615 Williams Road; Salinas, CA 93905

Tel (831) 758-7345

El Gabilan Library

1400 North Main Street; Salinas, CA 93906

Tel (831) 758-7302

Website: www.salinapubliclibrary.org

MONTEREY PENINSULA

Monterey Public Library

625 Pacific Street; Monterey, CA 93940

Tel (831) 646-3933

Website: www.monterey.org/library

Pacific Grove Public Library

550 Central Avenue; Pacific Grove, CA 93950

Tel (831) 648-5760

Website: www.pacificgrovelibrary.org

Harrison Memorial Library

Ocean Ave. and Lincoln Street; Carmel, CA 93921

Tel 624-4629

Website: www.hm-lib.org

Services:

Libraries provide books, audio books, DVDs, as well as e-books and other online collections. A variety of other services are offered, including adult literacy programs, computer labs, tutoring, homework centers, story time and other children's programs. **Limited hours.** Call or check online for more information on the days and hours of operation, as well as specific programs at each site.

MENTAL HEALTH SERVICES
(Refer also to Counseling Services and Crisis Lines)

MENTAL HEALTH CRISIS INTERVENTION

In life and death situations, call 911 or go to the emergency room.

ALL AREAS OF MONTEREY COUNTY

Natividad Medical Center Crisis Team

1441 Constitution Blvd. Salinas, CA 93906

Tel (831) 755-4111

Website: www.natividad.com

Services:

Mental health crisis intervention and counseling provided seven days a week, 24 hours a day. Individuals should call above number or come into emergency room. Crisis team will be paged, individual might need to wait a few minutes. Services available in English and in Spanish.

Community Hospital of the Monterey Peninsula Crisis Team

23625 W R Holman Hwy; Monterey, CA 93940

Tel (831) 624-5311 or (831) 625-4900 (Emergency Room)

Website: www.chomp.org

Services:

Assessment and referral for treatment of mental health issues is provided by the behavioral health services crisis team and is available 7 days/week, 24 hours/day. Call one of the numbers above or go to the emergency room.

Suicide Prevention Services of the Central Coast

Operated by the **Family Service Agency of the Central Coast**

Toll-free Crisis Line: (877) 663-5433 or (831) 458-5300

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Individual does not have to be suicidal to call. Services also offered to individuals who have lost a person to suicide.

National Suicide Prevention Lifeline

24 hour crisis line: (800) 784-2433 or (800) 273-8255

Website: www.suicidepreventionlifeline.org

Services:

Provides information and support for suicide prevention in English and in Spanish.

Suicide.org

Website: www.suicide.org

Services:

Suicide prevention, awareness and support. Offers a variety of articles and links to resources.

Veterans Crisis Line

Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433

Website: www.veteranscrisisline.net

Services:

Connects veterans in crisis and their loved ones with qualified, caring responders.

MENTAL HEALTH SERVICES (Continued)
(Refer also to Counseling Services and Crisis Lines)

Interim, Inc.

PO Box 3222; Monterey, CA 93942

Tel (831) 649-4522

Tel (831) 883-3030 (MCHOME)

Tel (831) 800-7530 (SEES)

Website: www.interiminc.org

Services:

Provides affordable housing, residential treatment, social support, homeless outreach and support (MCHOME), family outreach, and supported education and employment services (SEES) for adults who have serious mental illnesses. Interim also provides two peer-led support programs for adults with mental illness, one in Monterey and one in Salinas.

National Alliance on Mental Illness, Monterey County (NAMI)

1020 Merrill St. Suite 1015; Salinas, CA 93901

Tel (831) 422-6264

Website: www.namimonterey.org

Services:

A local affiliate of NAMI National and NAMI California providing education, advocacy, service access and support for families and their loved ones living with mental illness.

Behavioral Health, Adult Services

Offered by the **Monterey County Health Department**

Salinas

1441 Constitution Blvd. Bldg 400, Suite 202; Salinas, CA 93906

Tel (831) 796-1700 or (888) 258-6029

Marina

299 12th Street, Suite A; Marina, CA 93933 (Monterey County Integrated Health)

Tel (831) 647-7652

Soledad

359 Gabilan Drive; Soledad, CA 93960

Tel (831) 678-5125

King City

200 Broadway St. Suite 70; King City, CA 93930

Tel (831) 386-6868

Website: www.mtyhd.org

For new clients seeking services, call (888) 258-6029.

If you are an existing client, please call the clinic where you are receiving services.

Services:

During your initial call, a member of the Behavioral Health team will provide a brief screening and then either connect you to appropriate community resources or schedule an appointment for a mental health assessment. A group orientation to mental health services is also offered. For those on Medi-Cal or who are Medi-Cal eligible, and who meet Medi-Cal's Mental Health Program requirements, services include case management, referrals, and advocacy. Services are delivered by licensed and license-eligible behavioral health professionals. Call for more information.

MENTAL HEALTH SERVICES (Continued)
(Refer also to Counseling Services and Crisis Lines)

Children's Behavioral Health Services

Offered by the **Monterey County Health Department**

951 B Blanco Circle; Salinas, CA 93901 (Main Clinic)

Tel (831) 784-2150

1000 South Main #210 B; Salinas, CA 93901

Tel (831) 796-1500

Website: www.mtyhd.org

Services:

Serves children and youth throughout Monterey County who have serious emotional disturbances. A majority of the children served are on Medi-Cal. Services include assessment, diagnosis, treatment, counseling, family partnerships and early intervention. Most referrals come through the schools. Services are provided at the sites above or at the school. The Avanza program supports teens and young adults (16-24) with mental health problems that are transitioning out of services. Referrals for the Avanza program may come from the community.

Salinas

PREP Monterey County

909 A Blanco Circle; Salinas, CA

Tel (831) 424-5033

Website: www.prepwellness.org

Services:

Prevention and Recovery in Early Psychosis (PREP) is a comprehensive treatment program for individuals in the early stages of psychosis (within 2-5 years of onset of symptoms). Services are covered by Medi-Cal. Call for more details.

ICT (Integrated Co-occurring Treatment)

Operated by **Door to Hope**

130 West Gabilan Street; Salinas, CA 93901

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Professional treatment for adolescents (**boys and girls**) with co-occurring substance abuse and mental health disorders. A home-based program with additional services at the office. Services include cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy. Door to Hope also offers a group home for the adolescent girls in the program. Reimbursement through public funding sources and private pay.

Santa Lucia Group Home

Operated by **Door to Hope**

Tel (831) 771-8555

Website: www.doortohope.org

Services:

Services:

A group home for adolescent girls, between the ages of 12 and 18, with co-occurring substance abuse and mental health disorders. Six beds. Girls stay three to six months. Girls must be medically and psychiatrically stable enough to participate in an active program of therapy, counseling, education, and be willing to participate in an intensive residential program.

MENTAL HEALTH SERVICES (Continued)
(Refer also to Counseling Services and Crisis Lines)

Clinica de Salud del Valle de Salinas

950 Circle Drive; Salinas, CA 93905

Tel (831) 757-6237

Website: www.csvs.org

Services:

Mental health services on a sliding fee scale to patients at the clinic on Circle Drive. May offer services at the other Clinica de Salud clinics.

Monterey Peninsula

Community Hospital Outpatient Behavioral Health

576 Hartnell Street; Monterey, CA 93940

Tel (831) 625-4600

Website: www.chomp.org

Services:

Counseling on mental health issues is provided for individuals of all ages, from children to older adults. Treatment may include individual, family, or group therapy, medication management, support and education. Partial hospitalization (for adults only) and inpatient services are available, if needed.

**PARENT EDUCATION AND SUPPORT
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

ALL AREAS OF MONTEREY COUNTY

Boys Town National Hotline

Tel 24-hour (800) 448-3000

Website: www.boystown.org/hotline

Services:

A 24-hour, 7 days a week crisis, resource and referral line serving teens, parents, and families. Trained counselors help with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish. Translation services for other languages available.

Mother to Baby California

Tel (866) 626-6847

Website: www.mothertobaby.org

Services:

Information specialists provide evidence-based information and counseling, in English and in Spanish, to mothers, health-care professionals and the general public about medications and other exposures during pregnancy and while breastfeeding. A service of the non-profit Organization of Teratology Information Specialists (OTIS).

California Poison Control System

24 hour hotline: (800) 222-1222

Website: www.calpoison.org

Services:

This hotline, in English and in Spanish, provides immediate, free and expert treatment advice and assistance over the phone in case of exposure to poisonous, hazardous or toxic substances. Interpreter service.

Public Health Nursing

Monterey County Health Department

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Case management and home visits for high-risk pregnant women, children of substance-abusing mothers, and children at risk for child abuse, neglect, or developmental delay. Clients are seen by a team of nurses and registered dietitians. Call the above number to make a referral or for more information on public health nursing services.

WIC - Women, Infants and Children Nutrition Program

Sites listed under Food Distribution Services

Website: www.mtyhd.org

Services:

WIC provides nutrition and health education, in English and Spanish, for pregnant and parenting women with infants and children to age 5. Breastfeeding classes and individual support are offered at all WIC sites by Certified Lactation Counselors. Breast pumps available.

**PARENT EDUCATION AND SUPPORT(Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

ALL AREAS OF MONTEREY COUNTY (Continued)

Dads in Action

Operated through **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0845 or (831) 755-0846

Website: www.monterey.k12.ca.us

Services:

Dads in Action provides parent education for fathers of children, ages 0-5, via a series of workshops and presentations. Topics include child development, brain development, parenting skills, and early literacy techniques. Program offered at sites throughout the county.

SALINAS

The Parent Center

A program of **Salinas Adult School**

20 Sherwood Place; Salinas, CA 93906

Tel (831) 796-6900 (Option 3)

Website: www.salinasuhd.org; www.theparentcenter.org

Services:

The Parent Center offers a variety of parent-child activity classes as well as Prepared Childbirth classes for parents of children ages 0-5. Check website for current classes. Co-op preschool also on site.

Alisal Family Resource Center

A program of the **Alisal Union School District**

1441 Del Monte Avenue; Salinas, CA 93905

Tel (831) 775-4500

Website: www.alisalfrc.org

Services:

Offers a variety of programs and activities for families in the community, including adult education, parenting education, support groups for women and families, a playroom, play groups, and literacy classes. Services in English and in Spanish. Child care for parents attending classes on site.

Parents as Teachers

A joint program of **Door to Hope** and the **Action Council of Monterey County, Inc.**

60 W Market Street, Suite 140; Salinas, CA 93901

Tel (831) 751-9695

Website: www.actioncouncil.org

Services:

In-home information, support, and encouragement for parents to help their young children develop optimally. Serves families in specific zip codes. Call for more information.

**PARENT EDUCATION AND SUPPORT(Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

SALINAS (Continued)

Parent Education Program and Supervised Visitation Program

Programs of **Community Human Services**

Family Service Center,

433 Salinas Street; Salinas, CA 93901

Tel (831) 757-7915

Website: www.chservices.org

Services:

The parent education program utilizes the Triple-P curriculum to support and educate parents of at-risk children and families in crisis. Eight weeks of classes in English and in Spanish. The supervised visitation program provides a safe, neutral environment and supervision by trained monitors for visits between non-custodial parents and their children, along with a “no-contact” supervised exchange site. Services in English and in Spanish. Call for fees.

Outpatient Lactation Clinic

located at **Natividad Medical Center**

1441 Constitution Blvd. 2nd floor Mother-Infant Unit; Salinas, CA 93906

Tel (831) 796-1652

Website: www.natividad.com

Services:

Lactation consultants are available 7 days a week. Private, one-on-one consultations, by appointment, for breastfeeding problems, pumping and storing milk. Clients do not have to have delivered at NMC. Insurance billed.

Salinas Valley Memorial Healthcare System

450 East Romie Lane; Salinas, CA 93901

Health Promotion: Tel (831) 759-1890

Lactation Services: (831) 759-3060

Website: www.svmh.com

Services:

Classes include childbirth preparation and breastfeeding classes. Fees charged. Lactation consultants provide breastfeeding support by telephone and through clinics, as well as bedside support for inpatients. Classes in English.

MONTEREY PENINSULA

Community Family Resource Center

A program of the **Monterey Peninsula Unified School District**

1295 La Salle Avenue; Seaside, CA 93955

Tel (831) 392-3456

Website: www.mpusd.k12.ca.us

Services:

Offers Play and Learn classes for parents and children, ages 0-3, as well as other classes and support for parents. No charge for program participation. Services offered in English and in Spanish.

**PARENT EDUCATION AND SUPPORT (Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

MONTEREY PENINSULA (Continued)

Parent Education Program and Supervised Visitation Program

Programs of **Community Human Services**

Family Service Center

1178 Broadway; Seaside, CA 93955

Tel (831) 394-4622

Website: www.chservices.org

Services:

The parent education program utilizes the Triple-P curriculum to support and educate parents of at-risk children and families in crisis. Eight weeks of classes in English and in Spanish. The supervised visitation program provides a safe, neutral environment and supervision by trained monitors for visits between non-custodial parents and their children, along with a “no-contact” supervised exchange site. Services in English and in Spanish. Call for fees.

Parents’ Place

A program of **Pacific Grove Adult School**

1025 Lighthouse Avenue; Pacific Grove, CA 93950

Tel (831) 646-6623

Website: www.pgusd.org/parents

Services:

Parent education through parent/child participation for parents and their children, ages 0-3. A variety of classes and activities are offered. Classes in English only. Fees charged. The center also hosts a variety of support groups for parents.

Family Birth Center

Community Hospital of the Monterey Peninsula

23625 W R Holman Hwy; Monterey, CA 93940

Lactation Support Services: Tel (831) 625-4987

Family Birth Center: (831) 625-4773

Website: www.chomp.org

Services:

Breastfeeding class (fee charged) and tours of the Family Birth Center. Tour includes free access to an online childbirth prep course, avail, in English and in Spanish. Lactation support for the breastfeeding family is provided through phone, in-patient, and out-patient consultation.

Parenting Connection of Monterey County

Tel (831) 783-5933 (**Maternal Mental Health Warmline**)

Website: www.parentingconnectionmc.org

Services:

Free, confidential postpartum support groups (one in Marina and one in Salinas) for mothers experiencing postpartum depression and anxiety. The Maternal Mental Health Warmline also connects individuals to bilingual therapists and offers a postpartum screening and referrals. A variety of other programs for parents and their young children also offered.

**PARENT EDUCATION AND SUPPORT (Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

The Birth Network of Monterey County

Website: www.birthnetworkofmonterey.com

A network of practitioners focused on the birth experience and providing moms with education, resources, and advocacy. Various support groups. A **resource guide** listing doulas, lactation consultants, childbirth education classes and more.

La Leche League of the Monterey Peninsula

Tel (831) 373-0555

Website: www.llli.org

Services:

Callers to the telephone number above are given the names of individuals on the Monterey Peninsula who offer breastfeeding counseling and information.

SOUTH COUNTY

Parents as Teachers

Offered through **Soledad Adult School**

435 Gabilan Drive; Soledad, CA 93960

Tel (831) 678-3671 or (831) 678-6300

Services:

Parent education and playgroups for parents and children, ages 0-5 offered through the Community Education Center.

Binational Center for the Development of Oaxacan Indigenous Communities

455 E. El Camino Real; Greenfield, CA 93927

Tel (831) 856-8282

Website: www.centrobinacional.org

Services:

Provides workshops on a variety of topics for parents of children, ages 0-5, on child development. The classes are conducted in Mixtec, Trique, and Spanish.

NORTH COUNTY

Castro Plaza Child and Family Resource Center

Operated by **North Monterey County Unified School District**

10601 McDougall Street; Castroville, CA 95012

Tel (831) 633-5975

Services:

The parent education program includes the Parenting and Play program for parents with children, ages 0-3, Positive Discipline Parenting classes for parents, and the Parents as Teachers home visit program. On-site pre-school. Services in English and Spanish.

**PARENT EDUCATION AND SUPPORT (Continued)
(INCLUDING CHILDBIRTH PREPARATION & BREASTFEEDING SUPPORT)**

NORTH COUNTY (Continued)

Pajaro Family Resource Center

Operated by **Pajaro Valley Unified School District**

250 Salinas Road; Watsonville, CA 95076

Tel (831) 761-6633

Website: www.pvUSD.net

Services:

Serves at-risk families and homeless youth in the Pajaro/Las Lomas area, including information and referral to community resources for food, housing, play groups and parent education. On-site assistance with Medi-Cal and CalFresh applications. Services in English and Spanish.

PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES

(Refer also to Chronic Diseases: Education and Support)

ALL AREAS OF MONTEREY COUNTY

Immunization Clinics

Operated by the **Monterey County Health Department**

At the following health centers:

Alisal Health Center

559 E. Alisal Street, Ste. 201; Salinas, CA 93905

Tel (831) 769-8870

Seaside Family Health Center

1150 Fremont Boulevard; Seaside, CA 93955

Tel (831) 899-8100

Monterey County Clinic at Marina

3155 DeForest Rd; Marina, CA 93933

Tel (831) 384-1445

Website: www.mtyhd.org

Services:

Walk-in immunization clinics for adults and children with Medicare, Medi-Cal, or no insurance and children in the CHDP/Gateway program. Screening for tuberculosis also offered. Call for day and time. Immunizations may be available at the other clinics operated by the Health Department.

Immunization Clinics

Offered by **Central Coast Visiting Nurse Association and Hospice**

5 Lower Ragsdale Drive, Monterey, CA 93940

Tel: (831) 648-3777 or (831) 372-6668

Website: www.ccvna.com

Services:

Flu clinics at sites throughout the county. Sites listed on the website. Immunizations for adults, including travel immunizations, available by appointment at the address listed above.

Tuberculosis Case Management and Prevention Services

Monterey County Health Department

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4593 (T.B. unit) or 755-4500

Website: www.mtyhd.org

Services:

This program provides case management of people diagnosed with tuberculosis and contact follow-up of people exposed to active disease.

Childhood Lead Poisoning Prevention Program

Monterey County Health Department

1615 Bunker Hill Way, Suite 190; Salinas, CA 93906

Tel (831) 755-4704

Website: www.cdph.ca.gov/programs/clppb

Services:

Provides information on childhood lead poisoning prevention, screening, and case management services for lead-exposed children.

PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES (Continued)

(Refer also to Chronic Diseases: Education and Support)

Child Health and Disability Prevention Program (CHDP)

Administered by the **Monterey County Health Department**

1615 Bunker Hill Way, Suite 190; Salinas, CA 93906

Tel (831) 755-4960 or (831) 755-4500

Website: www.dhcs.ca.gov/services/chdp ; www.mtyhd.org

Services:

Free well-child health exams, including immunizations, offered once a year from birth through age 20, for children with full-scope Medi-Cal. Children from birth through age 18 who are not eligible for full-scope Medi-Cal also qualify for CHDP services if they meet income guidelines. Call above number for the names of individual CHDP providers, listed by location within the county.

Family PACT Program offering **Family Planning Services**

Toll-free Information and Referral Line: (800) 942-1054

Website: www.familypact.org

Services:

State-funded, comprehensive, no-cost family planning services for low-income women and men who do not have health insurance to cover family planning. Services include: temporary and permanent contraception for men and women (including emergency contraception, male and female sterilization), STD/HIV screening and treatment, cancer screening, pregnancy testing, and reproductive health counseling. Clients must be residents of California. Toll-free I & R line provides referrals to Family PACT providers. **Family PACT services are offered at public and community clinics throughout Monterey County.**

Comprehensive Perinatal Services Program

County Coordinator at: **Monterey County Health Department**

1270 Natividad Road, Salinas, CA 93906

Tel (831) 755-4963 or 755-4500

Website: www.mtyhd.org

Services:

This is a program offered by community health clinics and some private obstetrical providers in Monterey County to enhance prenatal care for pregnant and postpartum women on Medi-Cal and improve pregnancy outcomes. In addition to obstetrical care, services include health education, nutrition, psycho-social counseling and case coordination. To learn more, call the county perinatal services coordinator at the number listed above.

Every Woman Counts

Tel (800) 511-2300

Website: www.dhcs.ca.gov/services/cancer

Services:

Free breast and cervical cancer screening services to low income women over 40, who are residents of California with no or limited insurance. Offered at community clinics throughout the county.

PUBLIC HEALTH PROGRAMS FOR LOW-INCOME FAMILIES (Continued)

(Refer also to Chronic Diseases: Education and Support)

Breast and Cervical Cancer Treatment Program

Tel (800) 824-0088 (English and Spanish)

State Medi-Cal Website: www.dhcs.ca.gov

Services:

Under this program, low-income California residents who have been diagnosed with breast and/or cervical cancer can receive needed cancer treatment. Doctors participating in the Family PACT program can screen, diagnose or confirm a diagnosis of breast and/or cervical cancer and enroll individuals in the Breast and Cervical Cancer Treatment Program.

Partnership for Prescription Assistance

Tel (888) 477-2669

Website: www.pparx.org

Services:

This website, in English and in Spanish, helps low-income individuals without prescription coverage to get free or discounted medications through a variety of public and private programs.

RECREATION AND TUTORING PROGRAMS FOR YOUTH

ALL AREAS OF MONTEREY COUNTY

Girls Inc. (Girls Inc. of the Central Coast)

318 Cayuga Street, Suite 101A; Salinas, CA 93901

Tel (831) 772-0882

Website: www.girlsinccc.org

Services:

Offers seven different programs focusing on leadership and self-empowerment for girls, ages 8-18. Youth leaders and teen teachers serve as facilitators at schools in Salinas, Soledad, Greenfield, King City, Monterey, Seaside, Marina, and Castroville. High school, middle school, and elementary school programs.

Boy Scouts, Silicon Valley Monterey Bay Council

919 North Main Street; Salinas, CA 93906

Tel (831) 422-5338

Website: www.svmbc.org

Services:

Boy Scout programs throughout the county offer boys, from first grade through high school, activities designed to develop character and physical fitness. Vigorous outdoor program. Exploring, a work-site based program, is for young men and women, ages 14-20.

Libraries

(Refer to the Libraries Section of the Guide)

Services:

In addition to book collections, all libraries offer a variety of other services, including computer labs, tutoring, homework centers, and story time for children. **Limited hours.** Call for more information on the days and hours of operation, as well as specific programs at each site.

Just Run

Tel (831) 625-6226

Website: www.justrun.org

Services:

Free website-based program organized by the Big Sur International Marathon to promote a healthy lifestyle and youth fitness. Programs throughout Monterey County. More information is available on the website.

4-H, Monterey County

Operated through **University of California**

Tel (831) 759-7386

Website: www.ca4h.org

Services:

Clubs from Aromas to Lockwood, along the Hwy. 101 corridor, for kids ages 5-19. Hands-on projects focus on science, engineering, technology, agriculture, healthy living, and leadership.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

Girl Scouts of California's Central Coast

10550 Merritt Street; Castroville, CA 95012

Tel (800) 822-2427

Website: www.girlscoutscoc.org

Services:

Girl Scout programs in locations throughout Monterey County offer girls, ages 5-17, activities and experiences to foster character development and skills for success in the real world.

SALINAS

City of Salinas Recreation/Park Department

320 Lincoln Avenue; Salinas, CA 93901

Tel (831) 758-7306

Website: www.ci.salinas.ca.us

Services:

Recreational, educational, social and cultural programs and events, responsive to the city's diverse population offered at sites throughout the city.

Life After School

Operated by **Life is for Everyone, Inc.**

995 N. Madeira Ave; Salinas, CA 93905

Tel (831) 757-1662

Website: www.lifeisforeveryoneinc.org

Services:

Life After School is an after-school program for elementary and middle school students, 1st through 8th grade, offering a homework center, tutoring and a recreation program in a safe environment. Also offers a summer enrichment program.

Peacock Acres Inc./ Therapeutic Learning Center (TLC)

830 Park Row; Salinas, CA 93901

Tel (831) 754-3635

Website: www.peacockacres.org

Services:

The Therapeutic Learning Center (TLC) offers academic support, mentoring and experiential opportunities for school-aged foster youth. Self-referrals welcome. Peacock Acres also has supportive housing for children in foster care and for young adults transitioning out of foster care.

Breadbox Recreation Center

745 North Sanborn Road; Salinas, CA 93905

Tel (831) 758-7908

Website: www.ci.salinas.ca.us

Services:

Non-traditional recreation center, sponsored by the city of Salinas, with emphasis on at-risk youth, ages 5 - adult. Wide variety of activities, including sports, trips, and special events. Counseling available through the on-site Second Chance Youth Program. Art activities through the Alisal Center for Fine Arts.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

Kid's Cafe

Operated by **The Salvation Army**
2460 N. Main Street; Salinas, CA 93906
Tel (831) 443-9655
Website: www.salvationarmyusa.org;

Services:

An after-school program for elementary and middle school children in Salinas. A summer day camp is also offered. Minimal fees charged.

Boys and Girls Club of Monterey County

85 Maryal Drive; Salinas, CA 93906
Tel (831) 757-4412
Website: www.bgcmc.org

Services:

A variety of programs for boys and girls, ages 6-18, including sports, fitness, music, art; science, technology, education, leadership and career development. Fee: \$50/year.

Salinas Police Activities League

85 Maryal Drive; Salinas, CA 93906
Tel (831) 758-7906
Website: www.salinaspal.org

Services:

Provides recreational, cultural, social and educational activities for the youth of the city of Salinas, including sports, a computer club, field trips and the Salinas Police Explorers program.

YMCA, Salinas Community

117 Clay Street; Salinas, CA 93901
Tel (831) 758-3811
Website: www.centralcoastymca.org

Services:

Offers a variety of sports, health and fitness activities. Indoor and outdoor swimming pool. Financial assistance available, so that no one is turned away for inability to pay. After-school program at selected sites in the Alisal Union School District.

The First Tee of Monterey County

1551 Beacon Hill Drive; Salinas, CA 93905
Tel (831) 444-7200
Website: www.thefirstteemc.org

Services:

This organization was founded to positively impact the lives of young people by teaching them how to play golf, while also providing education programs designed to teach valuable life skills.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

MONTEREY PENINSULA

Monterey Sports Center

301 E. Franklin Street; Monterey, CA 93940

Tel (831) 646-3700; (831) 646-3730

Website: www.monterey.org/sportscenter

Services:

Two large heated indoor pools, water slide, 3-court gymnasium, exercise studios. Babysitting service for children offered while parents are using the facilities.

Monterey Youth Center

777 Pearl Street; Monterey, CA 93940

Tel (831) 646-3873

Website: www.monterey.org

Services:

Located next to Dennis the Menace Park, offers gymnastics, dance, art, and other activities.

YMCA of the Monterey Peninsula

600 Camino El Estero; Monterey, CA 93940

Tel (831) 373-4167

Website: www.centralcoastymca.org

Services:

Offers a variety of sports activities, including after-school programs at various schools on the Monterey Peninsula. Summer day camp. Financial assistance available.

Monterey Recreation

546 Dutra Street; Monterey, CA 93940 (Administration office)

Tel (831) 646-3866

Website: www.monterey.org/rec

Services

A variety of recreational activities offered at community centers and parks throughout the city. Check website for activities schedule.

Boys and Girls Club of Monterey County

1332 La Salle Ave.; Seaside, CA 93955

Tel (831) 394-5171

Website: www.bgcmc.org

Services:

A variety of programs for boys and girls, ages 6-18, including sports, fitness, music, art; science, technology, education, leadership and career development. Fee: \$50/year.

Oldemeyer Center

Operated by the **City of Seaside**

986 Hilby Avenue; Seaside, CA 93955

Tel (831) 899-6800; (831) 899-6801

Website: www.ci.seaside.ca.us

Services:

Programs for children of all ages, including sports, swimming, Kids Club, and special events.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

MONTEREY PENINSULA

The Village Project

1069 Broadway Avenue, Suite 201; Seaside, CA 93955

Tel (831) 392-1500

Website: www.thevillageprojectinc.org

Services:

In addition to other services, this African-American family resource center provides after-school tutoring for students in first through twelfth grade. Focus is on African-Americans, but open to serve anyone in need. Call for more details.

Pacific Grove Youth Center

302 16th Street; Pacific Grove, CA 93950

Tel (831) 648-3134

Website: www.ci.pg.ca.us

Services:

A teen program open to Pacific Grove students in grades 6-12. Monthly activity calendars. Summer Adventure Camp for children, ages 6-12.

Marina Youth Center

211 Hillcrest Avenue; Marina, CA 93933

Tel (831) 384-6009; (831) 884-1253

Website: www.ci.marina.ca.us

Services:

A variety of recreational activities for Marina youth, ages 5 through 12. Low fees.

Marina Teen Center

304 Hillcrest Avenue; Marina, CA 93933

Tel: (831) 884-9542; (831) 884-1253

Website: www.ci.marina.ca.us

Services:

A variety of indoor and outdoor activities for students in grades 6 through 12, including a computer lab, basketball, foosball, table pool, video games. Skate park next door.

Carmel Youth Center

SW corner of 4th and Torres; Carmel, CA 93921

Tel (831) 624-3285

Website: www.carmelyouth.com

Services:

An after-school drop-in center for children in grades 3-12 living in Carmel and neighboring communities. Offers a homework center, tutoring, music program, computer lab, and various sports activities.

RECREATION AND TUTORING PROGRAMS FOR YOUTH (Continued)

SOUTH COUNTY

YMCA, South County

560 Walker Drive; Soledad, CA 93960

Tel (831) 678-1239

Website: www.centralcoastymca.org

Services:

A variety of sports activities and after-school tutoring. Sports activities include karate, youth soccer, basketball, and a climbing wall. Offer day camps during school breaks.

King City Recreation Center

401 Division Street; King City, CA 93930

(831) 385-6748

Website: www.kingcityrecreation.com or www.kingcity.com

Services:

A variety of recreation programs, including youth sports (soccer, karate, softball, basketball, racquetball) and swimming facilities.

NORTH COUNTY

North County Recreation Center

11261 Crane Street; Castroville, CA 95012

Tel (831) 633-3084

Website: www.ncrpd.org

Services:

Provides a variety of activities for children after school and during the summer, including assistance with homework, games, baseball, flag football, soccer, basketball, crafts, and cooking classes. Activity Guide on the website. A summer nutrition program also on-site.

SCHOOL DISTRICTS
(Elementary and Secondary Education)
(Some districts offer Early Education Programs/ Preschool)

Alisal Union School District

1205 E. Market Street; Salinas, CA 93905

Tel (831) 753-5700

Website: www.alisal.org

Big Sur Unified School District

69325 Highway 1; Big Sur, CA 93920

Tel (805) 927-4507

Website: www.bigsurunified.com

Bradley Union School District

65600 Dixie Street; Bradley, CA 93426

Tel (805) 472-2310

Website: www.bradleyusd-ca.schoolloop.com

Carmel Unified School District

4380 Carmel Valley Rd; Carmel, CA 93923

Tel (831) 624-1546

Website: www.carmelunified.org

Chualar Union Elementary School District

24285 Lincoln Street; Chualar, CA 93925

Tel (831) 679-2504

Website: www.chualarusd.org

Gonzales Unified School District

600 Elko St.; Gonzales. CA 93926

Tel (831) 675-0100

Graves School District

15 McFadden Rd; Salinas, CA 93908

Tel (831) 422-6392

Greenfield Union School District

493 El Camino Real; Greenfield, CA 93927

Tel (831) 674-2840

Website: www.greenfield.k12.ca.us

King City Union School District

435 Pearl Street; King City, CA 93930

Tel (831) 385-2940

Website: www.kcusd.org

Lagunita School District

975 San Juan Grade Road; Salinas, CA 93907

Tel (831) 449-2800

SCHOOL DISTRICTS (Continued)
(Elementary and Secondary Education)

(Some districts offer Early Education Programs, Preschool, and Extended Day Care)

Mission Union School District

36825 Foothill Road; Soledad, CA 93960

Tel (831) 678- 3524

Website: www.missionusd.org

Monterey Peninsula Unified School District

700 Pacific St; Monterey, CA 93940

Tel (831) 645-1200

Website: www.mpusd.k12.ca.us

North Monterey County Unified School District

8142 Moss Landing Rd; Moss Landing, CA 95039

Tel (831) 633-3343

Website: www.nmcusd.org

Pacific Grove Unified School District

435 Hillcrest Avenue; Pacific Grove, CA 93950

Tel (831) 646-6510

Website: www.pgusd.org

Salinas City Elementary School District

840 S. Main Street; Salinas, CA 93901

Tel (831) 753-5600

Website: www.salinascityesd.org

Salinas Union High School District

431 W. Alisal Street; Salinas, CA 93901

Tel (831) 796-7000

Website: www.salinasuhd.org

San Antonio Union School District

67550 Lockwood/Jolon Road; Lockwood, CA 93932

Tel (831) 385-3051

Website: www.sanantoniousd.org

San Ardo Union School District

62428 Center Street; San Ardo, CA 93450

Tel (831) 627-2520

Website: www.sausd-k12-pt.schoolloop.com

San Lucas Union School District

53675 San Benito Street; San Lucas, CA 93954

Tel (831) 382-4426

Website: www.sanlucasusd-ca.schoolloop.com

SCHOOL DISTRICTS (Continued)
(Elementary and Secondary Education)
(Some districts offer Early Education Programs/ Preschool)

Santa Rita Union School District

57 Russell Rd; Salinas, CA 93906

Tel (831) 443-7200

Website: www.santaritaschools.org

Soledad Unified School District

1261 Metz Rd; Soledad, CA 93960

Tel (831) 678-3987

Website: www.soledadusd.org

South Monterey County Joint Union High School District

800 Broadway Street; King City, CA 93930

Tel (831) 385-0606

Website: www.smcjuhsd.org

Spreckels Union School District

130 Railroad Avenue; Spreckels, CA 93962

Tel (831) 455-2550

Website: www.spreckelsunionsd.org

Washington Union School District

43 San Benancio Rd; Salinas, CA 93908

Tel (831) 484-2166

Website: www.washingtonusd.org

Monterey County Office of Education

901 Blanco Circle; Salinas, CA 93901

Tel (831) 373-2955 ; (831) 755-0300

Website: www.monterey.k12.ca.us

Services:

Elementary and/or secondary education is provided in all of the above school districts of Monterey County. Some of the districts have continuation schools and adult ed programs, as well as early childhood education programs. Check with the individual schools or contact the Monterey County Office of Education (MCOE) for more information.

SENIOR SERVICES/ ELDER CARE

ALL AREAS OF MONTEREY COUNTY

Eldercare Locator

Tel (800) 677-1116

Website: www.eldercare.gov

Services:

Information and referral to services for seniors living anywhere in the United States. Information line is in English and in Spanish.

Alliance on Aging

247 Main Street; Salinas, CA 93901

Tel (831) 655-1334

280 Dickman Ave; Monterey, CA 93940

Tel (831) 646-1458

Website: www.allianceonaging.org or www.aging.ca.gov (California Department of Aging)

Services:

Offers the following programs for seniors: Senior Peer Counseling, Health Insurance Counseling and Advocacy (HICAP), Tax Counseling, Ombudsman for Long-Term Care (to protect long-term care residents against abuse), and Benefits Check-up (assistance with eligibility for CalFresh, Home energy discounts, Medi-Care low-income subsidy, the California Telephone Access Program, and discount cell phones).

For a list of Licensed Senior Care Facilities, contact the Ombudsman program at Alliance on Aging.

Meals on Wheels, Monterey Peninsula

700 Jewell Avenue; Pacific Grove, CA 93950

Tel (831) 375-4454

Website: www.mowmp.org

Services:

Delivers fresh nutritious meals 5 days a week to frail, elderly, and disabled adults living throughout the Monterey Peninsula. On Fridays, may obtain double meals for the weekend.

Meals on Wheels of the Salinas Valley, Inc.

40 Clark Street, Suite C; Salinas, CA 93901

Tel (831) 758-6325

Website: www.mealsonwheelsofsalinas.org

Services:

Delivers nutritious frozen meals once or twice a week to homebound seniors, age 60 and over. Makes deliveries in the Salinas valley, from Pajaro to Bradley and all of Salinas.

Social Security Administration

928 E. Blanco Road, Suite 155; Salinas, CA 93901

Tel (877) 600-2857 (Salinas) or (800) 772-1213

Website: www.socialsecurity.gov

Services:

Administers Social Security benefits, including Social Security Disability Benefits (SSDI) and the Supplemental Security Income (SSI) program for low-income seniors and disabled persons. Provides information on Medicare. Easier to access information from the website than by phone.

SENIOR SERVICES/ ELDER CARE (Continued)

Medicare

(The Official Government Website)
Tel (800) 633-4227 (24-hour helpline)
Website: www.medicare.gov

Services:

This is the official U.S. government website, in English and Spanish, for people with Medicare. Extensive information, including eligibility guidelines, long term care, preventive services, and prescription drug plans. Offers comparisons of drug plans, area hospitals, and nursing homes.

Office of Aging and Adult Services

Administered by **Monterey County Department of Social Services**

Salinas

1000 South Main Street, Suite 211 C; Salinas, CA 93901
Tel (831) 755-4466

Marina

2620 First Avenue; Marina, CA 93933
Tel (831) 883-7565

King City

116 Broadway Street; King City, CA 93930
Tel (831) 385-7400
Website: www.mcdss.co.monterey.ca.us

Senior Helpline: (800) 510-2020

24-hour Adult Protective Services (for reports of abuse or neglect)

Call the Senior Helpline above, or call: (831) 883-7565 or (831) 755-4466

After hours: Call 911 to make a report

Services:

Information, Referral and Assistance Program provides information and referral for adults who need protection, home care, emergency food or housing, counseling, or out-of-home placement.

Adult Protective Services investigates and responds to allegations of suspected elder and dependent adult abuse, which includes physical, financial, and emotional abuse, as well as self-neglect and neglect by others.

In-Home Supportive Services is a non-medical home care program serving low income seniors, adults, and children with disabilities. The program pays for services of a home care provider. Services include assistance with light housekeeping, cooking, laundry, medical transportation and personal care. The program also maintains a registry for clients needing help finding an assistant.

SSI Advocacy Program assists low-income persons who may qualify for the SSI program because of disability, but need help with the application process. Workers in this program provide assistance through advocacy and mediation, emotional support and guidance.

The **Aging and Disability Services Network Resource Guide**, is available to download from the above website, under the services of the Area Agency on Aging. Included are lists of home care agencies, private geriatric care managers and affordable senior housing.

SENIOR SERVICES/ ELDER CARE (Continued)

Partnership for Prescription Assistance

Tel (888) 477-2669

Website: www.pparx.org

Services:

This website, in English and in Spanish, helps low-income individuals without prescription coverage to get free or discounted medications through a variety of public and private programs.

MST Taxi Vouchers for Seniors and Persons with Disabilities

Operated by **Monterey-Salinas Transit** (in conjunction with participating Monterey Co. cities)

Tel (888) 678-2871

Website: www.mst.org

Services:

MST has established a taxi voucher program, in conjunction with participating Monterey County cities to assist seniors (age 65 and older) and persons with disabilities (who are registered with the RIDES program) in accessing important locations within their city. Area One: Anywhere within the city limits of Salinas. Area Two: Anywhere within the city limits of Carmel, Del Rey Oaks, Monterey, Pacific Grove, Sand City, or Seaside. Go to the website for very specific information on how vouchers must be used. Vouchers are obtained in the city in which the rider lives.

ITN Monterey County (Independent Transportation Network)

947 D Blanco Circle; Salinas, CA 93901

Tel Monterey: (831) 233-3447; Salinas: (831) 240-0850

Website: www.itnmontereycounty.org

Services:

A nonprofit membership organization helping people, age 60 and older, as well as blind and visually impaired adults, with customized rides to and from appointments, for shopping, or just for fun. Members prefund a personal transportation account and then use the funds to travel. Serving the Monterey Peninsula and Salinas. Offers subsidized rates for low-income individuals.

Legal Services for Seniors

915 Hilby Ave. Ste 2; Seaside, CA 93955

Tel (831) 899-0492

947-B Blanco Circle; Salinas, 93902

Tel (831) 442-7700

Website: www.legalservicesforseniors.org

Services:

Senior legal advocacy and referrals concerning social security, SSI, private pension problems, health insurance problems, consumer fraud. Assist with landlord/tenant problems, housing rights, advanced health care directives, long-term-care issues, guardianships, and simple wills. Provide outreach services at senior centers throughout the county. Services are for adults, age 60 and older. No charge for services. Donations accepted.

SENIOR SERVICES/ ELDER CARE (Continued)

BenefitsCheckUp

Website: www.benefitscheckup.org

Services:

A free service of the National Council on Aging. Website provides fact sheets and enrollment forms for federal, state, local, and private programs that help seniors pay for prescription drugs, utility bills, meals, health care and other needs. Website in English only.

Salinas Senior Center

250 Main Street, Suite B (second floor); Salinas, CA 93901

Tel (831) 757-6030

Website: (under construction)

Services:

Offers a variety of programs and classes for seniors, including 4 holiday dinners a year and an annual senior prom, computer classes. Information and referral to other resources for seniors.

Good Samaritan Center

Operated by **The Salvation Army**

800 Scott Street; Sand City, CA 93955

Tel (831) 899-4988

Website: www.tsamonterey.com

Services:

Provides food boxes for needy seniors with access to cooking facilities once a month.

La Casa Adult Day Health Center

909 Blanco Circle, Suite B; Salinas, CA 93901

Tel (831) 222-6122

Website: www.lacasaadhc.com

Services:

State-licensed adult day health center providing services for physically and cognitively impaired adults. Services include professional nursing, physical therapy, occupational therapy, speech therapy, psychological services, and nutritional services, as well as a variety of social activities. Operates Mon-Fri. Reimbursed through Medi-Cal, Veterans Administration, and private pay.

Tele-Care and Lifeline

Operated by **Salinas Valley Memorial Healthcare System**

450 East Romie Lane; Salinas, CA 93901

Tel (831) 755-0772

Website: www.svmh.com

Services:

Tele-Care is a free program for Monterey County residents who live alone, especially for those with medical conditions. A Service League volunteer phones the home between 8:30 and 10:00 AM. Monday through Saturday. If there is no answer, a second call is made to a designated person who can check on the wellbeing of the Tele-Care member. Lifeline is a 24-hour medical alert and emergency response program. Financial assistance is available for those who cannot afford the nominal monthly fee for Lifeline.

SENIOR SERVICES/ ELDER CARE (Continued)

Carmel Foundation

SE Corner of Lincoln and Eighth Streets; Carmel CA 93921

Tel (831) 624-1588

Website: www.carmelfoundation.org

Services: This is a membership-based organization for seniors, ages 55 and older. In addition to being a senior nutrition site, support services include affordable low income living, homebound meals, respite and in-home support services, caregiver support groups, a medical equipment loan program, and a variety of education and wellness programs.

Central Coast Visiting Nurse Association and Hospice

Admin: 5 Lower Ragsdale, Monterey, CA 93940

Tel (831) 372-6668 or 375-9882

Website: www.ccvna.com

Services:

VNA is a non-profit organization providing a range of home health care, hospice, and community services for frail adults living throughout the county.

Alzheimer's Association of Monterey County

21 Lower Ragsdale Drive, Suite B; Monterey, CA 93940

Tel (831) 647-9890;

Monterey Helpline: (800) 272-3900

Website: www.alz.org/norcal

Services:

A wide range of services and support for people with Alzheimer's Disease or dementia and their families. Conduct support groups throughout the county. Some services in Spanish.

The Osher Lifelong Learning Institute (OLLI Program)

Based at **Cal State University, Monterey Bay**

Tel (831) 582-5500

Website: <http://olli.csumb.edu/>

Services:

A variety of classes are offered for older adults (those 50 and over) who are interested in university-level courses without the pressure of course grades or credits. A listing of courses is available online. Classes are offered throughout the community, although most are offered at Ryan Ranch. Fees range from \$20-\$70.

SENIOR CENTERS

Services:

Senior Centers offer lunch several days a week and a variety of other activities for adults and seniors, including exercise classes, bingo, card games, dancing, and art classes. Registration for lunch may be required. There may also be a fee for lunch or a small donation requested. Call individual center for more information on programs.

SALINAS

The Salvation Army

2460 N. Main Street; Salinas, CA 93906

Tel (831) 443-9655

Website: www.salvationarmyusa.org

SENIOR SERVICES/ ELDER CARE (Continued)

SENIOR CENTERS (Continued)

Firehouse Senior Center

1330 East Alisal Street; Salinas, CA 93905

Tel (831) 775-4286

Website: www.ci.salinas.ca.us

MONTEREY PENINSULA

Carmel Foundation (Membership required)

SE Corner of Lincoln and Eighth Streets; Carmel CA 93921

Tel (831) 624-1588

Website: www.carmelfoundation.org

Monterey Senior Center/Scholze Park Center

280 Dickman Avenue; Monterey, CA 93940

Tel (831) 646-3878

Website: www.monterey.org

Sally Griffin Senior Center

700 Jewell Ave; Pacific Grove, CA 93950

Tel (831) 375-4454

Website: www.ci.pg.ca.us

Oldemeyer Center

986 Hilby Avenue; Seaside, CA 93955

Tel (831) 899-6800

Website: www.ci.seaside.ca.us

Marina Senior Center

211 Hillcrest Avenue; Marina, CA 93933

Tel (831) 384-6009

Website: www.ci.marina.ca.us

SOUTH COUNTY

Leo Meyer Senior Center

415 Queen Street; King City, CA 93930

Tel (831) 385-4562

NORTH COUNTY

North County Recreation Center

11261 Crane Street; Castroville, CA 95012

Tel (831) 633-3084

Website: www.ncrpd.org

Prunedale Senior Center

8300 Prunedale Road North; Salinas, CA 93907

Tel (831) 663-5023

SPECIAL NEEDS CHILDREN
Medical Care, Education, Advocacy and Parent Support Groups

ALL AREAS OF MONTEREY COUNTY

Special Kids Crusade

1900 Garden Road, Suite 230; Monterey, CA 93940

Tel (831) 372-2730

Website: www.specialkidscrusade.org

Services:

This private, parent-founded, nonprofit organization provides support and resource information for children with disabilities and their families residing in Monterey County. Offers awareness trainings, a resource library, parent-to-parent support, a toy-lending library and various activities for the children. Services in English and in Spanish.

California Children Services (CCS)

Administered by the **Monterey County Health Department**

1615 Bunker Hill Way, Suite 190; Salinas, CA 93906

Tel (831) 755-4747

Website: www.mtyhd.org

Services:

CCS is a statewide program that arranges, directs and pays for medical care, equipment and rehabilitation for children up to age 21 with disabling physical handicaps, whose families are unable to pay for all or part of their care. CCS determines eligibility and provides case management and financial assistance for diagnosis and treatment services.

California Children Services (CCS)

Administered by the **Monterey County Health Department**

Medical Therapy Unit, North Salinas

2100 A. McKinnon St; Salinas, CA 93906

Tel (831) 443-6073

A.B. Ingham Medical Therapy Unit

47 San Benancio Road; Salinas, CA

Tel (831) 484-2319

Website: www.mtyhd.org

Services:

Physical and occupational therapy provided at these sites for children, ages 0-21, with physical disabilities. Satellite program in King City.

Social Security Administration

928 East Blanco Road, Ste 155; Salinas, CA 93901

Tel (877) 600-2857 (Salinas) or (800) 772-1213

Website: www.socialsecurity.gov

Services:

Children with disabilities may be eligible for Supplemental Security Income (SSI) payments. Child must meet Social Security definition of disability. Family income and resources must fall within eligibility limits. More information is available online at the website above.

SPECIAL NEEDS CHILDREN (Continued)
Medical Care, Education, Advocacy and Parent Support Groups

MCOE Infant Development Program

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0300; (831) 449-3741; (831) 784-4202

Website: www.monterey.k12.ca.us

Services:

Early Start Program provides therapy, education, and parent support for special needs children, ages 0-3 years, residing in Monterey County (and not served by MPUSD below). Coordinates with other community agencies to serve families of children with disabilities. No charge.

MCOE Special Education Services

Operated by **Monterey County Office of Education**

901 Blanco Circle; Salinas, CA 93901

Tel (831) 755-0300; (831) 755-6431

Website: www.monterey.k12.ca.us

Services:

Provides therapy, education, and parent support for special needs children, ages 3-22 years, residing in Monterey County (and referred by their school district). Coordinates with other community agencies to serve families of children with disabilities. No charge for services.

MPUSD Infant Development Program

Operated by **Monterey Peninsula Unified School District**

700 Pacific Street; Monterey CA 93940

Tel (831) 645-1207 (MPUSD Student Support Services)

Website: www.mpusd.k12.ca.us

Services:

Provides therapy, education, and parent support for special needs children, ages 0-5 years, living within the school district. Check with the Special Education Department, number above, for location of services.

MPUSD Special Education Services

Operated by **Monterey Peninsula Unified School District**

700 Pacific Street; Monterey CA 93940

Tel (831) 645-1207 (MPUSD Student Support Services)

Website: www.mpusd.k12.ca.us

Services:

Provides therapy, education, and parent support for special needs children, ages 5-22 years, living within the school district.

San Andreas Regional Center

344 Salinas Street, Suite 207; Salinas, CA 93901

Tel (831) 759-7500

Website: www.sarc.org

Services:

Under the Early Start Program, serves infants, 0-3 years, at high risk of developing a developmental disability. Provides day programs, respite, and summer activities for special needs children over age 3. Provides advocacy and case management for individuals with developmental disabilities, such as autism, cerebral palsy, epilepsy, & mental retardation.

SPECIAL NEEDS CHILDREN (Continued)
Medical Care, Education, Advocacy and Parent Support Groups

Easter Seals Central California

9010 Soquel Drive; Aptos, CA 95003

Tel (831) 684-2166

Website: www.centralcal.easterseals.com

Services:

Provides services to individuals of all ages with disabilities and other special needs, as well as support for their families. Programs include autism services, educational support services, respite services, support groups and summer camp for children and adults. Some services in Spanish. District office is in Aptos. Serves individuals living in all areas of Monterey County.

Coastal Kids Home Care

252 San Jose Street, Upstairs Suite; Salinas, CA 93901

Tel (800) 214-5439

Website: www.coastalkidshomecare.org

Services:

A non-profit pediatric home health agency serving families caring for an infant or child living with a chronic injury, illness or life-threatening condition. Provides multidisciplinary home health care for children, from newborn to age 21, with a medical need that can be met with intermittent nursing and therapy services. Serves four counties, including all of Monterey County.

Partnership for Children (PFC)

342 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 422-3002

Website: www.partnerforkids.org

Services:

Partnership for Children increases access to medical care for children with serious illnesses and supports their families. PFC provides transportation to medical appointments at Lucile Packard Children's Hospital in Palo Alto and UCSF Benioff Children's Hospital in San Francisco, as well as local hospitals and clinics, in the form of direct rides and gas card subsidies. PFC also provides families with financial support for basic living expenses as well as other family support services. In the event of a child's death, PFC provides financial funeral support. The organization serves children and families in Monterey, Santa Cruz, and San Benito Counties.

Jacob's Heart Children's Cancer Support Services

680 West Beach Street; Watsonville, CA 95076

Tel (831) 724-9100

Website: www.jacobsheart.org

Services:

This organization provides counseling, support groups, in-home and hospital visits, community education, arts programs, transportation to treatments, celebrations and financial assistance for families of children with cancer who live in the Monterey Bay region. Services in English and in Spanish.

SPECIAL NEEDS CHILDREN (Continued)
Medical Care, Education, Advocacy and Parent Support Groups

Christine Marie Star Riders

Admin: 2115 N. Fremont Street; Monterey, CA 93940

Program services at the Marina Equestrian Center, corner of 5th Street and 9th Street in Marina
Tel (831) 646-1941 or (831) 915-4575

Website: www.cmstarriders.com

Services:

This is a therapeutic and recreational horseback riding program, serving children, adolescents and adults with special needs: physical, mental, emotional, behavioral and social, with the goal of maximizing the potential of differently-abled individuals. Siblings are also welcome to ride. Donations accepted. An all-volunteer organization.

Tatum's Garden

1 Maryal Drive; Salinas, CA 93906

P.O. Box 3493; Salinas, CA 93912

Website: www.tatumsgarden.org

Services:

An all-inclusive 20,000 square-foot playground, located near Sherwood Park, for all children, including children with disabilities. Fully accessible for wheelchairs, walkers, strollers, etc. Unique agricultural theme, reflecting the heritage of Salinas. Playground includes a tot lot for the very young, a sensory garden, picnic benches, slides, swings, climbers, etc.

TEEN PROGRAMS
(Refer also to Recreation and Tutoring Programs for Youth)

COUNSELING, SUPPORT AND EDUCATION GROUPS FOR TEENS
ALL AREAS OF MONTEREY COUNTY

Boys Town National Hotline

Tel 24-hour (800) 448-3000

Website: www.boystown.org/hotline

Services:

A 24 hour, 7 days a week crisis, resource and referral line serving teens, parents, and families. Trained counselors help with a variety of issues, including suicide prevention, depression, chemical dependency, anger, and physical, emotional and sexual abuse. Services in English and Spanish. Translation services for other languages available.

GLBT National Help Center

GLBT National Hotline (888) 843-4564

GLBT National Youth Talkline (800) 246-7743

Website: www.glnh.org

Services:

The Gay, Lesbian, Bisexual and Transgender National Hotline serves callers of all ages (youth and adult). Peer counseling, information, and local resources. The GLBT Youth Talkline provides peer counseling, information, and local resources for youth through age 25.

Trevor Lifeline

Tel (866) 488-7386

Website: www.thetrevorproject.org

Services:

24/7 national crisis helpline providing crisis intervention and suicide prevention for lesbian, gay, bisexual, and transgender youth.

Alateen Support Groups

24-hour Tel (English) (831) 373-2532

24-hour Tel (Spanish) (831) 424-6207

Website: www.montereycounty-alanon.org

Services:

Helpline provides information in English and in Spanish on 12-Step support groups in Monterey County for teens affected by the alcohol use of parents, relatives and friends.

Girls Inc. (Girls Inc. of the Central Coast)

318 Cayuga Street, Suite 101A; Salinas, CA 93901

Tel (831) 772-0882

Website: www.girlsinccc.org

Services:

Offers seven different programs focusing on leadership and self-empowerment for girls, ages 8-18. Youth leaders and teen teachers serve as facilitators at schools in Salinas, Soledad, Greenfield, King City, Monterey, Seaside, Marina, and Castroville. High school, middle school, and elementary school programs.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

ALL AREAS OF MONTEREY COUNTY (Continued)

Suicide Prevention Services of the Central Coast

Operated by the **Family Service Agency of the Central Coast**

Toll-free Crisis Line: (877) 663-5433 or (831) 458-5300

Website: www.fsa-cc.org

Services:

24-hour, free and confidential, multi-language, crisis intervention and suicide prevention services. Individual does not have to be suicidal to call. Services also offered to individuals who have lost a person to suicide.

Catholic Charities Tattoo Removal Program

Tel (831) 316-9121 or (831) 393-3110

Website: www.catholiccharitiescentralcoast.org

Services:

Tattoo removal. No age limit. Visible tattoos are the priority. Program requires 20 hours of community service. Services delivered in Santa Cruz. Treatment fees. For more information, call the above number.

America's Job Center of California

(formerly known as **One Stop Career Center of Monterey County**)

Youth Employment Program

Salinas

Salinas Airport Business Park

730 La Guardia; Salinas, CA 93905

Tel 831) 796-3600 or **Toll-Free:** (800) 870-4750

Seaside

University Plaza Shopping Center

1760 Fremont Blvd. Suite D-2; Seaside, CA 93955

Tel (831) 899-8236

King City

Towne Square Shopping Center

200 Broadway, Suite 62; King City, CA 93930

Tel (831) 386-6801

Website: www.mcdss.co.monterey.ca.us; www.americasjobcenter.ca.gov

Services:

Youth employment and job training services for economically disadvantaged youths, ages 16 – 24. The program is based in Salinas, with outreach services to youth at the offices in Seaside and in King City.

Teen Pregnancy Prevention Program

Administered by the **Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4649

Website: www.mtyhd.org

Services:

A county-wide effort to encourage teens to delay sexual involvement and to prevent adolescent pregnancy. Parents and teens can call the above numbers for information on peer counseling, parent workshops and clinics in Monterey County that serve teens.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

ALL AREAS OF MONTEREY COUNTY (Continued)

Teen Parenting Program

Operated by **Public Health Nursing, Monterey County Health Department**

1270 Natividad Road; Salinas, CA 93906

Tel (831) 755-4630 or 755-4500

Website: www.mtyhd.org

Services:

Case management and home visits for pregnant and parenting teens, ages 14-19, with infants from 0-12 months. Program operates in limited areas of the county. Call one of the above numbers to make a referral or for more information on the program.

SALINAS

Epicenter

20 Maple Street; Salinas, CA 93901

Tel (831) 998-7291

Website: www.epicentermonterey.org

Services:

A youth-led community center for at-risk and system-involved (foster care) youth, ages 16-24. This drop-in resource center seeks to empower these youth to flourish by connecting them to community resources for housing, health and wellness, education, and employment.

Rancho Cielo Youth Campus

710 Old Stage Road; Salinas, CA 93906

Tel (831) 444-3533 or (831) 444-3500

Website: www.ranchocieloyouthcampus.org

Services:

Offers programs for at-risk youth including Rancho Cielo Youth Corp, an Alternative High School, a Construction Academy, and the Drummond Culinary Academy. Students are referred from the Monterey County Probation Program, but may also be referred by juvenile court, schools, parents, and others. **Transitional Housing (5 homes) for current or past students** (up to 30 students).

Silver Star Resource Center

Operated by the **Monterey County Probation Department**

855 E. Laurel Drive, Bldg. H; Salinas, CA 93906

Tel (831) 755-8917

Website: www.co.monterey.ca.us/probation

Services:

The Silver Star Resource Center is a collaborative effort of a number of community-based agencies, offering an array of prevention and early intervention programs for youths, ages 6-21, who are on probation or who are at-risk of gang involvement, substance abuse, truancy, unemployment and family conflict. Services include independent studies, continuation school classes, mental health counseling, drug and alcohol abuse education, anger management classes, sports and recreation activities and other services. Some services offered at the Rancho Cielo Youth Campus.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

SALINAS (Continued)

Sunrise House

119 Capitol Street; Salinas, CA 93901

24-hour Crisis Line: (831) 758-3302

152 W. Gabilan Street; Salinas, CA 93901

Tel (831) 751-9350

Website: www.sunrisehouse.org

Services:

Sunrise House provides alcohol and drug counseling and a 24-hour crisis line for adolescents and their families at the center on Capitol Street. The center on Gabilan Street provides community education and prevention activities in cooperation with schools and other community agencies, including youth drug diversion and youth alternative to violence programs. Bilingual counselors and prevention specialists. Clothing distribution for needy teens. Services are free.

D.A.I.S.Y. (Drug and Alcohol Intervention Services for Youth)

Operated by **Community Human Services**

855 E. Laurel Drive, Bldg H; Salinas, CA 93906

Tel (831) 233-9029

Website: www.chservices.org

Services:

Utilizes the Seven Challenges program to provide intervention and education services for substance-abusing youth, ages 13-18, referred by Probation, Social Services, Behavioral Health, Juvenile Drug Court, parents and schools. No charge. Services in English and Spanish.

ICT (Integrated Co-occurring Treatment)

Operated by **Door to Hope**

Salinas, CA 93901

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Professional treatment for adolescents (**boys and girls**) with co-occurring substance abuse and mental health disorders. A home-based program with additional services at the office. Services include cognitive behavioral therapy, motivational enhancement therapy, peer support, individual, group and family therapy. Door to Hope also offers a group home for the adolescent girls in the program. Reimbursement through public funding sources and private pay.

Santa Lucia Group Home

Operated by **Door to Hope**

Tel (831) 758-0181

Website: www.doortohope.org

Services:

Services:

A group home for adolescent girls, between the ages of 12 and 18, with co-occurring substance abuse and mental health disorders. Six beds. Girls stay three to six months. Girls must be medically and psychiatrically stable enough to participate in an active program of therapy, counseling, education, and be willing to participate in an intensive residential program.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

SALINAS (Continued)

Second-Chance Family and Youth Services

745 North Sanborn Road; Salinas, CA 93905

Tel (831) 758-2501

Website: www.scyp.org

Services:

This is a community-based counseling agency with prevention of gang violence the primary focus. Counselors based at school sites and at the Silver Star program. Programs focus on young men's responsibilities, young women's empowerment, cultural identity, and healthy families. Co-located with the Breadbox Recreation Center.

YWCA Counseling Center

Operated by the **YWCA, Monterey County**

236 Monterey Street; Salinas, CA 93901

Tel Salinas: (831) 422-8602

Website: www.ywcamc.org

Services:

Offers individual counseling for adolescents at the YWCA offices. Sliding fee scale for counseling. Also offers weekly support groups, a mentor program, and presentations on teen dating violence through the schools.

MONTEREY PENINSULA

Safe Place

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

24-hour Runaway and Homeless Youth Helpline: (831) 241-0914

Website: www.chservices.org

Services:

A comprehensive program for runaway and homeless youth, ages 11-21, offering individual and family counseling, crisis resolution, family reunification, street outreach, food, clothing, hygiene items, 24-hour access to crisis shelter, a 24-hour helpline and Mon-Fri. drop-in hours. A Teen Action Board provides volunteer, advocacy and leadership opportunities.

Emergency Warming Shelter for Homeless Youth

Operated by **Community Human Services**

590 Pearl Street; Monterey, CA 93940

Tel (831) 373-4421

Website: www.chservices.org

Services: On nights when it's raining or 45 degrees and below, the warming shelter is open overnight to homeless individuals 18 – 24 years old. Check in is from 6:00 – 7:00 PM on a first come first served basis.

TEEN PROGRAMS (Continued)
(Refer also to Recreation and Tutoring Programs for Youth)

MONTEREY PENINSULA (Continued)

Safe Passage

Operated by **Community Human Services**

544 Pearl Street; Monterey, CA 93940

Tel (831) 717-4126

Website: www.chservices.org

Services:

Co-ed, drug and alcohol free, affordable transitional housing and supportive services for youth, ages 18-21, who are homeless or who are aging out of foster care. Six beds. 18-24 month stay. Rent calculated at 30 % of adjusted gross income.

SuperKids and SuperTeens

Operated by **Community Human Services**

Tel (831) 658-3811

Website: www.chservices.org

Services:

In-school counseling programs, provided free of charge, available to elementary and middle-school children at school sites throughout Monterey County. The programs provide at-risk and emotionally troubled youth with counseling services. Individual and group counseling. Contact your school administrator to see if these services are offered at your child's school.

The Village Project

1069 Broadway Avenue, Suite 201; Seaside, CA 93955

Tel (831) 392-1500

Website: www.thevillageprojectinc.org

Services:

This African-American family resource center provides counseling for youth, as well as adults, after-school tutoring for students in first through twelfth grade, and teen empowerment groups. Focus on African-Americans, but open to serve anyone in need. Some services are offered off-site.

NORTH COUNTY

Digital Nest

318 Union Street; Watsonville, CA 95076

Tel (831) 722-6378

Website: www.digitalnest.org

Services:

A career development center for young people, ages 12-24, from Santa Cruz and Monterey Counties. Students are given the tools and skills needed to thrive in a high tech, globally connected world. This education center provides access to computers, software, Wi-Fi, and other digital tools, classes and workshops, and assistance in finding employment. No fees.

TRANSPORTATION

ALL AREAS OF MONTEREY COUNTY

Monterey-Salinas Transit

19 Upper Ragsdale Drive; Monterey, CA 93940

Tel (888) 678-2871

Website: www.mst.org

Services:

Bus transportation in Salinas, on the Monterey Peninsula (from Marina to Carmel Valley), and between Salinas and King City, with stops in Chualar, Gonzales, Soledad, and Greenfield. Buses also go to Watsonville and to San Jose (to connect to Caltrans). Discounts for children, the disabled, and seniors.

MST On Call

Operated by Monterey-Salinas Transit

1375 Burton Ave; Salinas, CA 93901

Tel (866) 663-3278

Website: www.mst.org

Services:

MST on call provides mini-bus services in the cities of Marina, Gonzales, Soledad, Greenfield, and King City. Service provided within the city only. Call for more details.

MST RIDES Program

Operated by Monterey-Salinas Transit

201 Pearl Street; Monterey, CA 93940

Tel Monterey: (831) 373-1393; Salinas (831) 754-2804

Website: www.mst.org

Services:

Provides medical vehicle transportation (curbside to curbside) for persons with a disability who cannot use the regular bus. Van operates in most areas of Monterey County. Limited service to the Bay Area for medical appointments. Riders must be registered with program. Fee charged.

MST Taxi Vouchers for Seniors and Persons with Disabilities

Operated by **Monterey-Salinas Transit** (in conjunction with participating Monterey Co. cities)

Tel (888) 678-2871

Website: www.mst.org

Services:

MST has established a taxi voucher program, in conjunction with participating Monterey County cities to assist seniors (age 65 and older) and persons with disabilities (who are registered with the RIDES program above) in accessing important locations within their city. Area One: Anywhere within the city limits of Salinas. Area Two: Anywhere within the city limits of Carmel, Del Rey Oaks, Monterey, Pacific Grove, Sand City, or Seaside. Go to the website for specific information on how to use vouchers. Vouchers are obtained in the city in which the rider lives.

Veterans Administration Health Clinic of Monterey

3401 Engineer Lane; Seaside, CA 93955 (former Ft. Ord campus)

Tel (831) 883-3800; (831) 883-3830

Advice Line: Tel (800) 455-0057 (Option #4)

Website: www.paloalto.va.gov

Services:

Free bus transportation for veterans to the Palo Alto Medical Center Monday-Friday.

TRANSPORTATION (Continued)

Monterey County Military and Veterans Affairs

1200 Aguajito Road, Suite 003; Monterey, CA 93940 (Main Office)

Tel: (831) 647-7614 (for Van Transportation Service)

Website: www.co.monterey.ca.us/va

Services:

Free van transportation to the Veterans Medical Center in Palo Alto, Monday-Friday. Makes three stops on the Monterey Peninsula, one in Salinas. 24-hour advance reservation required.

ITN Monterey County (Independent Transportation Network)

947 D Blanco Circle; Salinas, CA 93901

Tel Monterey: (831) 233-3447; Salinas: (831) 240-0850

Website: www.itnmontereycounty.org

Services:

A nonprofit membership organization helping people, age 60 and older, as well as blind and visually impaired adults, with customized rides to and from appointments, for shopping, or just for fun. Members prefund a personal transportation account and then use the funds to travel. Serving the Monterey Peninsula and Salinas. Offers subsidized rates for low-income individuals.

Hospice of the Central Coast

Operated by **Community Hospital of the Monterey Peninsula**

23625 W R Holman Hwy; Monterey, CA 93940; Monterey, CA 93940

Tel (831) 622-2746

Website: www.chomp.org

Services:

In addition to other services, the Hospice of the Central Coast provides transportation to doctor appointments for people with life threatening illnesses. Primarily serves individuals living on the Monterey Peninsula. No charge for services.

American Cancer Society

945 S. Main St.; Salinas, CA 93901

Tel (800) 227-2345 or (831) 442-2992

Website: www.cancer.org

Services:

Transportation to MD appointments for cancer patients living anywhere in Monterey County who meet eligibility requirements. Call one of the numbers above for more details.

Partnership for Children (PFC)

342 Pajaro Street, Suite B; Salinas, CA 93901

Tel (831) 422-3002

Website: www.partnerforkids.org

Services:

In addition to other services, PFC provides transportation to medical appointments at Lucile Packard Children's Hospital in Palo Alto and UCSF Benioff Children's Hospital in San Francisco, as well as local hospitals and clinics, in the form of direct rides and gas card subsidies for children with life-threatening conditions and their families.

TRANSPORTATION (Continued)

Jacob's Heart Children's Cancer Support Services

680 West Beach Street; Watsonville, CA 95076

Tel (831) 724-9100

Website: www.jacobsheart.org

Services:

In addition to other services, this organization provides pre-paid gas cards and transportation to treatment for families of children with cancer who live in the Monterey Bay region.

Greyhound Bus Line

3 Station Place; Salinas, CA 93901

Tel (800) 231-2222 or (800) 531-5332; Salinas (831) 424-4418

Website: www.greyhound.com

Services:

Bus transportation between Salinas and King City; bus does not stop at cities in between. Bus transportation from Salinas to Watsonville, Santa Cruz, the Bay Area, and Los Angeles. Discount given for children. Call above numbers for fare and schedule information.

VETERANS SERVICES

ALL AREAS OF MONTEREY COUNTY

Monterey County Military and Veterans Affairs

Monterey

1200 Aguajito Road, Suite 003; Monterey, CA 93940 (Main Office)

3401 Engineer Lane; Seaside, CA 93955 (VA Clinic)

1760 Fremont Blvd. Suite D2; Seaside, CA 93955 (Seaside One-Stop Career Center)

Salinas

1000 South Main Street, Suite 209A; Salinas, CA 93901

King City

200 Broadway, Suite 62; King City, CA 93930

Tel (831)647-7613 (One number for all of the above sites)

Tel (831) 647-7614 for van transportation to Veterans Medical Center in Palo Alto.

Website: www.co.monterey.ca.us/va

Services:

Provides advocacy, assistance and services designed to enhance the lives of the County's veterans, their families and their survivors. Services include benefits claims assistance for veterans, their survivors and dependents and telephone claims assistance. Survivors' assistance includes casualty reporting, burial and VA death insurance claims. Special outreach services for the severely disabled, socially disadvantaged, and senior citizen veterans whose needs would otherwise go unmet. Limited days and hours at some sites. Free van transport to the Veterans Medical Center in Palo Alto: 24 hours advance registration required.

Veterans Administration Health Clinic of Monterey

3401 Engineer Lane; Seaside, CA 93955 (former Ft. Ord campus)

Tel (831) 883-3810

Advice Line Tel (800) 455-0057 (Option #4)

Website: www.paloalto.va.gov

Services:

Provides outpatient health, pharmacy, lab and x-ray services for eligible veterans, as well as coordinating inpatient care with the VA Medical Center in Palo Alto. Free bus transportation for veterans to the Palo Alto Medical Center Monday-Friday. Health advice is available 7 days a week, 24 hours a day at the Advice Line, listed above.

Veterans Crisis Line

Nation-wide 24-hour Crisis Line: (800) 273-8255 or (800) 784-2433

Website: www.veteranscrisisline.net

Services:

Connects veterans in crisis and their loved ones with qualified, caring responders. Provides free and confidential support for suicide prevention. Services in English and in Spanish.

Veterans Transition Center

220 12th Street; Marina, CA 93933

Tel (831) 883-8387

Website: www.vtcmonterey.org

Services:

Provides transitional housing (20 units), as well as emergency services and case management for Monterey County's homeless veterans and their families. May stay a maximum of two years. Can accommodate 4 families, 6 single women, and 46 single men. May have a wait list.

VETERANS SERVICES (Continued)

Monterey Veterans Resource Center

40 Bonifacio Place; Monterey, CA, 93940

Tel (831) 375-1184

Website: www.vetsresource.org

Services:

Focuses on prevention of homelessness and rapid re-housing. Provides supportive services for veteran families, including assistance in locating permanent or transitional housing, assistance with rent deposits and utilities, case management, personal financial planning, outreach, advocacy, and referrals to partner agencies, as appropriate.

Housing Resource Center

201 A John Street; Salinas, CA 93901

Tel (831) 424-9186

Website: www.hrcmc.org

Services:

The Housing Resources Center provides supportive services for veterans' families: emergency rent assistance, assistance with security deposits and move-in assistance.

Central Coast Center for Independent Living

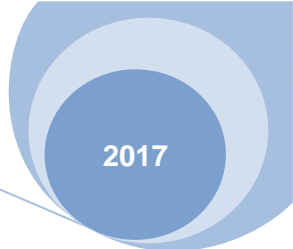
318 Cayuga St. Suite 208; Salinas, CA 93901

Tel (831) 757-2968

Website: www.cccil.org

Services:

Information, referral, advocacy, housing assistance, personal assistance services, peer support, assistive technology and independent living skills training for persons with disabilities. Special support services for disabled veterans and their families.



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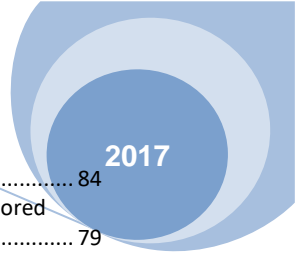
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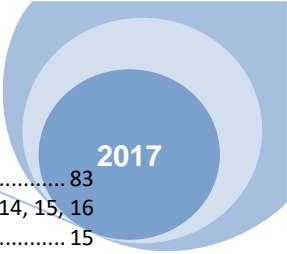
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